



Older Adults Flourishing in Rural Kentucky

Barbara Gordon, M.A. Director of Community Engagement
Darla Handy, Community Health Education Coordinator
Mona Huff, Community Health Education Coordinator

Objectives:

- Introduction to Mission and Vision
- Share information about programs and services that were transitioned to a virtual platform during the pandemic to serve older adults throughout KY.

VISION

The Trager Institute seeks to be a transformative leader optimizing the way we age.

MISSION

Our mission is to innovate the aging experience for individuals, the community, and industry through clinical practice, research, and education.

Workforce Development & Clinical Practice :

Health Care System Challenges We Are Addressing

INNOVATIVE AGING CARE

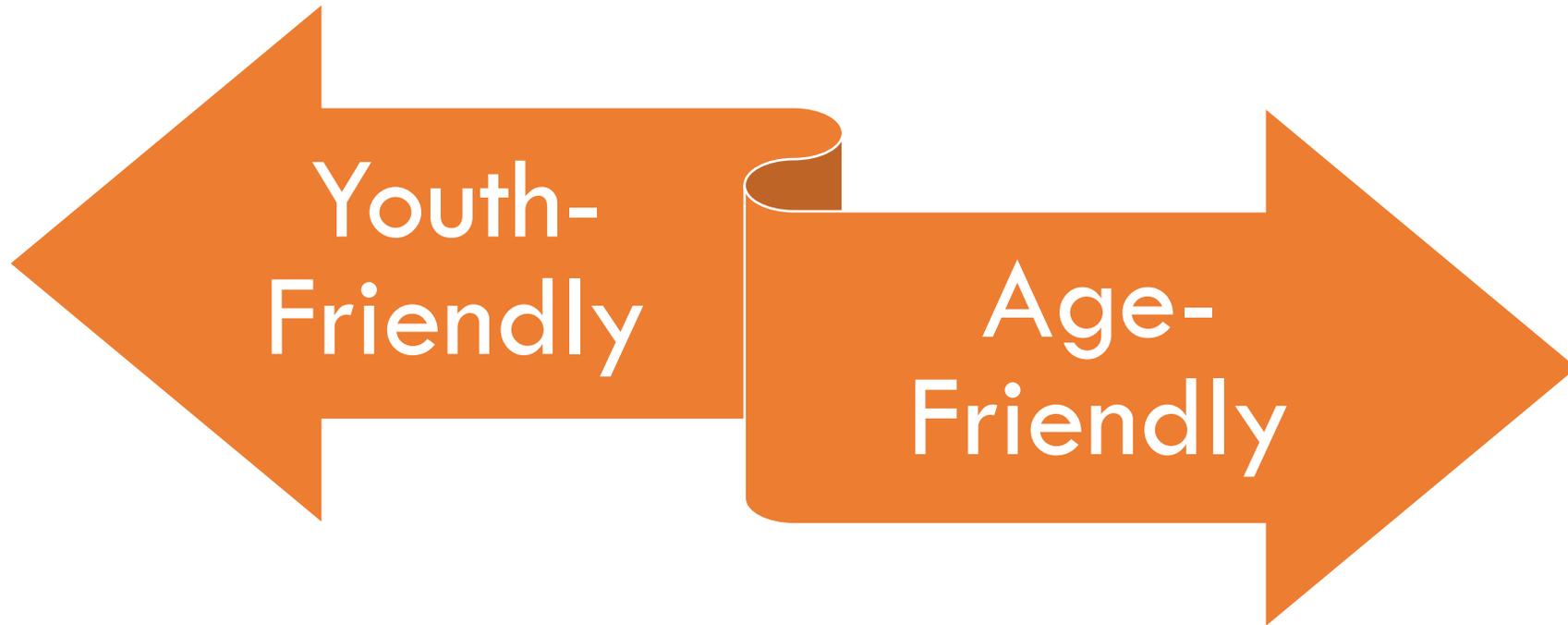
Limited
Geriatric
Workforce

Healthcare
Systems Not
**Age- or Youth-
Friendly**

Strained
Aging
Network

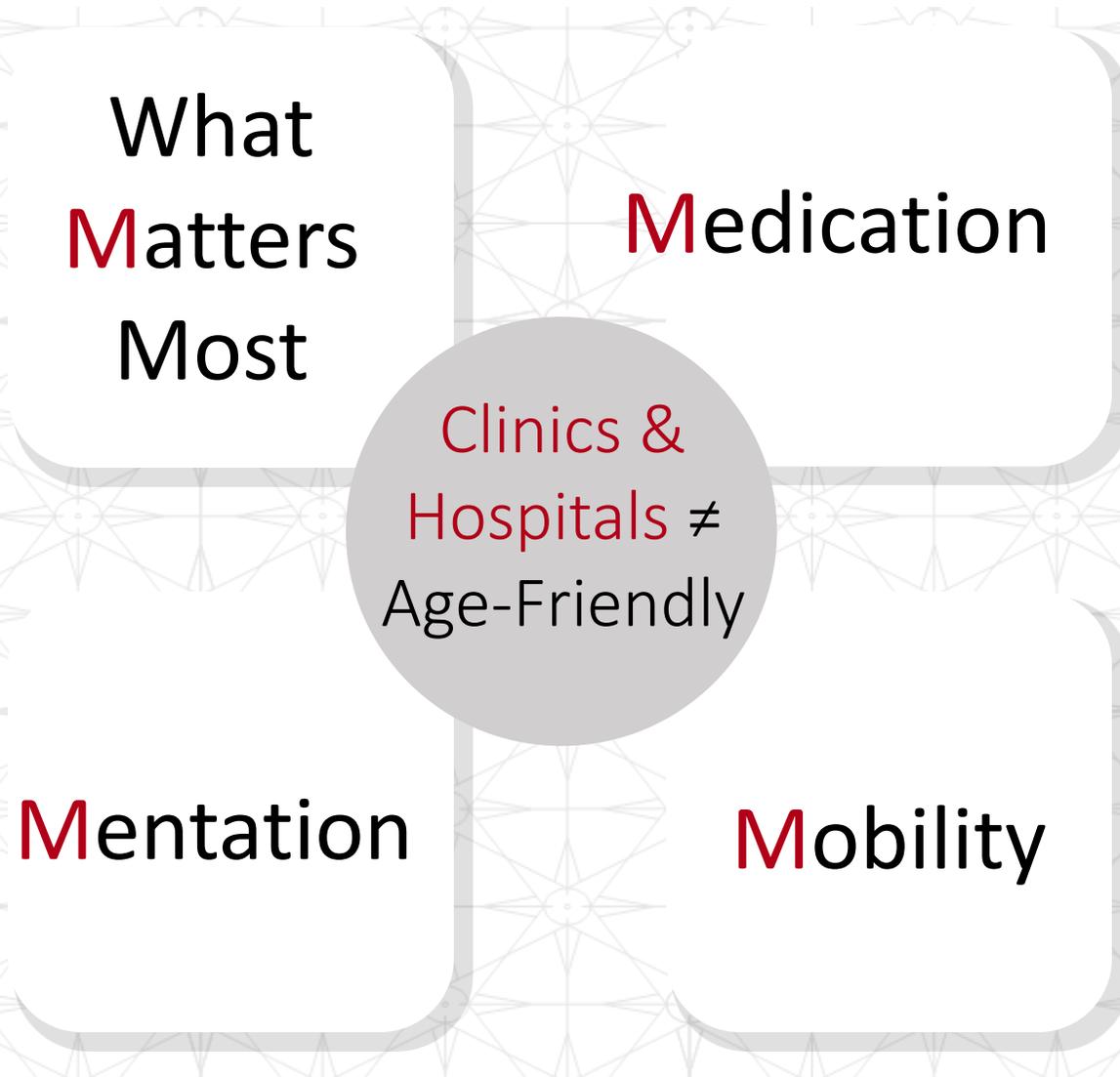
Healthcare
Systems
Illness
Focused

Now Looking Across the Life Span



With a trauma-informed lens!

