



Calhoun County Senior Services

Minimum Service Standard

SERVICE NAME: SENIOR FIT & FUN

DEFINITION: The delivery of a one-hour of group wellness sessions that integrate behavioral and health education, health screenings and exercise for the purpose of self-directed care of the body, mind, and spirit. The sessions will be provided weekly in a group setting.

UNIT OF SERVICE: One unit of service equals one (1) hour of participation by one (1) person. Reimbursement is based on a line-item budget.

INCOME REQUIREMENT: No income requirement applies.

DESIRED OUTCOME: Seniors will have access to health information, screenings, supervised exercise, monitor progress of their own health status.

MINIMUM SERVICE STANDARD:

A. Service Components – Each session will include the following components:

1. Educational component – Group and/or one-on-one individualized coaching by a nurse to increase the participant’s health literacy, improve disease self-management and prevention, behavioral health and capacity to make informed health decisions.
2. Screenings – A minimum of two (2) types of screening per session at the participant’s discretion/request may include:
 - a. Blood pressure
 - b. Blood sugar
 - c. Pulse oximetry
 - d. Pulse Rate
 - e. Weight - quarterly
 - f. Body Mass Index - quarterly
3. Exercise – Approximate exercises for older adults to improve mobility, flexibility and strength delivered by trained instructors.
4. Mental/Behavioral Health Screenings and referrals when indicated and as needed.
 - a. Memory Screening
 - b. Depression Screening
 - c. Caregiver burnout

B. Participant Analysis – A Participant Analysis will be conducted a nurse, when the participant begins the program and will be updated annually. The Participant Analysis will include:

1. Basic information including name, address, phone, birth date, gender, and race/ethnicity.
2. Vitals including blood pressure, blood sugar, pulse ox, weight.
3. Health history
4. Medication profile
5. Emergency contact



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6. Signature of recipient acknowledging willingness to participate and have data (without name) collected and reported.

C. Participant tracking and monitoring

1. Recipients will track their progress on a weekly basis.
2. Ongoing monitoring and follow-up will be conducted weekly by the RN to ensure the recipients' health and safety.
3. Follow-up contacts will be made to determine if linkage was successful and determine if further referral is needed.
4. Client data will be reviewed annually by the clinical supervisor.
5. A participant survey will be conducted annually to measure health and fitness improvement.

D. Referrals and Collaboration – Where appropriate, referrals will be made to physicians, mental health, and other services that support whole person wellness. Collaboration with other organizations serving older adults will be encouraged. Appropriate entities will be given the opportunity to provide information or services at weekly sessions.

E. This program will work closely with sites that have congregate meal services and other rural sites that may be developing locally initiated senior outreach/lifestyle centers.