

COLLAGE at Whitney Center

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Program Implementation Driven by Data

- ❑ COLLAGE data reports showed many residents with low vision issues, i.e. Macular Degeneration, Diabetic Neuropathy and cataracts
- ❑ During healthy aging conversations, residents with vision challenges shared a range of obstacles and limitations
- ❑ Low Vision Resource/Support Group launched
- ❑ Group is resident-driven with a staff facilitator

Integrating Residents in Planning

- Invitation made to Services for the Blind to meet with the Low Vision group to offer expertise to the group
- Presentation given, “Shedding Light on Low Vision”, introduced the Low Vision Group to the entire Whitney Center community
- Meeting planned with Library Committee to coordinate set up of new library to accommodate low vision needs

Needs Identified Through COLLAGE Healthy Aging Conversations

- Balance training and fall prevention
- Depression, Anxiety
- Incontinence
- Dehydration
- Memory enhancement

Expansion of Services and Education

- Balance Class and Video project
- Increase in Mental Health Services
- Lectures on uro health
- Lectures on the aging brain
- Initiated Yoga/Tai Chi (in process)
- Wellness topic addressed in weekly newsletter

Story of One Resident

- Known history of multiple falls, pain, isolation, symptoms of depression (“life is not worth living”)
- Resident invited to meet for a COLLAGE/healthy aging conversation.
- Collaborated to identify significant challenges, review possible causes, develop goals and a realistic action plan
 - ✿ Initiated aquatics program
 - ✿ Medication changes made
 - ✿ Increased physical therapy regimen
 - ✿ Consistent “check in” support calls and visits

Story of One Resident (cont')

- No falls
- Participating in off campus trips including the Casino
- Playing weekly bridge games
- Swimming 2 times/week
- Consistent physical therapy to maintain safety
- Improved sense of well being
- Houston...we have lift off!

Overview

- Identifies needs in the community
- Seeds for service and program development
- Increases referrals to campus services
- Creates and strengthens of relationships between residents and staff