

Health & Wellness Work Group Meeting 3

Orange County Department on Aging
2012-2017 Master Aging Plan



Welcome!

Newcomer Introductions

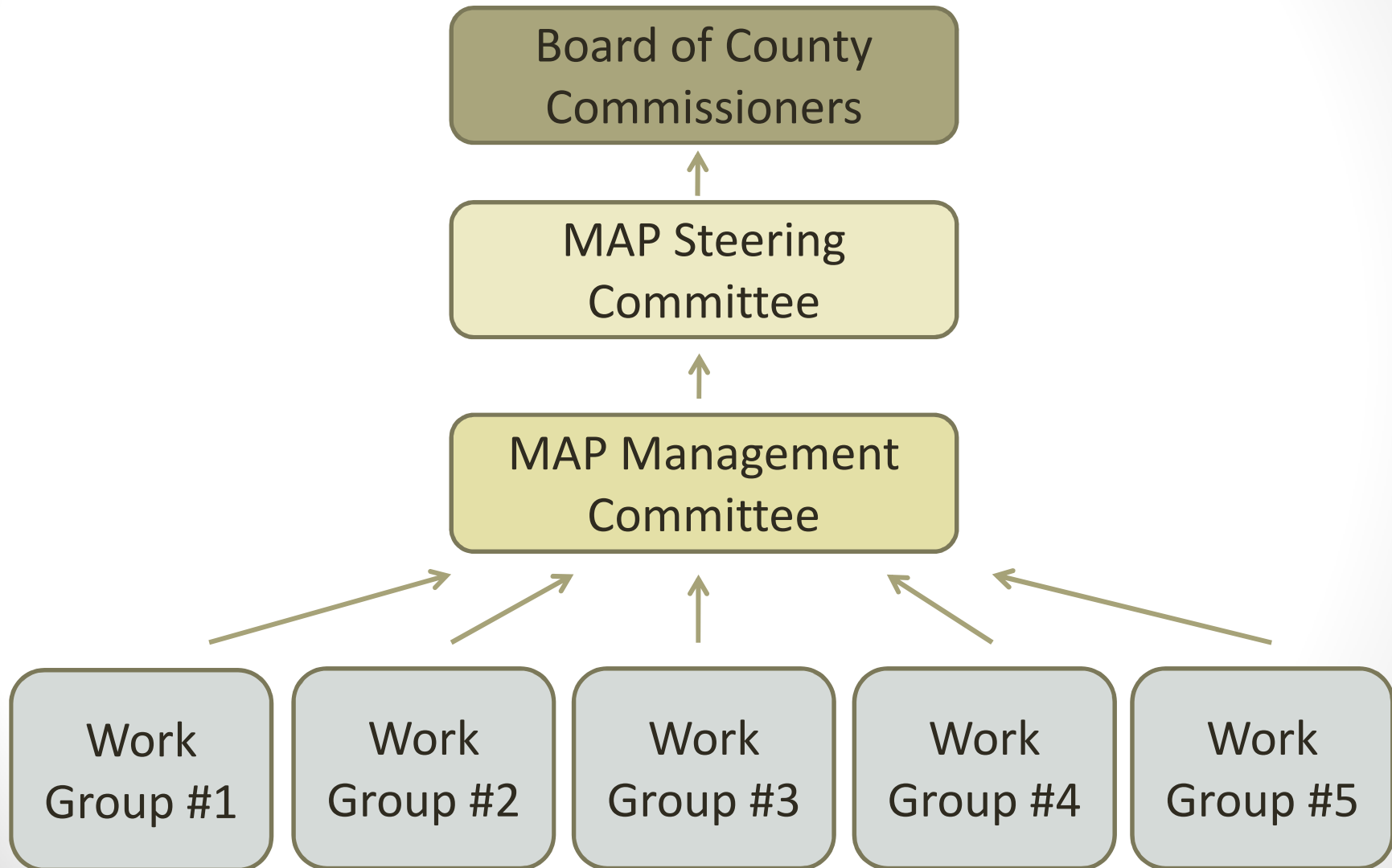
- Name
- Organization, Affiliation, or Interest

