

Report to the Long-Term Care Committee

Work Group, Subcommittee and Regional Updates

November 6, 2020

Tompkins County Age Friendly Center for Excellence (TC AFCFE) Project

The TC AFCFE project is coming to a close after more than 12 months of collaboration among County departments, academic institutions, community-based organizations, and private partners to support healthy living for all ages. Tompkins County Office for the Aging is one of three grantees to receive special funding from the Health Foundation of Western and Central New York to develop an Age Friendly Center for Excellence. Teri Reinemann reports that she and several TC AFCFE partners are planning a four workshop series for 2021 that will educate professionals, government, businesses, agencies and citizens about New York State's priorities to incorporate age friendly principles to into policies and engage stakeholders to participate in transformative activities that create a thriving community.

Advance Care Planning

Anna Rosenblatt reported that the Advance Care Planning Committee met on November 5 to share updates and brainstorm ideas for future meetings. The group discussed a framework for decision-making that was the subject of a Planet Money podcast. Although the podcast was not related to advance care planning, it addressed decision making in difficult times. Angela Mennitto and Deb Traunstein are providing training sessions related to advance care planning.

Fall Prevention Work Group

The Fall Prevention group met on October 30. In addition to reviewing 2020 fall data from the County Department of Emergency Response, the participants shared information about the availability of programs that help prevent falls (i.e. yoga, physical activity, assessments, home modifications) and their level of use since the beginning of COVID. Amy Jackson of COFA described their distribution of pamphlets to both consumers and provider offices. Lynn Gitlow shared information about a study that the Ithaca College occupational therapy students are conducting to determine the training that providers receive when prescribing cane usage. The Fall Prevention group is discussing the creation of a message/ campaign/ resource that will reach adults who may be at risk for falls.

Chronic Disease Self-Management Program – (CDSMP)

Due to COVID, plans to train peer leaders from local partner agencies to deliver the Stanford Chronic Disease Self-Management Program have been delayed. The six-week program is not available in Tompkins, but had been offered for five to six years after introduction by Finger

Lakes Independence Center and HSC around in 2009. There are at least four interested organizations exploring this program with the Rural Health Network of South Central New York which offers the training. The evidence-based program is now permitted to be offered to consumers as a virtual workshop.

CBO Consortium of Upstate New York

The CBO Consortium of Upstate New York (www.cboconsortium.org) received a grant from the Health Foundation of Western and Central New York to provide support to community organizations through technology and infrastructure capacity building. A survey conducted earlier in the year found that small to mid-sized community organizations were at a technological disadvantage and could benefit from enhancements with regard to hardware, software, IT support and other technical assistance to be able to conduct operations and deliver services remotely.

Nonprofit organizations that are members of the Consortium will be able to participate in the live technical assistance webinars and receive other support through the grant. Currently sixteen partners in Tompkins County are CBO members. Organizations who are interested in membership should visit www.CBOConsortium.org/join to view the criteria and apply online.