Active Aging Program

SALT LAKE COUNTY
AGING & ADULT SERVICES

Active Aging Program
## Area Agency on Aging

As the largest Area Agency on Aging (AAA) in Utah, Salt Lake County Aging and Adult Services is the community focal-point for older adults, their families and caregivers.

## Mission

Aging and Adult Services’ mission is to promote the independence of aging generations through advocacy, engagement and access to resources.
Salt Lake County
Aging and Adult Services

Programs

- Information & Referral
- Ombudsman
- In-Home Services
- RSVP
- Senior Employment
- Foster Grandparent
- Meals on Wheels
- Rides for Wellness
- Caregiver
- Chore
- Senior Companion
- Senior Centers
- Health Promotion
The Caregiver Support Program is a short term program that provides assistance and support to individuals taking care of a loved one, often a spouse or parent. We offer education to Caregivers in the community through Caregiver Academy and respite events. For those who meet eligibility criteria, the Caregiver Support program can provide case management, respite and supplemental services for up to one year. Contact 385.468.3280 for more information.

The Community Care and Transitions Program provides in-home services to individuals who wish to age in place. Our mission is to provide in home services and support so that a person can remain safe at home and prevent premature placement in a long term skilled nursing facility. Eligibility requirements vary and begin with a telephone intake. Please call 385.468.3270 to speak with our Intake Case Manager regarding your options.

The Meals on Wheels program delivers hot, noontime meals to frail and isolated older adults six days a week. Applicants are assessed to determine program eligibility and any other services to assist them to live as independently as possible. Contact 385.468.3200 for new meal service. Existing clients contact 385.468.3400.

The Rides for Wellness Program provides rides for older adults, 60 years of age or older, with no other means of transportation to vital medical appointments such as dialysis, chemotherapy, physical therapy and prescription pick-ups. Contact 385.468.3200 to enroll for services. Existing clients contact 385.468.3400.

Senior Centers (Active Aging) - Salt Lake County Aging and Adult Services partners with multiple cities to provide a network of 19 senior centers where active adults age 60+, gather and enjoy a nutritious meal and socialization while participating in classes, workshops and clinics that are designed to help them lead safe, healthy and active lives. To find a senior center near you, please contact the Active Aging office at 385.468.2080.

Foster Grandparents serve children with special needs in a variety of settings in Salt Lake County. Program participants 55 years of age or older provide one to one assistance in schools, day care centers, troubled youth facilities, and women's and children's centers. Education and school readiness. Income restrictions and eligibility restrictions apply. Non-taxable financial reimbursement is provided. Contact 385.468.3262 for more information.

The Senior Companion program is designed to assist frail and isolated older adults with limited abilities to continue to live at home rather than long term care. Program participants 55 years of age or older, provide friendship and companionship, assistance with essential errands, advocacy and resource referral. Senior Companions also provide respite care to families caring for a loved one, giving them a regular break to do their essential errands or some time to relax. Income restrictions and eligibility restrictions apply. Non-taxable financial reimbursement is provided. Contact 385.468.3259 for more information.

The Retired and Senior Volunteer Program (RSVP) utilizes mature volunteers (Must be 55 years of age or older) to strengthen communities. Volunteers can choose from more than 70 organizations which are in need of many kinds of assistance. Use your skills and experience. Learn something new, while meeting new people. Scheduling is flexible you choose where and when. Contact 385.468.3240 for more information.

The Senior Employment Program provides job search assistance to Salt Lake County Residents age 55 or older with paid on-the-job training program for income eligible job seekers. Employment listings search and resume/interview coaching. Contact 385.468.3250 for more information.
Salt Lake County Active Aging Program

- Help people 60+ live healthier, more active lives
- Manages 16 senior centers
- Serves 17,000 older adults annually
Salt Lake County partners with multiple cities to provide a network of 19 senior centers
Salt Lake County Senior Centers
Salt Lake County Senior Centers

- Salt Lake County operates on a donation model; exception is Murray-Heritage

- Salt Lake County's Senior Centers are open Monday thru Friday; one Senior Center is also open on Saturday

- 18 of the 19 senior centers offer transportation Monday through Friday
Health Promotion

- Offer 6 Evidence Based Health Promotion Programs
- Provide ESL at 4 senior centers
- Collaborate with community partners for other services
Evidence Based Programming (EBP)

Endorsed by:
- Administration on Aging
  www.aoa.gov
- Older Americans Act
- National Council on Aging
  www.ncoa.org

Research Evidence
Peer Reviewed
Easily duplicated and implemented
Stanford Self-Management Workshops

- Developed by Stanford University’s Patient Education Research Center
- Help participants develop the skills needed to manage chronic conditions

Living Well with Chronic Conditions (LWCC)

