

# Health and Wellness Work Group Meeting 1

Orange County Department on Aging  
2012-2017 Master Aging Plan



# Welcome!

## **Introductions**

- Name
- Organization, Affiliation, or Interest

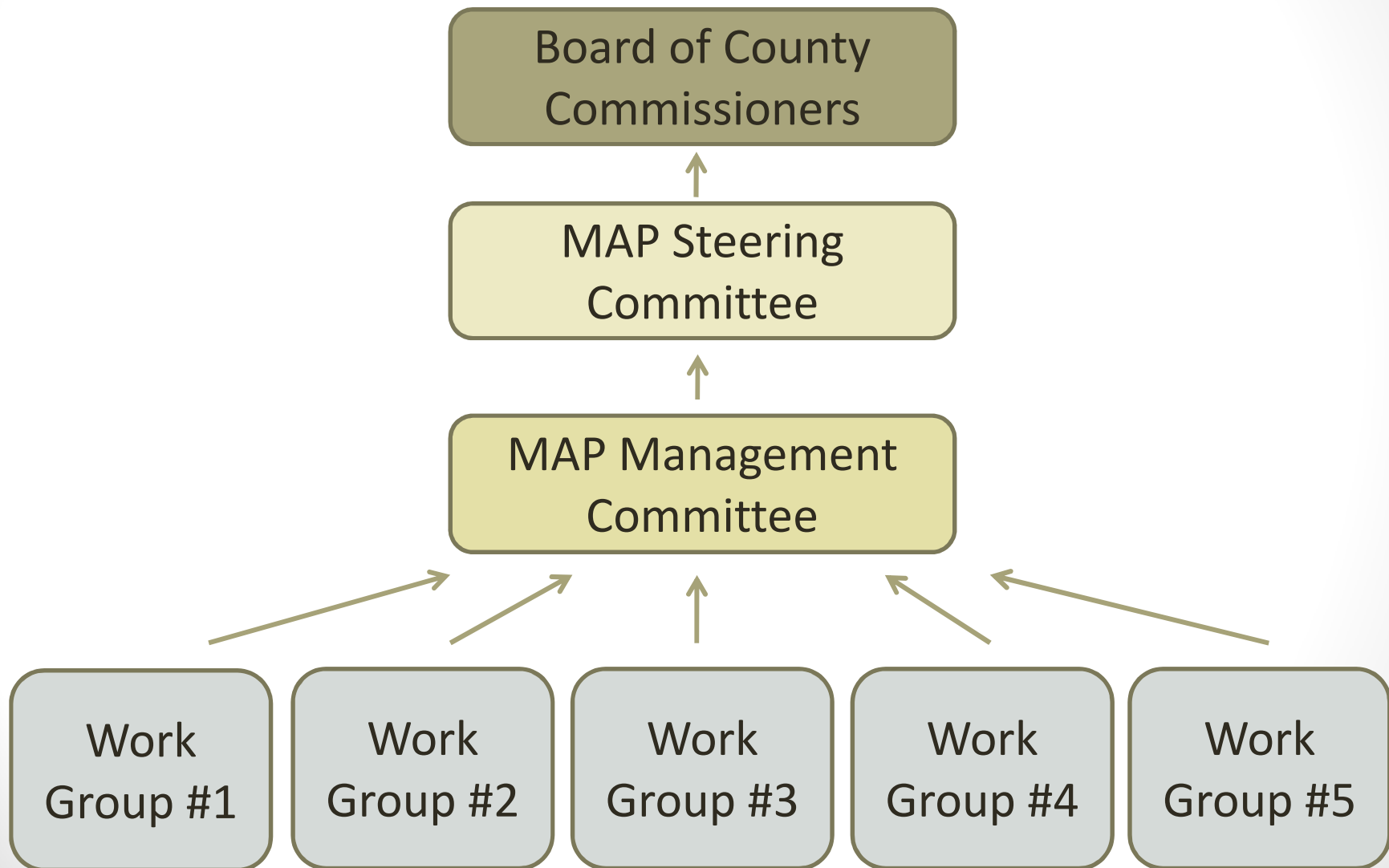
# Aging Context

- Every day for the next nineteen years approximately 10,000 Americans will celebrate their 65<sup>th</sup> birthday.
- Right now, 21% of the population is 55 and over, which is the same proportion of the population as individuals under the age of 18.
- Nationwide, about 19% percent of Americans provide daily assistance for an older adult.

