

# Building a Foundation for Launching Vitalize 360



# What is Vitalize 360?

- Senior coaching model
- Member drives the development of a personal Vitality Plan
- Older adult *activation* is a cornerstone
- Uses the current assessment system
- Transforms the role of the IDT
- Orchard Cove pilot -- positive preliminary results



# Organization Readiness

- Getting Ready for the Journey
- Operational Design
  - ✓ Staffing
  - ✓ Organization of coaching work
  - ✓ IDT
  - ✓ Administration/Leadership
  - ✓ Other Stakeholders
- Ongoing Program Evaluation



# Organization Readiness

- Program staffing and coaching role
- Organization of coaching assessment conversations
- Interdisciplinary Team (IDT) development
- Educate administration/leadership
- Identify and educate additional stakeholders
- Educate and involve older adults
- Review technology requirements and existing data information systems



# Visioning Vitalize 360 in Your Community



# What's Worth Knowing About?

- Program saturation
- Outside services used
- Risk for sentinel events or to independence
- Loneliness, pain, stress
- Satisfaction with health, fitness, community life
- Self-rated health