Tomando Control De Su Salud

Living Well with Diabetes (LWD)
Break the Symptom Cycle

- Poor Sleep
- Fatigue
- Shortness of Breath
- Depression
- Difficult Emotions
- Physical Limitations
- Pain
- Stress/Anxiety

SYMPTOM CYCLE
Self-Management Principles

1. Take care of your health condition
2. Carry out your normal activities and doing the things that are important to you
3. Manage emotional changes
4. Take part in planning and carrying out your management program
Self-Management Tool Box

- Healthy Eating
- Exercise
- Stress Management
- Monitoring Blood Sugar
- Communication
- Dealing with Difficult Emotions
- Medication Management
- Working with your doctor
- Avoiding Complications
- Action Planning
- Problem Solving
- Using Your Mind
- Sleep
Research Based Outcomes

2013 National Study of CDSMP found the following benefits:

**Health Benefits:**

- Improved self-reported health
- Improved health status: fatigue, shortness of breath, depression, pain, stress and sleep
- Improved health-related quality of life
- Improved communication with doctors, medication compliance and health literacy

**Cost Savings:**

- $714 per person savings in emergency room visits and hospital utilization
- Potential savings of $6.6 billion by reaching 10% of Americans with one or more chronic condition
Latest Research Articles


- Self-Management at the Tipping Point: Reaching 100,000 Americans with Evidence-Based Programs (Journal of the American Geriatrics Society Volume 61, Issue 5, Article first published online: 14 MAY 2013)

- Success of National Study of the Chronic Disease Self-Management Program (Med Care. 2013 Nov;51(11):992-8. doi: 10.1097/MLR.0b013e3182a95dd1)


- National Study of Chronic Disease (http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/national-study-of-the-chronic.html)
Stepping On- Fall Prevention

- 1 out of 3 seniors fall each year
- Average hospitalization costs for 1 fall is over $35,000.
- Designed and developed in Australia
  - Reduce falls, increase confidence and empower individuals
- Redesigned by CDC for United States
  - Studies demonstrated a reduction of falls in 31% of older adults for both countries

“I really enjoy the class. I have trouble with my legs still, but it helps me to know what exercises to do at home.”
— Anonymous
Stepping On

- Offered once a week for 2 hours, for seven weeks
- Topics include vision, home hazards, footwear, community mobility, medicines and balance and strength exercises
- Guest Speakers include a physical therapist, eye doctor, pharmacist, community safety expert
Stepping On Data 2015-2016

1/1/15 - 7/31/16  
N=284

87%  Program reduced fear of falling
98%  More comfortable increasing activity
100% Plan to continue exercising
98%  Recommend program
98%  More comfortable talking with healthcare provider
49%  Talked to family/friends
21%  Talked to healthcare provider
35%  Had vision checked
35%  Had medications reviewed
95%  Did exercises at home
61%  Made changes in home
16 classes offered at 15 senior centers

Taught 3x week for 1 hr

20 min  Cardio

20 min  Strength Training

20 min  Flexibility and Balance

Instructors have a national certification in exercise and are also trained in Enhance Fitness
Aging and Adult Services’ sample size (751)
- 76% improved or maintained leg strength
- 78% improved or maintained upper body strength
- 59% maintained or improved balance
“Instead of three times a week of physical therapy, I was assigned to go to EnhanceFitness two times a week and physical therapy once a week. In three months, I completed a physical therapy program that ordinarily takes five to six months. EnhanceFitness saved my health care plan hundreds of dollars, saved me many expensive copays, accelerated my return to normal balance, and produced normal test results in balance for my age and health.”
Walk with Ease

- Six week program that meets 3 times a week for one hour
- Topics include walking safely and comfortably, improved flexibility and how to reduce pain.
- Developed for older adults with arthritis.
Improving the lives of baby boomers and older adults in Salt Lake County
We Are Living Longer Than Our Grandparents with Almost Twice as Many Years of Good Health at Age 65

Sources: U.S. Social Security Administration, Cohort Life Expectancy Table and CDC State-Specific Healthy Life Expectancy at Age 65 Years

Green bar = Average years of good health at age 65
Orange bar = Average life expectancy at age 65
## AMP Academy Curriculum

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Community Collaborations

Vital Aging Project

- The project provides behavioral health services at 19 Salt Lake County Senior Centers and 9 Senior Housing Complexes.

- In 2013, the Vital Aging Project of Salt Lake County was awarded the n4a Aging Achievement Award in Innovations and Achievement.
Community Collaborations

Nursing Student Clinics
Referral Process

How can you tell your patients about our programs?

• Prescription pads

• Website  www.livingwell.utah.gov

• Active Aging website  www.slco.org/aging
Contact Information:
Marianne Christensen, Health Promotion Manager
mhchristensen@slco.org, 385-468-3084