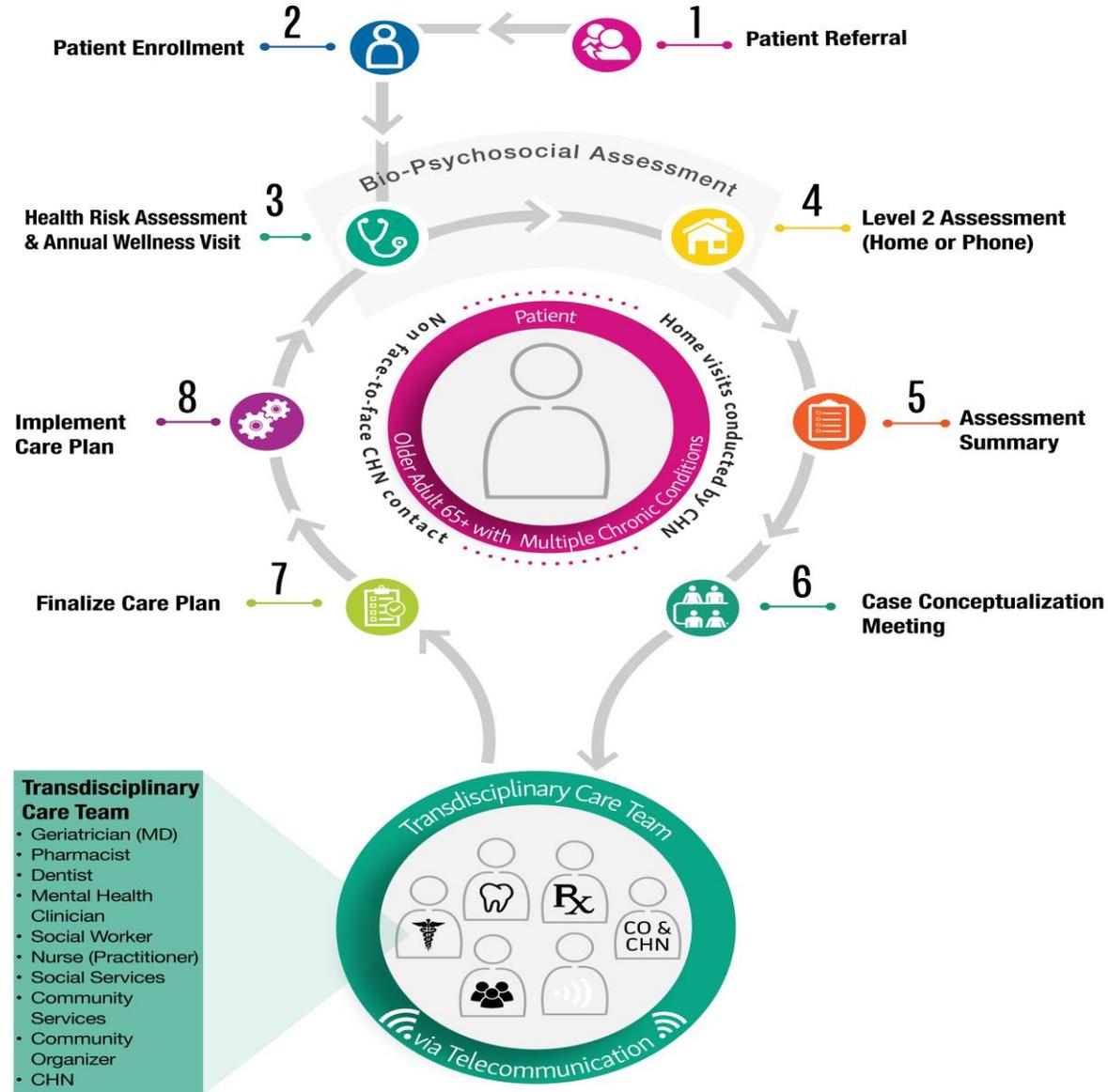
Creating Age-Friendly Healthcare Systems