# What is the Master Aging Plan (MAP)?

- Strategic planning process conducted every 5 years
- Outlines anticipated need for county government services due to an aging population
- Community-oriented and collaborative
- Approved by the Board of County Commissioners
- Funding allocated according to outlined goals and objectives
- Orange County was the first NC county to create a MAP

# MAP Participant Structure



# Information Sources for MAP

- **Community Assessment – Summer 2011**

- Surveys
- Focus Groups
- Government Readiness

- **Community Meetings**

- Community Kick-off
- Community feedback on draft plan

- **Work Groups**



# Community Input Themes:

- (1) Adults in Orange County value aging in place and expect to age in their own homes.
- (2) “There is Chapel Hill, and then there is Orange County.”
- (3) Communities provide a valuable support system for those aging in place.
- (4) Information sharing about resources to support people as they age is important.

# Community Kickoff Results

Issue	Votes	Weighted Score
1. Health and Wellness	50	212
2. Housing	42	147
3. Navigation and Transportation	47	145
4. Information Sharing	42	135
<b>5. Financial and Economic Security</b>	<b>36</b>	<b>92</b>
<b>6. Aging in Place Supports</b>	<b>27</b>	<b>92</b>
7. Community Engagement	33	80
<b>8. Safety and Security</b>	<b>18</b>	<b>56</b>
<b>9. Long-Term Care and End of Life</b>	<b>17</b>	<b>48</b>
<b>10. Food and Nutrition</b>	<b>20</b>	<b>43</b>
<b>11. Public Education</b>	<b>13</b>	<b>36</b>
<b>12. Mental Health</b>	<b>9</b>	<b>28</b>
<b>13. Physician Education</b>	<b>7</b>	<b>10</b>



# Workgroup Structure

## Five Workgroups:

### **1. Health and Wellness**

Mental Health

Physician Education

### **2. Housing Options**

Long-Term Care

### **3. Navigation and Transportation**

### **4. Aging in Place Supports**

Food and Nutrition

Safety and Security

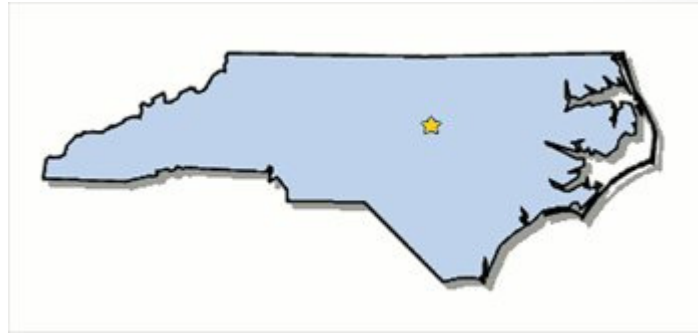
### **5. Community Engagement and Information Access**

Public Education

## Five Cross-Cutting Issues:

1. Affordability and Economic concerns
2. Geographic equity
3. Attention to under-represented groups
4. Workforce preparation
5. Information dissemination

# State Goals



- Goal 1: Empower older adults, their families, and other consumers to make informed decisions and to easily access existing health and long-term care options
- Goal 2: Enable older adults to age in their place of choice with appropriate services and supports
- Goal 3: Empower older adults to enjoy optimal health status and to have a healthy lifestyle
- Goal 4: Ensure the safety and rights of older and vulnerable adults and prevent their abuse, neglect, and exploitation

# State Goals, Cont.

- Goal 5: Empower older adults to engage in the community through volunteerism, lifelong learning, and civic activities
- Goal 6: Prepare North Carolina (Orange County) for an aging population
- Goal 7: Ensure an adequate direct care workforce for an aging population and opportunities for older workers
- Goal 8: Maintain good stewardship of publicly funded services

# Overlapping Issues

## 1. Health and Wellness

Mental Health

Physician Education

## 2. Housing Options

Long-Term Care

## 3. Navigation and Transportation

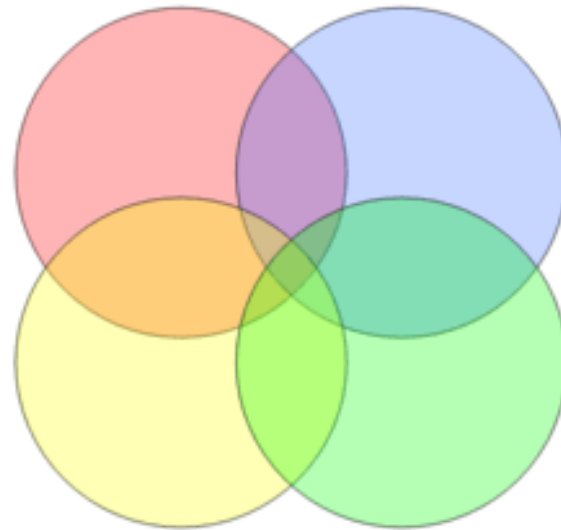
## 4. Aging in Place Supports

Food and Nutrition

Safety and Security

## 5. Community Engagement and Information Access

Public Education



# Work Group Process: Meetings 1 and 2

- **Meeting 1: “Where We’ve Been and Where We’re Going”**
  - Review of MAP Process
  - Overview of work group process
  - Identify important work group subtopics and split into subgroups as needed
  - **Homework:** Research questions: what services exist or are possible? Does it exist in Orange County already? Note adequacy, quality, and equity. What more/different is needed?
- **Meeting 2: “Barriers and Facilitators of Success”**
  - Subgroups review what they have researched
  - Discussion of what services need protection, need to be improved, and need to be expanded
  - Group brainstorm on possible solutions for each subtopic
  - **Homework:** Identify barriers and facilitators of solution success

