

BeWell: A New Understanding of Meaningful Data Use

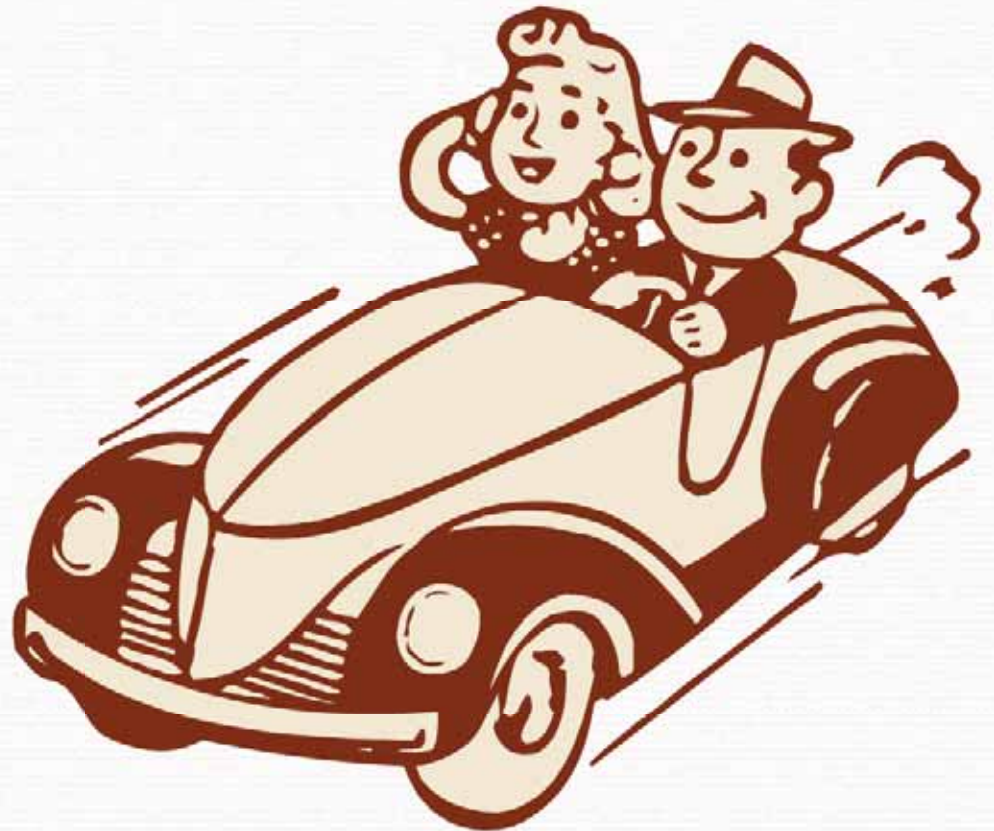
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An innovative program by
Lutheran Homes of South Carolina

We reviewed our population on our Heritage at Lowman campus.....

- **63 Active Lifestyle residents**
- **42 were still licensed and active drivers**
- **Average age: 82**
- **Informal reports of poor driving**



We had hard data we couldn't ignore....



**So how do you
tell an older
adult driver that
they're having
"issues" with
their driving?**



**.....very, very
carefully
and
creatively!!**

COLLAGE data supporting program development for driving program...

77% with visual issues



Eye clinic & glasses cleaning seminar

24% needing hearing test



Hearing seminar & screening

17% triggering alcohol abuse



DUI and Law Enforcement information

COLLAGE data supporting program development for driving program(cont.)...

