

TRENDS IN DEVELOPING A COMPREHENSIVE WELLNESS PROGRAM FOR THE ELDERLY

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Role of the Wellness Coordinator

- What is my role and how was it developed
- Why is the expense worth spending in the long view of the community
- What should you expect and what should you look for in the person
- What has been my experience which may have a familiar ring to others in a similar role.

Wellness Model of Service

- Components of a Wellness Model
 - Articulating the groups vision/values regarding aging
 - Developing a Philosophy of Aging
 - Stating a definition of wellness and holistic approach to care/service

Person Centered Approach

- What is it?
- Is it realistic in most environments?
- What are some of the budget considerations in implementation!

What are the most receptive settings for aging well

- What adaptations are needed
 - Physical/Environmental
 - Housing adjustments
 - Use of occupational therapist as consultants on adaptation of living setting
 - Use of home health care and hospice
 - Use of outside resources :e.g. assisted living and long term care
 - Attitudinal of the members
 - Living with older adults who need some help
 - Pressure of ministry and needs of the elderly

What “guidelines” are needed to go forward

- When do you move from living alone or with one other person
- When do you stop driving
- How do you address the cognitively impaired person who is physically well and relatively young.