GROWING YOUNGER: FALL PREVENTION & SOCIAL ISOLATION REDUCTION

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YMCA OF GREATER RICHMOND & SENIOR CONNECTIONS, THE CAPTIAL AREA AGENCY ON AGING
WHY WE ARE HERE & WHAT WE DO

JAMES BARRON, 86

“I used to only be able to walk ¼ of a block” and now after continued exercise in program he can walk up to 3 miles.

SHIRLEY REID, 69

“I am experiencing great joy as a senior citizen at the Friendship Café and with Growing Younger…the art, music and exercise stimulates my body and mind. Being able to interact with other seniors is very socially engaging…I feel healthier and stronger...
Goals:

- What we do
- How we got started and scaled
- Distinguishing characteristics
- Road map to successful programming and Partnerships
- Looking to the Future
WHERE WE STARTED, 2008

- Powhatan YMCA, Donor and Local Foundation
- 2 years
- Goal: Provide a model of a health and wellness program for Seniors over 60
HURDLES TO SUCCESS

• Selling the program
• Instructors and Staff
• Available Days
• Engagement
SUCCESS BY DISTINCTION

• Partnerships
• Community Based
• Best Practices
• Spirit, Mind, Body
WHERE WE ARE NOW: June 2015

- Engaged Partners
- Logic Model Driven
- 9 Friendship Cafes
- Community FFS: Charles City
- Collaborative Regional Engagement
Partnerships: It's all about relationships

**Alliance**
- Alignment without coordination
- Philosophical agreement
- Name association

“Can I use your logo to add a reputable brand and trusted name to my event?”

**Collaboration**
- Part of team
- Leverage own resources
- Compromise
- Informs
- No asset exchange

“What are we willing to stop doing or give up so the whole, we, of the community can go forward?”

**Partnership**
- Equally & Fully invested
- Common Mission
- Formal – MOU
- Engaged

“What assets, financial, intellectual, etc. can I provide to be bought in and fully invested?”
How We Move Forward

**INPUTS**
- STAFF
- FUNDING/ FEES
- MATERIALS
- ALLIANCE / COLLABORATIONS / PARTNERSHIPS
- RESEARCH BASE

**ACTIVITIES**
- SFT PRE/POST TEST
- QUARTERLY FITNESS EVALUATIONS
- ANNUAL HEALTH SCREENINGS
- HEALTH PROMOTION ACTIVITES
- ENROLLMENT AND ATTENDANCE
- STAKEHOLDER MEETINGS

**OUTPUTs**
- SFT Primary indicator: 30” Biceps Curl and 6’ walk
- SFT Secondary Indicator: percent who meet or exceed standard on entire test
- Surveys Indicator 1: Social Isolation - perceived
- Surveys Indicator 2: Social Isolation - objective
WHERE WE WANT TO GO

2015
- Increase skills & knowledge of exercise
- Change opinions of exercise
- Increase Participation in exercise classes
- Increase number and buy in from partners and stakeholders

3 YEAR
- 75% of all active participant will meet or exceed the standard in all tests on the SFT, with special emphasis on the strength and cardio portions
- 75% of all active participants will agree that the program helps them feel less socially isolated

5 YEAR
- Older Adults in the Greater Richmond Community will have improved and/or maintained independence and wellness to promote aging in place
- Growing Younger will be a leader in the Richmond area of best practices, evidence based programs, and research program designed in the arena of older adult health and wellness education
The Future: Community Based Fee For Service Pilot: Charles City

Charles City: Ruthville Gymnasium, Spring 2013*
Community FFS, Jan 2015
MOVING FOR BETTER BALANCE: Tai Chi

• CDC approved secondary prevention
• No equipment needed
• National Trainer in Richmond
• Community Based Dissemination
• Comprehensive Pre/Post test
• Best results when combined with agility and weight bearing activities
AGING STRONG

HEALTHY LIVING
Questions

• What we do

• How we got started and scaled

• Distinguishing characteristics

• Road map to successful programming and Partnerships

• Looking to the Future