



# Healthy Aging Work Group

## August 28, 2017

**Goal:** Discuss 2018-2020 Strategic Plan and request members' feedback on updated plan.

Learn about recent Elder Scam issues and how to prevent and respond to these issues.

Welcome & Introductions

Approval of Minutes and Announcements

Delegate's Report

Strategic Planning Discussion

Elder Scam Presentation

Howard County LHIC

Local Health Improvement Coalition



# Approval of Minutes and Member Announcements (5 Minutes)

Recap and Approval of Minutes  
Member Announcements

Howard County LHIC

Local Health Improvement Coalition



# Strategic Planning Update (30 Minutes)

**Goal 1:** Reduce Alzheimer's and dementia-related emergencies in Howard County.

**Objectives 1.1:** June 30, 2020, collaborate on an initiative to educate the community about prevention and treatment of Alzheimer's and dementia.

**Education and Communication Strategy:** Increase community awareness about the risks, prevention of onset, and treatments associated with Alzheimer's and dementia by:

- Utilizing existing communication campaigns and promoting community events related to prevention and treatment of Alzheimer's, dementia and healthy aging through the LHIC website and social media and participating in events when appropriate as determined by the audience and setting of the event.
- Promoting resources and utilizing existing peer and community education resources and programs to integrate promotion strategies for promoting brain health (e.g. socializing, exercise, cognitive activities) into chronic disease prevention efforts and medical care.
- Promoting resources and implementing educational strategies to highlight caregiver education and support.

# Strategic Planning Update (30 Minutes)

- Prioritized Tactics:
  - Increase HCHLHIC website and social media utilization and utilize newspapers frequently read by aging community members for education and promotion.
  - Utilize messages consistent with community partners and stakeholders to disseminate prevention and brain health awareness messaging
    - Provide education on: Disease warning signs to look for; available caregiver support; importance of nutrition; heart and brain health behaviors and activities (eg. socializing, exercise, cognitive activities); and healthy lifestyle for seniors
    - Promote and participate in outreach and educational events such as virtual dementia tours, healthy lifestyle classes for seniors , and future planning programs that collaborate with chronic disease prevention efforts, medical care providers, community organizations, faith-based communities, African-American fraternities and sororities, senior/adult-day centers, etc. and others serving priority populations identified and through programs which include the synchronization of messaging and provision of adequate services (for follow-up, etc.)

**\*SMART OBJECTIVES TO BE DEVELOPED FOR EACH SPECIFIC TACTIC**

# Strategic Planning Update (30 Minutes)

**Goal 1:** Reduce Alzheimer's and dementia-related emergencies in Howard County.

**Objective 1.2:** By June 30, 2020, collaborate on an initiative to increase access to treatment and resources to minimize the impact of Alzheimer's and other dementias.

**Access Strategy:** Increase access to Alzheimer and Dementia patient and caregiver support programs in Howard County by:

- Increasing access to online caregiver support resources in Howard County through provider and community education.
- Increasing access to providers adequately trained to diagnose and treat dementia in Howard County through provider education.
- Promoting referral resources and utilization of CareApp tool among care providers in the county and facilitating communication between care providers, caregivers and patients to ensure bi-directional feedback and enhanced connection to resources.

# Strategic Planning Update (30 Minutes)

- Prioritized Tactics:
  - Facilitate the coordination of programs and events around patient and caregiver support among workgroup members, including the synchronization of messaging and ensuring that adequate services are provided (for follow-up, etc.)
    - Provide one time-brief skill building workshops related to being a caregiver
    - Support Speak Easy, etc...
    - Promote online support groups, educate on benefits of these groups/what they are
  - County-wide symposium for providers on diagnosing and treating dementia and support resources for caregivers
  - Promote referral resources for caregiver support among providers utilizing CareApp tool

**\*SMART OBJECTIVES TO BE DEVELOPED FOR EACH SPECIFIC TACTIC**

# Strategic Planning Update (30 Minutes)

**Goal 2:** Reduce fall-related deaths in Howard County

**Objective 2.1:** By June 30, 2020, collaborate on an initiative to increase access to treatments, education, and resources to prevent or minimize the impact of falls.

**Education and Communication Strategy:** Increase awareness about falls prevention by:

- Utilizing existing communication campaigns and promoting community events related to falls prevention through the LHIC website and social media and participating in events when appropriate as determined by the audience and setting of the event.
- Promoting resources and utilizing existing peer and community education resources and programs to integrate falls prevention strategies into chronic disease prevention efforts and medical care.



# Strategic Planning Update (30 Minutes)

- Prioritized Tactics:
  - Increase HCHLHC website and social media utilization and utilize newspapers frequently read by aging community members for education and promotion.
  - Utilize messages consistent with community partners and stakeholders to disseminate falls prevention and awareness messaging
    - Provide education on: how to get up if you fall; relationship between poor vision and falls; relationship between bone health and falls; fall prevention strategies; and how to access loan closet, tax credits, etc.;
    - Promote and participate in outreach and educational events such as Stepping On program; Better Balance and Dept. on Aging Fall Prevention class lunch-and-learns for seniors, and others serving priority populations identified.

