

Heineberg Senior Housing- CHAP Action Plan January 2010-July 2010

Target Population	Evidence Based or Promising Practice	Timeframe	Cost	Lead SASH team member	Primary Duties
High and moderate need with multiple chronic conditions	Healthier Living Workshop- Chronic Disease Self Management Program	Six week session begin in late January 2010- meets once a week for 2.5 hours	Free-provided through Community Health Partnership	Ken	Assist with sign ups, completing initial survey, remind residents of class time, encourage and support goal setting.
High/mod/well residents in need of increased social interaction	Telephone Reassurance Program Cyber Seniors	Weekly phone calls from volunteers to provide companionship	Free- partnership with United Way of Chittenden County	Jenn	Assist with sign-ups, explain program to residents, feedback to United Way, safety checks if contacted by volunteer that resident is not answering scheduled call
Low and moderate need residents at nutritional risk and in need of and able to engage in increased physical activity	Eat Better Move More	12 week session starting in May 2010. Weekly sessions include one ½ hour discussion topic. Two or more walking sessions per week	Educational material can be downloaded for free. Pedometers must be purchased.	Suzy, Geriatric fellow, under supervision of Wellness nurse or SASH coordinator.	Lead weekly ½ discussions on topics of nutrition and movement. Assist with walking session and setting up pedometers for participants
All residents- target 12 highest fall risk initially.	In-House Falls Risk Assessment/Prevention Program	April 2010- scheduled individually with residents	Free-SASH staff trained by VNA PT	Ken working with Jenn and Suzy	Coordinate appointments, assist with reminders, encourage participation, follow up.
High and Moderate need residents taking multiple medications	Medication Reviews and Medication passports	Two weeks – starting in late May 2010 by Albany College of Pharmacy students	Free- Student rotation program in community health	Ken/Jenn	Coordinate visits with residents, supervise students, encourage participation.
Residents with nutrition deficiencies	Nutrition Education series and Individual Nutrition Placemat Plans	January-April 2010	\$350- UVM Nursing students free; Pay for Dietician consult.	Ken/Jenn/Suzy	Coordinate sessions, visits with residents, supervise students.