

Needs Assessment & Health Promotion Interventions in Independent Living Housing: An Interdisciplinary Project

Manuel Fimbres, Jeanne d'Arc Manor
Sadhna Diwan & Sang E. Lee, School of Social Work
Tamar Z. Semerjian, Department of Kinesiology

Center for Healthy Aging in Multicultural Populations (CHAMP)
San José State University
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Jeanne d'Arc Manor

- Independent living housing for low-income seniors and young individuals with disability
- The Board is committed to provide a life of quality and meet the challenges of aging in place
- California Endowment grant awarded to Jeanne d'Arc Manor: **need assessments of health and well-being of residents**

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Need Assessments

- **Individual Interviews**
 - Functional ability
 - Health
 - Mental health
 - Diet, physical activity
 - Social support and engagement
 - Service use and needs
- **Focus Groups**
 - Staying healthy, fall, social relationships, service needs

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Major Needs Expressed

- Programs for **physical activities, exercise, and fall prevention**
- Access to physical exercise equipment and/or space
- Assistance to staff to provide programs for physical activity, socialization, fall prevention, service coordination to residents on an ongoing basis

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Demonstration of evidence-supported Health Promotion Programs

1) Laughter Yoga



Demonstration of evidence-supported Health Promotion Programs

2) Fall prevention and physical activity



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Additional Changes in Jeanne d'Arc Manor

- Entered into negotiations with Catholic Charity for expanded hours of the John 23rd
- Have committed to setting up paid field placements for Vietnamese, Mandarin, Spanish speaking students via CHAMP and SJSU Foundation
- Special trainings for the staff
- Paid for yearly bus passes for all residents
- Bought ping-pong tables and a defibrillator

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Fall Prevention Demonstration & Implementation

- Assessment of current practices
- Need for implementing evidence-based interventions
- Staff and student training to promote fidelity
- Health Trust Initiative
- Resident Responses

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