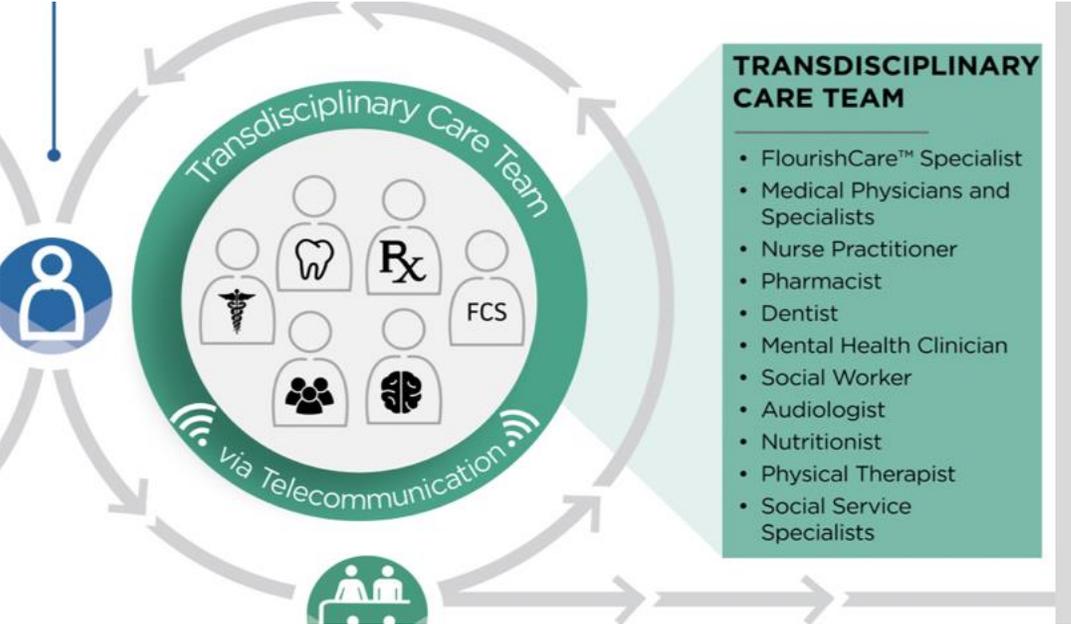
FOCUS ON
THE 4MS

FlourishCare™ Program

NOTE: Implementation of the Flourish Model may vary slightly across our locations as it relates to logistics (ex: referral process), however, the core principles are the same.



Transdisciplinary Team: A staple of Age-Friendly Health Systems



Interdisciplinary Team characterized by trust and mutual confidence to engage in the teaching and learning process

