



ARCHSTONE
FOUNDATION

AND THE

GERONTOLOGICAL
HEALTH SECTION

of the

AMERICAN
PUBLIC HEALTH ASSOCIATION

present the

2009 AWARD
FOR EXCELLENCE
IN PROGRAM INNOVATION



AWARD PRESENTATION

ARCHSTONE FOUNDATION

AND

THE GERONTOLOGICAL HEALTH SECTION OF
THE AMERICAN PUBLIC HEALTH ASSOCIATION PRESENT

THE 2009 AWARD FOR EXCELLENCE IN PROGRAM INNOVATION

APHA ANNUAL MEETING IN PHILADELPHIA, PENNSYLVANIA

GERONTOLOGICAL HEALTH SECTION AWARDS PROGRAM

MONDAY, NOVEMBER 9, 2009

4:30 PM

PENNSYLVANIA CONVENTION CENTER

ROOM # 108 B

FOREWORD

The Award for Excellence in Program Innovation was established by an endowment from the Archstone Foundation to the Gerontological Health Section of the American Public Health Association to recognize best practice models in gerontology and geriatrics. Programs that innovatively link academic theory with applied practice in the field of public health and aging are considered annually for the award. It is our hope that these model programs will be replicated and continue to be evaluated in an effort to enhance services to the aging population throughout the United States.

The 2009 Archstone Foundation Award for Excellence in Program Innovation recipient is:

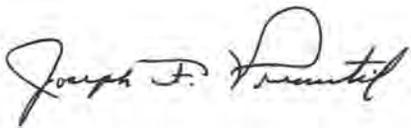
PREPARE: Disaster and Emergency Preparedness for Long-Term Care Facilities
Mather LifeWays Institute on Aging
Evanston, Illinois

Honorable mention goes to:

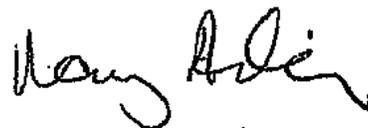
Legacy Corps San Diego
New Alternatives, Inc.
San Diego, California

To Allan Goldman, M.P.H., Chair of the Archstone Foundation Award Selection Committee, and the other members of the selection advisory committee, we extend our deep appreciation for their efforts in reviewing the nominations and selecting the outstanding programs to receive this year's award and honorable mention.

To the winner of the 2009 Archstone Foundation Award for Excellence in Program Innovation, all the nominees, and to all who participated in the award process as applicants or reviewers, we offer our best wishes for continued success in their commitment to develop service models in the field of aging.



Joseph F. Prevratil, J.D.
President & Chief Executive Officer
Archstone Foundation



Nancy Miller, Ph.D.
Chair, Gerontological Health Section
American Public Health Association

WINNER

PREPARE:

DISASTER AND EMERGENCY PREPAREDNESS FOR LONG-TERM CARE FACILITIES

In 2005, administrators from over 190 long-term care (LTC) communities, representing 30 states, participated in a Mather LifeWays Institute on Aging needs assessment survey. Ninety-one percent of survey participants self-reported they were not prepared to deal with a natural disaster or other public health emergencies, 81% reported being unaware of an emergency management plan for older adults in their state or region, and less than 10% said they provided staff education on disaster preparedness. Given these findings Mather LifeWays Institute on Aging, with three-year funding from the Office of the Assistant Secretary for Preparedness and Response, U.S. Department of Health and Human Services, developed the PREPARE program.

PREPARE is a train-the-trainer program for senior-living and long-term care healthcare providers (professionals, managers and staff) on how to address the medical and psychosocial needs of older adults during a disaster or public health emergency. Each letter in the acronym PREPARE represents a key program goal:

- P – Prepare LTC workforce for emergencies
- R – (enable) Readiness, recognition, and multidisciplinary response
- E – Educate core trainers
- P – Produce an effective LTC workforce
- A – Alert the public health system of emergencies
- R – (provide) Resources for continuing disaster preparedness education
- E – Evaluate impact



The PREPARE program involves a full-day workshop composed of six modules:

