# **Connecting Older Adults to Health Information**

Resources, Ideas, Suggestions from Chat

## **Who to partner with:**

County senior centers

County board of health

Local health department

Parish or county council on aging

Senior centers, health departments

Health sciences library partnering with Public library

Local Churches

Senior centers, area agency on aging

County health/mental health department, hospitals, community health centers.

Federally Qualified Health Center (FQHC)

state and city health depts

Pharmacies

nursing programs

Alzheimer's San Diego, Sharp Grossmont, San Diego County

veterans organizations

Local Y has senior home services

Local aging coalitions

agriculture nonprofits

Houses of faith

Extension Offices

Veterans services

state occupational therapy associations

statewide library

## **Types of Programs:**

mental health

foot care for diabetics

healthy eating

We've offered Tai Chi, Chair Yoga. Collaborated on Diabetes Self-Management and Chronic Pain Management workshops

Falls and injury prevention - we have participated in regional coalition events on this topic

balance classes

Fall risk assessments

I would definitely include "socialization needs" on this list

Promoting health screenings

Food safety (we have a lot of power outages, and many older adults are food insecure, so will eat food that is spoiled)

Under Preventive it would be nice to have something more holistic--emotional well-being

Memory cafe

Promoting cognitive screenings

teaching CNAs how to properly clean dentures and the importance of getting their nursing home patients to the dentist if needed

Chronic health talks public health and library

I would like to see something done regarding informing the public/business re changing hearing needs

blood pressure screening events

Replying to "teaching cna's how to properly clean dentures and ...":related to that, how to eat healthy if teeth are an issue (pain, etc.)

Also, would include "internet safety", especially focusing on identifying and avoiding scams

You can ask a Local Lions Club to assist with vision screening

label reading

mobile vision screening in rural areas.

We have dementia kits: Search Results | Monterey County Free Libraries

Arthritis is not necessarily included in HP 2030 under ‘older adults’ but has its own section/goals: https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/arthritis

## **What type of programming have you tried or are you interested in trying?:**

Interested in investigating our city's Maker Playground to integrate older adult programming and offerings

Dementia Friends—learning about dementia and care

Ready.gov and helping older adults with disaster planning

Memory cafe is a program and socialization for people with dementia and Alzheimer's

We had an info session for retired persons who wanted to become certified health workers

Maine Humanities Council used to have Creative Aging Teaching Artists. When they have the roster again, I would like to have a series with them.

Distributed materials for the "yellow dot" program. This program allows seniors to write a short medical history, prescriptions and allergies to keep in their glove compartment in their vehicles. A yellow dot sticker is put on their car to be used by EMTs in case of an accident. Most states use this program.

We had a local pharmacist give a talk about the program and we are able to get free brochures from our state.

My prior place of work, the paramedics had "vial of life" and handed out kits to take an old medicine bottle, and fill out a form, put it in the bottle, put it in the door of the refrigerator. So, if they respond to the home, they would just look for a medicine bottle in the refrigerator. Used the refrigerator because it is the easiest most common thing to find in every home.

In British Columbia we have a group called the People's Law School and we display several of the Power of Attorney type brochures. Other provinces, states may have something similar: <https://www.peopleslawschool.ca/category/publications/>