Collaboration

Preparation

Supervision

Sharing

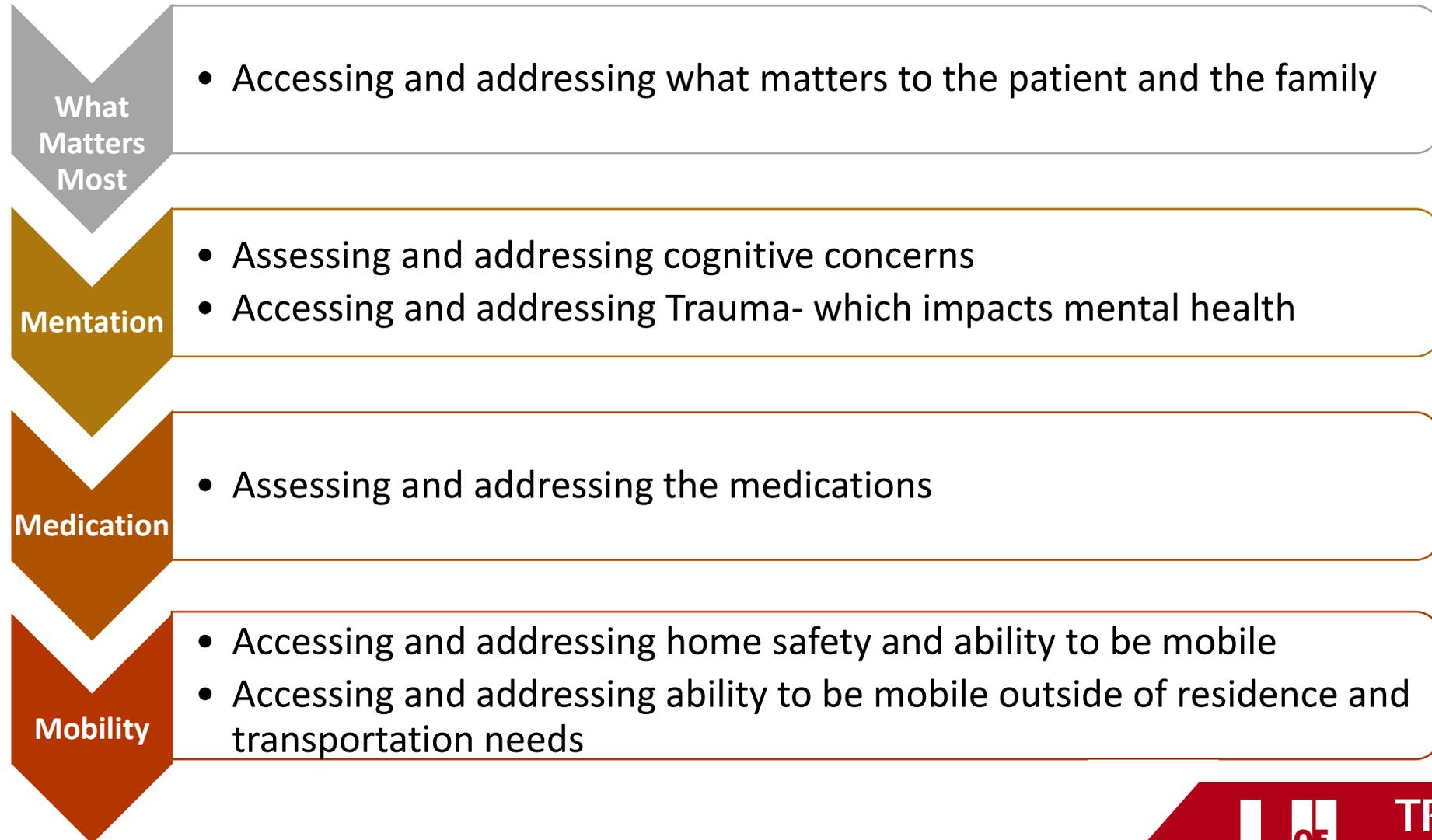
Disciplinary Functions

FlourishCare Case Study

Plan of Care



Application of the 4M's for one to flourish



Resources/Programs

Flourishing Together

(Eat Well. Move More. Stress Less.)

MicroClinics International

My Health Matters Education and Support

Friendly Visitor Program

PEARLS

Caregiver Program

Wellness and Lifestyle Services

Flourishing Together

- Eat Well.
- Move More.
- Stress Less.

Participants come together weekly with their support system for ten weeks for 1.5 hours to learn how to make sustainable changes to prevent or manage diseases in a fun environment. A free monthly meeting is offered thereafter for education and support.

We see better health for individuals who spread this to their families and communities.

95% of participants who completed a Microclinic Program improved in at least one clinical indicator (weight, body mass index, blood pressure, cholesterol, or blood sugar.)

Participants influence their social network, spreading health behaviors to friends, family, co-workers, and neighbors.

During and after the program, participants spread healthy habits to their communities, often joining local efforts to improve community health that include building community gardens and expanding access to healthy food options.

Our mantra is the ultimate belief that health is contagious.

Session One: Learning about the “Flourishing Together” Program

Session Two: Monitoring (knowing your numbers) and Learning About The Importance and Psychology of Teamwork

