



Life Longevity through Empowerment

Action Plan Presentation



Healthy Living and Lifestyle Changes for the Aging Population 55+

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Enhancements of Healthy Lifestyle Behaviors
that Delay Dependency Care

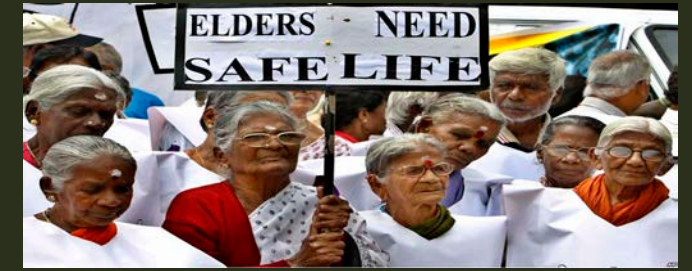


Integration of public health initiatives & resources that could increase healthy life expectancy

- The importance of having the action plan implemented as a resource tool into the organization.
- Global Economy and the impact it has on society for the growing population of individuals 55+.
- Discuss health conditions and illnesses that impact this age population.
- Demonstrations of interventions.
- Texas Political Perspective
- Gains/Losses involved in implementing the program and interventions
- Proposed cost, funding, and staff requirements.
- Funding and Resource Strategies



Why it is important to educate the Aging Population



Society and the Global Economy



According to the World Health Organization between 2015 and 2050, the growth rate of the 55+ population will double from 12% to 22%.

1 in 6 people will be 60 years old or older.

Generational Shifts will occur as this population transitions into retirement and become more susceptible to chronic illnesses and disease due to a decrease in physical mobility and/or cognitive Capabilities.

Shifting this population with the burden of the aging population taking precedence on the impact of the economy & healthcare.



- Mission Statement

To bring self-awareness to the aging population 55+ through empowerment in choosing healthy strategies that will delay care dependency by preserving and enhancing quality of life.

Vision Statement

To promote healthy lifestyle behaviors that will increase life expectancy through interventions and resources based on public health initiatives.





Intervention Goals

- To be able to implement a cost-effective program for the aging population who are independent physically and mentally and are not disabled.
- To provide education and resources at a discounted rate through partnering and networking with a variety of providers for the following services :
- To utilize Professional specialists In providing classes and medical treatment to educate and provide treatment in maintaining and/preserving bones, muscles, and tissue from atrophying and decaying.
- To provide cost-effective safety interventions & measures for healthier nutrition options , prevention of loss of vision, oral and hygiene care for maintenance & prevention of teeth or denture wear to increase consumption of a variety of different textures of foods.



Program Activities & Initiatives

- Have a nutritionist develop monthly classes online and in-person to discuss education and demonstrate and prepare a quick and easy healthy meal.
- Monthly Vision & Dental check-ups at discounted rate for eyewear and dental apparatus through use of website. (after watching a video on visual impairments tooth decay and prevention).
- Physical Therapist to perform physical performance evaluations and provide 3-5 educational and training sessions free of charge through discounted rates of watching video on mobility impairments and dysfunctions.
- Provide drivers education specialist to train and teach safety techniques in operating a motor vehicle safely.



Cost of Program Initiatives & Interventions

Proposed Annual Cost \$500, 000 to 750, 000

- Full-time Public Health Counselor to identify individual needs of program.
- Full-time Physical/Occupational therapist to provide classes and mobility training.
- Full-time dietician to provides services on nutritional value and incentives.
- Full-time Marketing Representative to promote awareness of this program.

- 3-7 full-time ancillary staff for evaluation of program participation quarterly through surveys, referrals, website visits, and maintain through monthly analysis of individuals who took part in intervention and website discounts.



Partnering & Networking Organizations

- Since Public Health Programs are generally funded through grants, contracts, and reimbursements through publicly funded health insurance agencies.
- Most government grants are funded through scientific research and non-profit organizations.
- Partnering with local gyms with discounted memberships through website.
- . Partnering with United Way of Tarrant County, MHMR Tarrant County and Hospitals.
- Develop a network of healthcare providers that will provide these services at a discounted rate and reimbursement through grant funding.
- Discounted rates will be provided for services through the website only.



Conclusion

So, let's come together and invest in creating an environment of social inclusion for this population by providing knowledge, education, and resources to promote a cultural society in the Tarrant County and surrounding counties for healthy lifestyle behaviors that will positively impact the welfare of global economic conditions in delaying care dependency for this aging population



References

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