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

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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

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

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

Demonstration of evidence-supported Health Promotion Programs
1) Laughter Yoga

Demonstration of evidence-supported Health Promotion Programs
2) Fall prevention and physical activity
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

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