Session Three: Eating and Physical Health

Session Four: Activity and Connection to Health

Session Five: Superfoods and How They Can Heal

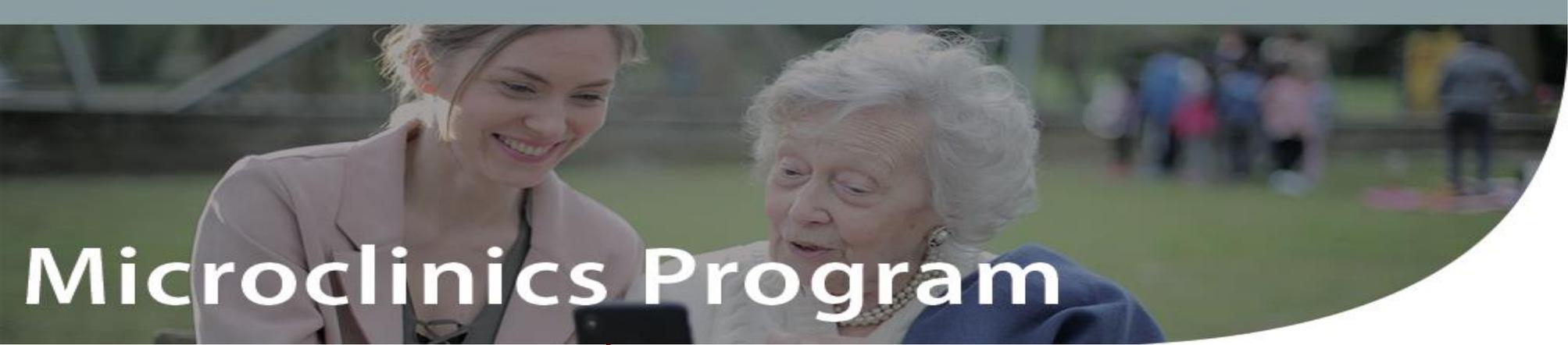
Session Six: Healthy Problem Solving

Session Seven: Diabetes and Heart Disease Can Be Prevented/Managed

Session Eight: Journey to Self-Care

Session Nine: Shopping Tour

Session Ten: Soul Collage and Graduation



Microclinics Program

**Flourishing Together
MCP Facilitators Needed**

[Microclinic Program - Trager Institute](https://www.tragerinstitute.org/microclinic-program)
[https://www.tragerinstitute.org > microclinic-program](https://www.tragerinstitute.org/microclinic-program)

My Health Matters *And*

So Does Yours!

Every Monday Night 6:30 pm - 7:30 pm EST

This support and educational meeting is designed for folks wanting to learn more about health and how to promote individual, family, and community health.

**WE WILL CONTINUE TO WEAVE COVID-19 EDUCATION
WITH OUR PRESENTATIONS.**

We will use a variety of ways for engagement: Guest speakers, health education, open discussion, support and more!

- <https://uoflhealth.zoom.us/j/6531933068>

Virtual Friendly Visitor Program

In addition to the mental health implications such as depression, studies gathered by the [National Institute on Aging](#) demonstrate that prolonged social isolation can lead to other health complications, including cognitive decline, high blood pressure, heart disease and a weakened immune system. These side effects are particularly concerning during COVID-19 when such comorbid conditions put individuals at higher risk for adverse reactions from the virus.

Virtual Friendly Visitor Program: The Virtual Friendly Visitor Program provides **opportunities for isolated older adults to participate in social engagement** with a trained volunteer whose sole purpose is to socialize with them. (This program can be provided in a face-to-face environment also, however, due to COVID, face-to-face visits have been paused.)

To be trained or to refer a client contact: barbara.gordon@louisville.edu

PEARLS

- ✓ The Program for Encouraging Active and Rewarding LiveS (or PEARLS) can assist Kentucky residents age 60 and over who may be experiencing depression symptoms, whether they have been diagnosed or not.
- ✓ Potential signs of depression can include a lack of enjoyment in once-pleasurable activities; often feeling down, sad, or hopeless; and changes in sleep and appetite.
- ✓ Although these symptoms can feel overwhelming, PEARLS seeks to alleviate them and is proven by research to do so.

Referrals to the program can be made to:

KIPDA Caregiver Program

Contact your Area Agency on Aging to check their programs

A support program for individuals caring for loved ones (age 60+)

We May Be Able to Help You:

- ✓ Find resources to fit your needs
- ✓ Connect with peers for support
- ✓ Learn to provide the best care through professional training
- ✓ Discuss your concerns

Referrals to the program can be made to:

Email: Payton.Kruer@louisville.edu

Phone: (502) 588 – 3322

Visit our website for more information:

www.tragerinstitute.org/caregivers

Wellness and Lifestyle Services

Acupuncture and Herbal Medicine

Massage Therapy

Fitness Class

Nutritional Counseling

Tai Chi Classes

Yoga Classes

Art Therapy Classes

Drumming/HealthRHYTHMS

<https://www.tragerinstitute.org/wellness-services>

LAST, but not least: ECHO/KCHC Meetings

Project ECHO: Care of Older Adults **typically** meets on the **3rd Friday**, 12:00-1:30 pm Eastern Time (unless otherwise noted), in collaboration with the [Kentucky Coalition for Healthy Communities](#) (KCHC.) Project ECHO sessions include an educational didactic, a case presentation, and discussion to address the following needs. The KCHC meeting will offer time for participants to discuss how they can use the information in their communities, share upcoming events, and meet quarterly to learn about additional topics.

Participants can expect information focused on:

1. Providing patient-/family-centered care;
2. Improving chronic health conditions;
3. Providing effective behavioral health interventions;
4. Improving treatment and care of those with Alzheimer's Disease and related dementias; and
5. Increasing interprofessional collaborative care.

Announcement: Our Care of Older Adults Track Now Offering Continuing Education Hours for Social Workers! We are excited to announce continuing education is now available for social workers who attend Project ECHO sessions. Social workers can receive between 1 - 1.5 CEUs per session. Contact [Justin Magnuson](#) to learn more: justin.magnuson@louisville.edu



Questions?