Program Focus Team Action Plan:

Enriching the Lives of Older Kansans, Adults With Disabilities, and Their Families by Addressing Health and Wellness Needs

2012-2013

Strategic Opportunities Addressed:

- Prepare People in Kansas to Thrive in a Global Society and All Aspects of Life
- Create Opportunities and Support People in Kansas to Improve Their Physical, Mental, and Emotional Health and Well-Being

Situation:

According to the U.S. Census Bureau (2010), 18.5% of Americans[1] and 18.4% of Kansans[2] are age 60+. The population of the nation and of the state will grow older as the Baby Boomer generation (those born during 1946-1964) moves into later life. As older adults are more likely to experience disability and chronic diseases, this demographic shift will have significant consequences in terms of health and wellness of the population.

Approximately 12% of Americans and 37% of older Americans[3] and 12% of Kansans and 38% of older Kansans report a disability.[4] According to the CDC (2011), 80% of older Americans manage one chronic condition, while 50% are managing at least two.[5] There are many diseases that are categorized as 'chronic'; as just two examples, approximately 53% of older Kansans reported doctor-diagnosed arthritis and 18% reported doctor-diagnosed diabetes in 2010.[6] Related to these issues of disability and chronic disease, 26% of Kansans reported providing care to a family member or friend with a health problem, long-term illness, or disability in 2009.[7]

All aspects of society are predicted to demonstrate impacts related to these societal changes, including health and wellness, education, health care, family relationships, home environments, agriculture, community life, politics, and the economy. Research-based, educational opportunities that address aging and disability-related issues are timely and relevant, and the necessity of these programs will increase in the future. K-State Research and Extension is dedicated to providing community leadership for adult development and aging programming to enrich the lives of older Kansans, adults with disabilities, and their families by addressing their health and wellness needs.

Sources

[1]U.S. Census Bureau, Age Groups and Sex: 2010, 2010 Census Summary File 1, QT-P1.

[2]U.S. Census Bureau, Profile of General Population and Housing Characteristics: 2010, 2010 Demographic Profile Data, DP-1.

[3]U.S. Census Bureau, Selected Social Characteristics in the United States, 2010 American Community Survey 1-Year Estimates, DP02.

[4]U.S. Census Bureau, Disability Characteristics, 2010 American Community Survey 1-Year Estimates, S1810.

[5]Centers for Disease Control and Prevention, Healthy Aging. Helping People To Live Long and Productive Lives and Enjoy a Good Quality Of Life, At A Glance 2011.

[6]Kansas Department of Health and Environment, Behavioral Risk Factor Surveillance System, 2010.

[7]Kansas Department of Health and Environment, Behavioral Risk Factor Surveillance System, 2009.

Public Value:

Adult development and aging programming enriches the lives of older Kansans, adults with disabilities, and their families by addressing health and wellness needs through research-based education. Engaged, secure, and healthy individuals benefit families and communities.

Outcomes:

Short-Term:

1. Program participants report an increase in knowledge about health and wellness issues facing older adults, adults with disabilities, and their families.

2. Program participants report plans to take action or change their lives.

Evaluation Questions:

1. After participating in a KSRE adult development and aging program, what did participants report that they learned?

2. After participating in a KSRE adult development and aging program, what actions did participants report that they plan to take?

Medium-Term:

1. Program participants report taking steps to manage their personal health and wellness.

2. Program participants report actively supporting the health and wellness of older adults, adults with disabilities, or their family members.

Evaluation Questions:

1. Three-to-six months after participating in the program, what did participants report that they changed related to their personal health and wellness?

2. Three-to-six months after participating in the program, what did participants report that they changed related to supporting the health and wellness of older adults, adults with disabilities, or their family members?

Long-Term:

1. Program participants report an enriched quality of life through improved personal health and wellness.

2. Program participants report an enriched quality of life for older adults, adults with disabilities, or their family members through improved health and wellness.

Evaluation Questions:

1. After participating in the program, do older adults, adults with disabilities, or their families report an enriched quality of life through improved health and wellness?

Outputs:

Participants:

1. Older adults
2. Adults with disabilities
3. Family members

Activities:
Provide community leadership for adult development and aging programming to enrich the lives of older Kansans, adults with disabilities, and their families. Address health and wellness needs using workshops, meetings, presentations, exhibits, individual consultation, and media. Curricula used may be categorized into three tiers or levels of programming.
A description and examples for each tier are found below:

Tier 1 Programs:
Evidence-based; demand high level of commitment (typically 6 or more weeks/sessions). Examples:

- Kansans Optimizing Health Program (4-day leader training, workbooks, grants, web site; standardized assessment form)
- Walk with Ease (online training available at http://www.kdheks.gov/arthritis/wwe-leader.htm)
- Powerful Tools for Caregiving (training in 2013)

Tier 2 Programs
Research-based; moderate level of commitment (typically less than 6 weeks/sessions). Examples:

- Legally Secure Your Financial Future – Lesson 2 on advance directives (leader training as requested, PowerPoint, fact sheets, leader's guide, poster display, postcards, web site, standardized assessment form)
- TBI*options* (additional online, automated program, interactive map, fact sheet, poster display, postcards, notes, standardized assessment forms)
- Aging Conferences (sponsored by K-State Research and Extension offices and districts across the state)
- Falling Less in Kansas (booklet, PowerPoint)
- Alzheimer's Caregiving at Home (toolkits located in Area Offices)
- Master of Memory (arrives in 2013)

Tier 3 Programs
Research-based; low level of commitment (1 week/session). Examples:

- Fashion an Easier Lifestyle with Assistive Technology (leader training as requested, Power Point, fact sheets, leader's guide, poster display, postcards, on line learning lesson, standardized assessment form)
- Home Modification (leader training, Power Point, fact sheet, leader's guide, standardized evaluation form)

Additional individualized educational efforts may be supported through the use of the following:

- eXtension (Ask an Expert platform, fact sheet, poster, web site)
- SageAdvice (web site, KSRE_SageAdvice Twitter account)
- SageStories (YouTube)
- The Healthy Caregiver (online resource)
- The LiveAbility House (Second Life®)

Educational efforts may be augmented by integration with national or state observances. Examples for the year may be found below:
January: Legally Secure Your Financial Future (New Year's Resolutions)
February: KOHP (American Heart Month; Wear Red Day)

March: TBI*options* (Brain Injury Awareness Month)
April: Aging Conferences or Legally Secure Your Financial Future (National HealthCare Decisions Day)
May: Any (Older Americans Month; National Arthritis Month; National Women's Health Week; National Physical Fitness and Sports Month; Heat Safety Awareness Day; National Senior Health & Fitness Day®)
June: Home Modifications (National Safety Month)
July: Walk with Ease (Dog Days of Summer)
August: Alzheimer's Caregiving at Home
September: Falling Less in Kansas (Falls Prevention Awareness Day)
October: Master of Memory (International Day of Older Persons)
November: Powerful Tools for Caregiving (National Family Caregivers Month)
December: Fashion an Easier Lifestyle with Assistive Technology (International Day of People with Disability)

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