# Meetings 3 and 4

- **Meeting 3: “Focus on Solutions”**
  - Subgroups review their research findings, select viable solutions
  - Group brainstorm on strategies for implementation
  - **Homework:** Research cost and feasibility of strategies
- **Meeting 4: “Importance and Feasibility: Drilling Down to Objectives”**
  - Review research findings
  - Prioritize objectives and strategies
  - **Homework:** What will success look like? Research indicators

# Meeting 5

- **Meeting 5: “What Will Success Look Like?”**
  - Review research findings
  - Select indicators of success for each strategy identified under each objective
  - Finalize recommendations for MAP objectives, strategies and expected outcomes
  - Submit work to MAP Management Team



# Discussion: Ground Rules

1. There are no bad ideas or solutions
2. Participate! We want to hear from everyone
3. Listen respectfully to others
4. Mind the allotted time on the agenda
5. Use plain language (limit acronyms and jargon)
6. Assume best intentions
7. Other rules?





# Health and Wellness Issues

- **Affordability**
  - Insurance.
  - Availability of healthcare options.
- **Mental health**
  - Grief and loss.
  - Dementia.
- **Caregiving support**
  - Health and wellness for caregivers.
- **Alternative health options**
  - Older adults do not always desire medication.
- **Finding appropriate care**
  - Gerontologists.
  - Physicians who accept Medicare.
  - Hotline for older adults to determine if a doctor's visit is necessary.

# Current Programs and Services

**See handout for a listing of programs and services from:**

- Orange County Department of Health
- Orange County Emergency Services Department
- Orange County Sheriff's Office
- Orange County Department of Social Services
- Orange County Department on Aging

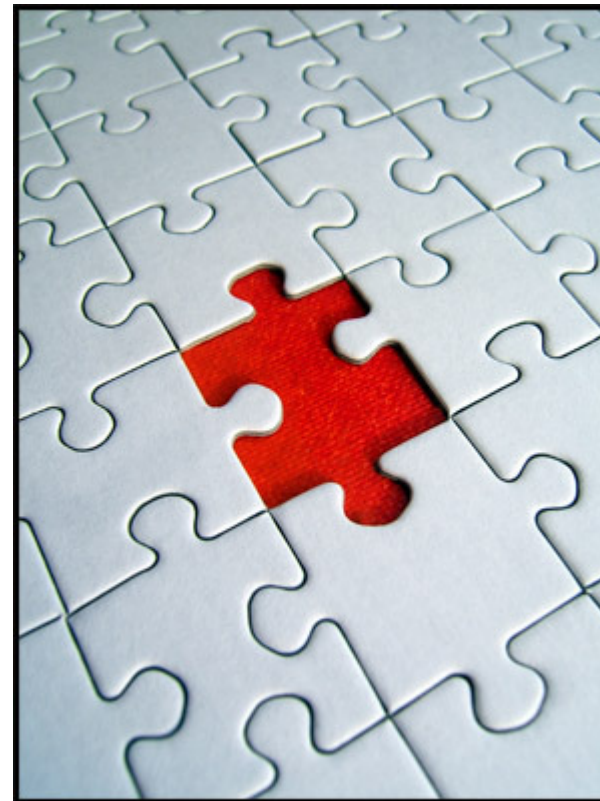
**Are any programs or services missing?**

**What needs to be protected or expanded?**

**What programs and services should be added?**

# Who is Missing?

- See Health and Wellness Contact Directory
- Based on our discussion, who should be here?
- Can you recruit her/him?



# Homework!



- **Please see your homework handout sheet**
  - Choose one or more Health and Wellness issues
  - Research programs and services that exist or could possibly exist in Orange County
  - Record these programs and services on your handout
  - Note:
    - Adequacy – how well does it meet demand?
    - Efficiency or Duplication – is it or can it be provided elsewhere?
    - Equity – are there availability issues related to location, cost etc?

**We will discuss what you find at the beginning of our next meeting!**

# Thank you for your participation!

**Look for an email in the next several days with:**

- 1) The notes from this meeting
- 2) Electronic copy of the homework assignment
- 3) Copy of PowerPoint Slides.
- 4) Asking if you need any help with resources or research.

