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# Planning a Healthy Aging Initiative [Project Proposal]

Annemarie Conlon  
*Plymouth State University*

Barbara McCahan  
*Plymouth State University*

Kathleen Patenaude  
*Plymouth State University*

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# PSU Integrated Cluster Project Proposal Form

**Title:** Planning a Healthy Aging Initiative at PSU

**Project Leadership:** Barbara McCahan, Anne Marie Conlon, Kathleen Patenaude

**Project Description:** This project's aim is to start a community conversation and external partnership with a variety of campus constituents, community partners and external organizations that will collaborate in the design and implementation of a Healthy Aging Initiative at PSU. This project aligns directly with the mission of the Health and Human Enrichment Cluster in that the resulting Healthy Aging Initiative will "support, promote, and enhance quality of life for all through education, research, and partnerships." This approach is integrative by bringing together expertise, interest and resources from a varied groups and disciplines. Evidence-based practices will be applied and transdisciplinary engagement will be a final outcome. The process will begin with establishing a cross-cutting team representing all stakeholders to begin the process of identifying the regional community capacities and needs around the concept of healthy aging for all. Overall, this will be a long range project, emerging in phases, requiring ongoing collaboration. The implementation of coursework, community outreach and projects will provide rich opportunities for students to conduct research, participate in projects and develop skills for supporting healthy behavior choices for all ages. This project is just a beginning.

## **Project Goals and Outcomes:**

**Project Goal:** To establish and increase cross-disciplinary actions and activities that support healthy aging for residents in the Pemi-Baker region.

**Student Learning Outcomes** –Students involved in the project will be able to:

- a. Describe the organizational steps in building a leadership team to establish a collective planning vision and mission
- b. Describe processes for developing collaborations with external partners
- c. Conduct background primary and secondary needs assessment research
- d. Describe the characteristics of "healthy aging" and the varied opportunities for health enhancing choices across the lifespan
- e. Reflect on their personal and professional development as advocates for healthy aging.

## **Rationale and Impact:**

**Project Rationale and Impact Statement:** This project will foster collaboration across faculty, students, community members and external corporate/non-profit partners in the work of providing opportunities for healthier aging in place. It will address the widely held concerns of an increasing number of older adults who can benefit from information and interfaces that enhance personal and community well-being. Partnerships with agencies such as the NH Association of Retired People and opportunities for students in disciplines such as Health Education and Promotion, Nursing, Social Work, Physical Therapy and Adventure to interact with older adults is a win-win for both parties. By building a coalition for leadership, a systematic and sustainable approach will have lasting impact on both developing student practitioners and on the community.

## Project Team

### PSU Project Participants

Name	Position/ Title	Project Role	Discipline/ Specialty	Email
Barbara McCahan	Professor/ Director of the CfALHC	Facilitator	HE&P	bmccahan@plymouth.edu
Annemarie Conlon	Social Work	Organizer	Social Work	
Kathleen Patenaude	Nursing Department Chair	Partner	Nursing	
Kenneth Heuser	Faculty Emeritus, Education	Partner	Education	kenh@plymouth.edu
Katherine Tardiff	Campus Minister	Partner	Outreach	<a href="mailto:kmtardif@plymouth.edu">kmtardif@plymouth.edu</a>

### Non-PSU Project Participants (stakeholders; partners; academic institution; etc.)

Name	Organization	Project Role	Discipline/ Specialty	Email
	NH AARP	Resources/Event Partner	Aging	nh@aarp.org

### Student Participant Profile

Class/ Student Organization/ Individuals	Role in Project	Academic Level (Undergraduate or Graduate)	Academic Discipline	Total Student Population
HE 3240 HE Program Planning and Evaluation	Participate in community needs assessment	UG	Health Ed & Promotion	25
SW 3050 Perspectives on Aging	Participate in building cross disciplinary & community communications	UG	Social Work	35

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### **IRB (Institutional Review Board) Compliance**

IRB Compliance: <http://www.plymouth.edu/office/institutional-review-board/>

- This project DOES NOT require IRB compliance
- This project DOES require IRB compliance (*complete below*)

IRB Approval Status: Not Yet Applied

IRB Approval Date

Any funding approvals of IRB-required projects are contingent on obtaining IRB approval.

### **Project Management: Timeline and Milestones**

**Project Start Date:** 1/15/2017

**Project Complete Date:** 6/30/2017

<b>Project Milestone</b>	<b>Milestone Description</b>	<b>Target Completion Date</b>
Establish a cross disciplinary leadership team	First meeting of leadership team occurs – minutes of the meeting posted on CfALHC web page. Multiple stakeholders represented.	2/27/2017
Secure external partnership with AARP or NHARP	MOU or letter of support secured	3/30/2017
Host regional event to promote older adult involvement and health	Event late 2017 – co-sponsored by AARP	6/30/2017
Action Plan formulated	Next phases of project documented in an action plan, posted to website. Involves courses and students for AY 2017/18	6/30/2017

- Student Education/ Training Requirements: **None**