**\*SMART OBJECTIVES TO BE DEVELOPED FOR EACH SPECIFIC TACTIC**

# Strategic Planning Update (30 Minutes)

**Goal 2:** Reduce fall-related deaths in Howard County

**Objective 2.1:** By June 30, 2020, collaborate on an initiative to increase access to treatments, education, and resources to prevent or minimize the impact of falls.

**Access Strategy:** Increase access to programs to support safe environments for senior living in Howard County by:

– Prioritized Tactics:

- Organize small group of Stepping On program; Better Balance and Dept. on Aging Fall Prevention class, etc. providers to coordinate programming and services to ensure reach throughout Howard County.
- Facilitate continuing education opportunities for providers.
- Advocate for integration of the stepping on training into a Community Paramedicine Model (train EMS to administer the program to patients they see on calls) and into CHWs and Home Health Agency visit protocols.

# Strategic Planning Update (30 Minutes)



## HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION FY 18-20 ACTION PLANNING LOGIC MODEL

HCLHIC PRIORITY: (Access to Care; Behavioral Health; Healthy Aging; Healthy Weight)

GOAL: *What is the problem or need reflected in the SHIP measure, HCHAS and other data?*

OBJECTIVE: *How will the HCLHIC Priority Work Group address the identified goal?*

STRATEGY	INPUTS	OUTPUTS		OUTCOMES – IMPACT		
		Activities (Tactics)	Participation	Short (FY 18)	Medium (FY 19)	Long Term (FY 20)
<p><i>How will the HCLHIC Priority Work Group address the identified objectives based on evidenced based and promising practices identified?</i></p> <p><b>SMART STRATEGIES:</b> S - specific; M - measurable; A - action-oriented; R – realistic results-oriented; T - timely, trackable goals based on prioritized SHIP measures</p>	<p><i>What do we invest?</i></p> <ul style="list-style-type: none"> <li>-Staff</li> <li>-Partners</li> <li>-Volunteers</li> <li>-Time</li> <li>-Money</li> <li>-Materials</li> <li>-Equipment</li> <li>-Technology</li> </ul>	<p><i>What do we need to do to ensure our goals are met?</i></p> <ul style="list-style-type: none"> <li>-Programs</li> <li>-Publications</li> <li>-Media</li> <li>-Projects</li> <li>-Initiatives</li> <li>-Assessment</li> <li>-Training</li> <li>-Forums</li> </ul>	<p><i>Who will we reach?</i></p> <ul style="list-style-type: none"> <li>-Numbers</li> <li>-Characteristics</li> <li>-Reactions</li> </ul> <p><i>Who will we reach?</i></p> <ul style="list-style-type: none"> <li>-Numbers</li> <li>-Characteristics</li> <li>-Reactions</li> </ul>	<p><i>What are the short term results?</i></p>	<p><i>What are the medium term results?</i></p>	<p><i>What are the ultimate impact(s)?</i></p>

**Assumptions:** *(Beliefs, expectations, and principles that guide our work.)*

- 1.
- 2.
- 3.
- 4.

**Environment:** *(Influential factors)*

- 1.
- 2.
- 3.
- 4.

# Membership Levels (5 Minutes)

- Level 1 Member:
  - learn more about the resources available in my community
  - share events and activities with the coalition,
  - attend and participate in full HCLHIC meetings.
- Level 2 Member:
  - learn more about the resources available in my community
  - share events and activities with the coalition
  - attend and participate in full HCLHIC and designated workgroup meetings
- Level 3 Member:
  - learn more about the resources available in my community
  - share my organization's events and activities with the coalition
  - attend and participate in full HCLHIC and designated workgroup meetings
  - commit services and resources to contribute to the coalition and to further work group activities.

# 7<sup>th</sup> Inning Stretch- Healthy Meeting Stretch Break (2 Minutes)



Photo Credit: <http://www.gettyimages.com/photos/7th-inning-stretch-boston?excludenudity=true&sort=mostpopular&mediatype=photography&phrase=7th%20inning%20stretch%20boston>

Howard County LHIC

Local Health Improvement Coalition

 Howard County  
Health Department

# Elder Fraud Presentation by Officer Andre Lingham



Photo Credit: <http://www.cogsmd.org/page-1100724>

# Next Steps and Wrap-up for Full Work Group (5 Minutes)

- Full LHIC Meeting: September 28<sup>th</sup>, 2017  
8:30 – 10:30 a.m. Susquehanna
- Next Work Group Meeting: October 23, 2017 2:30-4:00  
p.m. Barton A&B