**19% with physical limitation
30% with functional limitations**



5 minute massage & review of educational resources/presentation

82% taking two or more prescription Rx



Lecture by Pharmacist about drug interaction

39% with memory concerns



Computerized Brain Games & memory game

BeWellSM Fit to Drive

Maintain and improve the safety and comfort of driving for mature drivers

- **June is National Drive Safe Month**
- **4-week educational series**
- **Supporting activities throughout month**
- **Involve residents, families, local community members and professionals**



Week 1 – AARP “55 Alive” Driver Safety Program

- **Instructed by an AARP certified instructor**
- **Full-day classroom lecture**
- **Successful completion can be used to get a deduction in auto insurance premiums**
- **\$12/members; \$14/non-members**
- **Supporting information & services:**
 - **AARP workbook**
 - **Vision Screenings**
 - **Hearing Screenings**

Week 2- Physical Aspects of Driving

- **Instructional guidance through strength and flexibility exercises to maintain and improve driving**
- **Free mini massages**
- **Supporting information:**
 - **Brochure with home exercises**
 - **Physician's Guide to Driving** (American Association of Occupational Therapy)
 - **Driving When You Have Arthritis** (National Highway Traffic Safety Admin.)

Week 3 – Substances and Driving

- **Pharmacist presentation about how prescriptions can affect one's ability to drive**
- **“Ask the Pharmacist” appointments**
- **Supporting information:**
 - **Driving When You Are Taking Medications**
(National Highway Traffic Safety Administration)
 - **Literature provided by visiting pharmacist**

Week 4 – Brain Games!

- **Computerized assessments/games to maintain or improve one's ability to drive**
- **Held in computer lab**
- **Brain Games using various board & word games**
- **Supporting information given to residents**
 - **Available links to games and other online assessments for residents to do at home.**

Final: Graduation DUI Party!

Supporting Activities...

- **CarFit Car Clinic- AARP/AAA/American Occupational Therapy Assoc.**
- **“Guess Who’s Car”** — pictures of residents’ old cars
- **Golf Cart Show** — local golf cart vendors to bring various models for test drives on campus and sponsor a cookout
- **Open forum with residents** – alternatives to driving, campus transportation, neighbors-helping-neighbors
- **AAA “Keeping the Keys” program for families of older drivers**
 - **Held in the evening and advertised to families and local community**

Supporting Activities (cont.)...

- **Wii Driving Games -**
www.gamepro.com/wii/genre/driving
 - **Mario Kart & MySims Racing**
- **Antique Car Show or Local Car Clubs**
 - **Newberry Car Buffs - www.newberrycarbuffs.com**



Program Development

- Continue to assess individual and aggregate community wellness information
- Add new programs and initiatives as we determine new priorities of opportunity
- Support program development via grant-funding and research initiatives



Programming by Diagnosis and CAPS

- **43% suffer from various forms of Arthritis**
- **63% report pain, functional or physical limitations as obstacles to exercise and physical fitness**
 - Evidence-based programs
 - Elevate staff qualifications
 - Stanford Chronic Disease Self-Management Program
 - FallProof and “Matter of Balance”
- **Arthritis Foundation Partnership**
 - Self Help Programs
 - Exercise Program
 - Tai Chi
 - Certified pools



Intellectual Wellness: 42% prefer education

- BeWell Educated
- Resource Kiosks
- Annual Wellness Fairs
- BeWell Brain Builders
- Computer and Technology classes



Social and Emotional Wellness

- **BeWell Clubs**
 - **Books - 97%**
 - **Dining out - 91%**
 - **Music or singing - 85%**
 - **Bridge - 83%**
 - **Travel - 71%**
 - **Garden - 56%**
 - **Crafters - 50%**
 - **Photography -50%**



Physical Wellness

- 45% want to improve fitness
- 60% prefer to walk, hike, run
 - Program development for Walk To BeWell & BeWell's Walking Pole Program
 - Pedometers
 - Walking booklet with walking guides & journal
 - Educational posters and flyers
 - Walking poles
 - Senior Explorers: Outdoor environmental education classes with hikes.



THE BEST OF
BOSTON HERALD

I'LL HAVE A
CHEESEBURGER,
LARGE FRIES,
BLACK COFFEE...

I'M STARTING TO
THINK RETESTING
SENIORS FOR
DRIVING ISN'T A
BAD IDEA!

