

# THE LONGEVITY INSTITUTE: HEALTHY AGING IN THE COMMUNITY

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## Purpose

The purpose of this quality improvement initiative was to incorporate wellness and healthy living in a community setting.

## Background

With healthcare moving toward Population Management there presented a need for wellness and healthy living in a community setting. Additional support was identified through a community assessment and a patient/family advisory committee.

## Intervention

The Longevity Institute (LI) was developed to provide person centered care for older adults through a systematic approach to maintain health in the aging (50+) with healthy aging and activity programs focused on wellness, and the older (65+) population. Programs include focused education for injury prevent, nutrition, vision and hearing screens, immunizations, evaluation of mobility, depression screening and the identification of any risk factors that could impact the process of healthy aging. The Longevity Institute is guided by a “Senior Advisory Council” who provide patient/family feedback needed to support the community. Held at varying locations to reach out into our community, the free events enable attendees to receive informative resources and referrals to primary and subspecialty care.

A Geriatric Clinical Nurse Specialist (CNS) functions as a patient navigator to facilitate (1) education on wellness and prevention, (2) improve care coordination, (3) connect patients to services and community resources, (4) remove barriers to care, (5) screenings to detect risk that impact healthy aging, and (6) identify care delivery gaps across healthcare continuum. Community support comes from churches, senior centers, community centers, retirement communities, and assisted living centers in the post-acute care continuum.

Theory of Successful Aging was used as a framework to promote a sense of meaning or purpose, and physical, functional, psychological, intellectual, social, and spiritual health for older adults. This model approaches the individual as a set of interrelated systems, biological, psychological, and social, recognizing the person’s attempts to maintain a balance between each of these systems and the outside world. Successful aging is framed from the older adult’s perspective of aging. There is no absolute level of balance.

## Conclusion

## Outcomes

2016 Events	Ageless Community
Annual Faith Breakfast	Cardiac Wellness
Dementia: Normal Aging vs Dementia	Fall Awareness: Tips for Home
How to Be Your Own Patient Advocate	MIND diet for Alzheimer’s Prevention
Music Listening	Nutrition: Key to a Healthy Brain
Optimism and Cognition	Power of Attorney/Advance Directives
Research on Preserving Brain Health	Senior Exercise Program
Skin Cancer Awareness/Screening	STROKE awareness
Stroke Screenings	Water, Water Everywhere/Importance of Hydration
Wellness Fair	Wellness Screening/Needs Assessment
What are Your Stroke Risks?	What to Expect When You Are Admitted

Why does my Back Hurt?	“Watch Your Step”
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2017 Events	Matter of Balance Workshops
Wellness Fair	Men’s Health Event
Health and Resources Expo	Cardiac Wellness
Cardiac Inflammation	Women’s Health
Men’s Health	Growing Older/ Living Well
Medication Management	Sleep Disturbances
Peripheral Vascular Disease Screenings	Fall Prevention
Stroke Prevention	STROKE awareness
Stroke Screenings	Water, Water Everywhere/Importance of Hydration
Back Pain	Women’s Wellness Event: Radiate Wellness
Your Brain As You Age	Diabetes
The Gift of Good Health	Optimal Nutrition
Blood Pressure Screening	Maintain Your Brain
When to Call 911	Lean and Clean: Wellness Fair and Screening
Patient Advocacy	Optimism: It’s Good for your Health