Master Aging Plan (MAP)

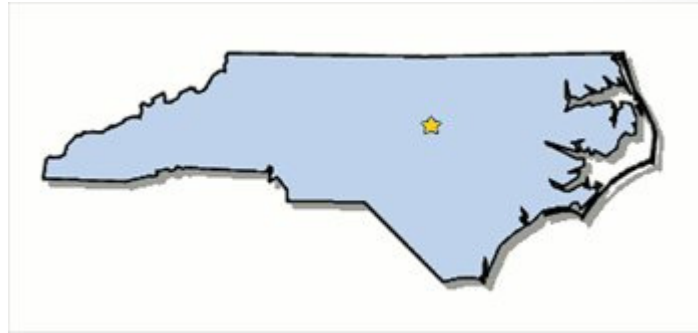
- We are conducting the strategic planning process to inform the next five years of programs and services in Orange County (2012-2017)
- Community engagement and participatory process
- Funding allocated according to outlined goals and objectives
- Approved by the Board of County Commissioners



MAP Participant Structure



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

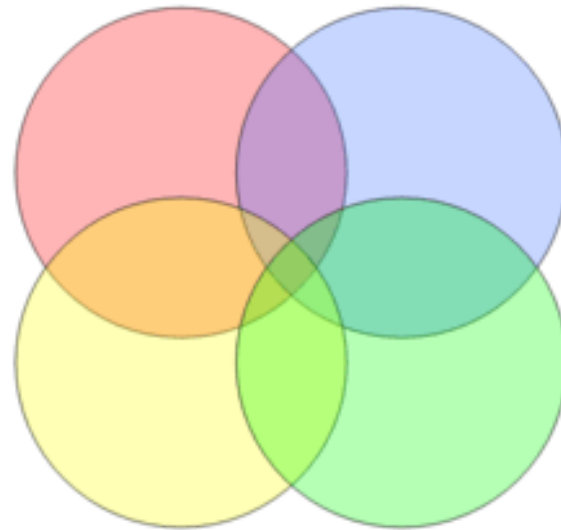
4. Aging in Place Supports

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:** Fill out worksheet evaluating solutions with several criteria

- **Meeting 4: “Importance and Feasibility: Drilling Down to Objectives”**

- Review and discuss homework rankings
- Turn in ranking worksheet at the end of the work group meeting
- Average scores will be sent to everyone as a resource

Homework: Fill out online survey to prioritize solutions

Meeting 5

- **Meeting 5: “What Will Success Look Like?”**
 - Review prioritization rankings
 - Finalize proposed strategies to achieve each objective
 - Select indicators of success for each strategy identified under each objective
 - 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?



Problems and Solutions Worksheet

1. Categories:

- 1. EMS**
- 2. Healthy lifestyles and prevention**
- 3. Caretaker support**
- 4. Spiritual counseling / chaplaincy services**
- 5. Accessing appropriate care**
- 6. Workforce training**
- 7. Community engagement**
- 8. Mental health services**
- 9. Long Term Care programs and services**
- 10. Marketing / information sharing**

Problems and Solutions Worksheet

1. In our discussion, please be thinking about:

- a. What solutions need to be added to the worksheet?**
- b. How can we address barriers and facilitators to create effective solutions?**
- c. How can we make these solutions more detailed and specific?**

Homework!

- **Please see your homework handout sheet**
 - To the best of your ability, please evaluate each solution on:
 - Importance – what is a priority right now?
 - Reach – how many people will this reach?
 - Equity – does it focus on particular subgroups?
 - Effectiveness – how effective is it related to other solutions?
 - Feasibility – how difficult/easy will this be to implement?
 - Indicate the expected time to completion (ST, MT, LT)
 - List any agencies who should be responsible for or included in effort.

Note: This will NOT be used as the final prioritizing criteria. This is simply to inform your final decisions.

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) **Meeting 5 Doodle poll!**