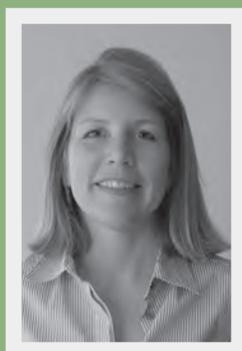
PREPARE Program Modules	
Module 1:	Special Vulnerabilities of Older Adults in a Disaster or Emergency
Module 2:	Pandemic Influenza Planning for Senior Living and Long-Term Care
Module 3:	Using the Incident Command System in Senior Living and Long-Term Care
Module 4:	Creating Effective Disaster Plans for Senior Living and Long-Term Care
Module 5:	Psychological First Aid
Module 6:	Tabletop Exercises for Disaster Preparedness for Senior Living and Long-Term Care

Each of the program modules equips senior living and long-term care providers and staff with skills to provide services to older adults during an emergency and/or disaster. More specifically, PREPARE enables participants to: 1) recognize the physical, social, and emotional needs of older adults in a disaster or public health emergency; 2) meet acute care needs of LTC community residents in a safe and appropriate manner; 3) establish relationships with key community organizations that can provide resources to aid older adult residents in a disaster response; and 4) involve residents and family members in disaster preparedness activities. Each workshop attendee receives a teacher's guide for the six learning modules, a list of resources, educational handouts, and independent study guides. On-going technical assistance is available to help facilitate trainers' successful implementation of the replication of the PREPARE program at each LTC facility. In addition, PREPARE training is accessible over the Internet (on-line courses and webinars).

Initially an Illinois-based program, the PREPARE program is now training providers nation-wide. PREPARE is collaborating with LTC state associations, public health departments, LTC facilities, and other community-based organizations across all 50 states and has trained 1,650 trainers who have reached over 16,000 health care providers.

Evaluation outcomes have shown improvements to disaster plans; increased linkages with local, state, and federal agencies; and increased preparedness for post-disaster counseling for staff and older adult residents. In addition, the training has enabled participating organizations to take part in exercises as an ongoing strategy to evaluate preparedness to procedures and level of staff training.

To learn more about the PREPARE training program and its resources, please visit www.matherlifeways.com.



For further information contact:

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HONORABLE MENTION

LEGACY CORPS SAN DIEGO

In 2005 Legacy Corps San Diego was launched as part of a nationwide initiative of the University of Maryland Center on Aging and AmeriCorps. Through this initiative, 15 sites across the country established programs with the common goal of providing volunteers with opportunities for civic engagement by supporting families caring for homebound older adults. Based on the known success in existing intergenerational programs, San Diego County's Aging & Independence Services partnered with New Alternatives, Inc. to create an intergenerational respite care service program – Legacy Corps San Diego.

Legacy Corps San Diego involves a team of volunteers including at-risk youth and adult mentors. The volunteer team visits homebound older adults at their residence to provide services while their caregiver takes some much needed time off to attend to personal needs. During the visit, volunteers may provide light housekeeping or interact with the older adult through story-telling, arts and craft projects, and playing games. The goal of Legacy Corps San Diego is to improve the physical and mental health of homebound older adults and their caregivers. In addition, at-risk youth and adult mentors benefit from the program by gaining an understanding of and the opportunity to explore the vocation of caring for older adults and making a positive impact in another life.



Volunteer team members receive over 20 hours of training which includes intergenerational team-building activities, cardiopulmonary resuscitation (CPR) and First Aid certification, and educational trainings on health and caregiving issues. Together, the at-risk youth and mentor provide 10-12 hours of respite per week. Members of the team are required to commit to a full year of services; adults committing 450 hours and youth 150 hours of service per year. Volunteers gather monthly to reflect on their experiences and receive additional training. Since 2005, volunteer teams have provided over 76,000 hours of free respite care.

For purposes of replicating the program, Legacy Corps San Diego has created a member handbook and policy and procedures manual. Program evaluation is provided by a team of researchers at the University of Maryland. Homebound older adults and caregivers who have participated in Legacy Corps San Diego have indicated an increase in their quality of life and health while at-risk youth volunteers have reported a higher respect toward other generations and a better understanding of community service needs. Over 80% of the adult and at-risk youth volunteers continue to provide services in the community after their experience through Legacy Corps San Diego.

To learn more about the program and its resources, please visit www.nailegacycorps.com.



