

Wellness Collaborative's Healthy Home Program Expands



(L-R) Diane Baisden, Program Coordinator and Kathy Supak, Wellness Nurse at Cortland Acres

The Healthy Home Program **expanded to six senior housing sites**, bringing care coordination, health education, exercise programs and social support to residents 55 and older in Randolph and Tucker counties.

The program provides a Care Coordinator and Wellness Nurse at each site who work with participants on a range of goals they set in order to maintain or improve their quality of life, live safely in their homes, and avoid costly and traumatic emergency and institutional care.

The program **more than doubled in size** in 2016, ending the year with 94 participants. This program was founded by the Wellness Collaborative, whose members include **RCHA, Davis Health Systems, Randolph County Senior Center, Randolph-Elkins Health Department, and Cortland Housing Association**, and which is supported by the **Claude Worthington Benedum Foundation**.

EXPANDING OPTIONS FOR AGING-IN-PLACE

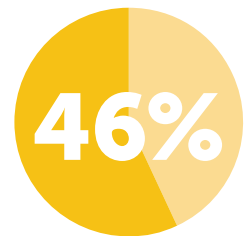


Healthy Home coordinator Henry Nefflen consulting with a program participant.

RCHA LAUNCHED the Wellness Collaborative in 2013 to create a service-enriched housing model for our growing elderly population. Collaborative members now include Davis Health System, Randolph County Senior Center, Randolph-Elkins Health Department and Cortland Housing Association.

The Collaborative first launched the Healthy Home program—a free, care coordination initiative—at the First Ward School Apartments in Elkins. Its focus is to enable seniors to age safely in their homes, experience improved health, and avoid costly medical and institutional care. Today, it has expanded to serve seniors at the Elkins Housing Authority’s Gateway Apartments, and to Pineview and The Pines, both part of Cortland Housing in Thomas.

Early data indicate success, with a sharp decrease in emergency room visits by participants and positive results on a wide range of goals for health and wellbeing. To date, more than 30 participants have been served by the program, and expansion to 200+ residents is in the works.



**DECREASE IN
ER VISITS IN
ONE YEAR**