For further information contact:

John Scholte

Program Director

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PAST WINNERS

2008

Guided Care: Improving Chronic Care for High Risk Seniors
The Roger C. Lipitz Center for Integrated Health Care
Department of Health Policy & Management
Johns Hopkins Bloomberg School of Public Health - Baltimore, Maryland

2007

The Dancing Heart: Vital Elders Moving in Community Memory Loss Program
Kairos Dance Theatre - Minneapolis, Minnesota

2006

Brain Get Your Mind Moving
New England Cognitive Center - Hartford, Connecticut

2005

Legacy Corps for Health and Independent Living
University of Maryland, Center on Aging - College Park, Maryland

2004

Dignified Transportation for Seniors
Independent Transportation Network - Westbrook, Maine

2003

Alzheimer's Health Education Initiative
Alzheimer's Association - Los Angeles, California

2002

Kinship Support Network
Edgewood Center for Children and Families - San Francisco, California

2001

Groceries to Go
Elder Services Network - Mountain Iron, Minnesota

2000

Experience Corps
Johns Hopkins Medical Institutions, Center on Aging and Health - Baltimore, Maryland

Assistive Equipment Demonstration Project
University of Massachusetts, Gerontology Institute - Boston, Massachusetts

1999

Senior Wellness Project
Northshore Senior Center - Seattle, Washington

1998

A Matter of Balance: An Intervention to Reduce Fear of Falling
Boston University, Royal Center for Enhancement of Late-Life Function - Boston, Massachusetts

CALL FOR NOMINATIONS

As of November 1, 2009, the Gerontological Health Section of the American Public Health Association will accept nominations for the 2010 Archstone Award for Excellence in Program Innovation. The award was established in 1997 to identify best practice models in the field of health and aging, and to provide recognition and an opportunity to highlight the work at the annual meetings of the American Public Health Association.

Programs that effectively link academic theory to applied practice in the field of public health and aging are eligible for nomination. Nominees should also have documented results, but have been in operation less than 10 years. Preference will be given to nominees who have not received prior awards or special recognition.

In two single-space typed pages, please describe the program to be nominated. The narrative should include information about the problem being addressed, the population served, the project's design, partnerships or collaboration, funding, and measurable benefits and outcomes. Only one program may be nominated per agency or organization.

An independent panel will review all nominations. The criteria for award selection will include:

- Creativity in project design;
- Documented outcomes and benefits of the program;
- Replication potential;
- Evidence of collaboration and partnerships; and
- Dissemination strategy.

The winner is expected to attend the 138th Annual Meeting of the American Public Health Association in Denver, Colorado, November 6-10, 2010 at a special Gerontological Section Award Session and attend the awards ceremony. In recognition of this achievement, and to assist with the travel expenses, the winning organization will receive a \$1,000 cash award. Honorable mention(s) may also be awarded to one or more nominees submitting distinguished programs as determined by the review panel.

Nominations are to be postmarked by April 1, 2010 and may be sent or E-mailed to:

Allan Goldman, M.P.H.

Chair, Archstone Foundation Awards Committee

Planning and Policy Development Specialist

Georgia Department of Human Resources

Division of Aging Services

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Atlanta, GA 30303

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Stephanie Vachirasudleka, M.P.H., M.S.W.
Association of Schools of Public Health/CDC Fellow
Healthy Aging Program
Division of Adult and Community Health
Centers for Disease Control and Prevention

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GERONTOLOGICAL HEALTH SECTION

The American Public Health Association (APHA) is the world's largest and oldest organization of public health professionals, representing more than 50,000 members from over 50 public health occupations. The Gerontological Health Section (GHS) was established in 1978 to stimulate public health actions to improve the health, functioning, and quality of life of older persons and to call attention to their health care needs. GHS members fulfill that mission in part through research and advocacy aimed at reforming governmental health care programs, particularly Medicare and Medicaid. Section members are also active in administration, direct service, research, and education in community health promotion, community organizing, program development and evaluation, and other ways of bringing public health innovations to older persons. GHS is also concerned with the health and social needs of younger people with disabilities as they make their transition into the healthcare delivery system for the aged.

ARCHSTONE FOUNDATION

The Archstone Foundation is a private grantmaking organization whose mission is to contribute toward the preparation of society in meeting the needs of an aging population. Under the leadership of Joseph F. Prevratil, J.D., President and CEO, the Archstone Foundation has awarded more than \$72 million in grants since it was established in 1986. The Foundation's current funding priorities include elder abuse and neglect, end-of-life issues, fall prevention, and responsive grantmaking to address emerging issues within the aging population. In fiscal year 2007, Archstone Foundation provided approximately \$4.7 million in support of its mission.



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