

WEBVTT

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00:00:00.000 --> 00:00:06.750

Everyone to the Missouri D. D. D. and U webinar for February of 2022.

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00:00:06.750 --> 00:00:17.669

I want to take a quick 2nd, and just share that. These webinars are targeted toward individuals and families, but they are completely open to anyone who is interested in the topic and wants to participate.

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00:00:17.669 --> 00:00:31.050

These webinars are scheduled to be 30 minutes long and are meant to provide a quick overview on a specific topic of interest. Today's webinar actually falls in line with the Missouri quality outcome of healthy living.

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00:00:31.050 --> 00:00:42.479

As the information being shared today, it can help assist folks with living healthier lives and learning how to manage. Some of their health care needs during the webinar today is Erica.

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00:00:42.479 --> 00:00:55.679

Amber Yvonne, and tang Louis, they're going to share and describe a unique opportunity that is available to people who are enrolled in 1 of the Missouri, Medicaid home and community based services programs and their caregivers.

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00:00:55.679 --> 00:01:01.679

So, Erica, if you're ready, I will turn it over to you. So you can start sharing your information.

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00:01:01.679 --> 00:01:09.599

Thank you Lisa and thank you all for joining us today. Um, amber you could turn it to the next slide. Please.

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00:01:09.805 --> 00:01:24.265

Thank you. My name is Erica. I'm the project director for the for network. I will be Co, presenting today with amber, who is the MP 4 network project coordinator and Tom Lewis, who is the network associate project?

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00:01:24.265 --> 00:01:28.915

Director will be available to answer questions at the end of the webinar along with amber and myself.

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00:01:30.055 --> 00:01:34.825

Next slide please. So, what is the for network?

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00:01:34.855 --> 00:01:48.114

The network is a network of area agencies on aging across the state of Missouri area agencies, and aging are public or nonprofit agencies that serve a defined geographic region in Missouri.

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00:01:48.954 --> 00:01:53.094

So that there is statewide access to triple a resources across the state.

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00:01:54.180 --> 00:02:00.265

And they provide community based resources and support to help address the needs and concerns of their communities.

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00:02:00.265 --> 00:02:12.985

They provide an array of services such as community wellness programs, which are going to be the focus of our webinar today, but also access to transportation or food supply.

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00:02:12.985 --> 00:02:16.194

So, there's a range of services that they can offer their communities.

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00:02:17.544 --> 00:02:28.884

Together the area agencies on Aging in Missouri, through the network offer evidence, based programs or community wellness programs that help individuals improve their health in general.

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00:02:28.884 --> 00:02:29.094

Well,

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00:02:29.094 --> 00:02:31.104

being the mid America,

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00:02:31.104 --> 00:02:40.134

regional council is an area agency on Aging and the Kansas City region and the mid America regional council provides central administration and enrollment support to the,

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00:02:40.375 --> 00:02:45.354

for network for these community wellness classes or evidence space programs.

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00:02:47.335 --> 00:02:57.264

The network currently has grant funding through which it can offer free community wellness programs to program recipients and their caregivers throughout Missouri.

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00:02:58.104 --> 00:03:05.814

The focus of this webinar will be to share with you information about these classes. What are the benefits of these classes and how you can enroll.

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00:03:06.090 --> 00:03:13.229

So, thank you for joining us and I'll now turn it over to amber von to share with you information about these classes.

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00:03:15.900 --> 00:03:20.699

Thanks, Erica. So what are evidence based programs?

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00:03:21.235 --> 00:03:35.995

Evidence based programs are health promotion classes, meaning their classes that are designed to help you improve health and wellness. The classes are offered in the form of small group workshops that typically meet once a week for 6 weeks.

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00:03:36.180 --> 00:03:41.759

The classes are offered in virtual in person, or over the phone formats.

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00:03:41.759 --> 00:03:54.180

The classes are evidence based meaning they are proven through research to have documented health benefits, and they're designed to help teach people tools for improving their overall health and wellbeing.

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00:03:54.180 --> 00:03:57.569

Managing chronic or ongoing health conditions.

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00:03:57.569 --> 00:04:03.449

Reducing disease and injury, including falls and achieving goals for healthy living.

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00:04:06.270 --> 00:04:15.030

These workshops encourage participants to set goals and follow action plans to make sustained improvements in their daily lives.

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00:04:15.030 --> 00:04:24.600

Participants are also taught tools for problem solving and for improving their communication skills, especially with caregivers and medical providers.

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00:04:24.600 --> 00:04:30.959

There's also an emphasis on relationship building and social support in the courses.

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00:04:30.959 --> 00:04:40.858

We utilize small groups and breakout rooms during the workshops to help each other problem solve and support each other throughout the course. And even sometimes after.

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00:04:44.999 --> 00:04:52.829

I'm sorry, and of course, there's also an emphasis in emphasis on proper nutrition and exercise habits.

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00:04:54.059 --> 00:04:59.879

So who can take evidence based programs pretty much anyone looking to improve their health and wellbeing.

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00:04:59.879 --> 00:05:05.548

The courses are designed for adults and caregivers, especially for those at risk.

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00:05:05.548 --> 00:05:13.949

Or living with a chronic or ongoing health condition, but anyone wanting to take better control of their health would benefit from our programs.

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00:05:13.949 --> 00:05:19.649

And because the network is comprised of area agencies on aging.

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00:05:19.649 --> 00:05:31.978

We are also able to connect participants with community resources to address other factors that might impact their health and wellness, including assistance with food, transportation, or housing.

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00:05:31.978 --> 00:05:36.718

So, anyone needing help in those areas might benefit from these programs as well.

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00:05:38.639 --> 00:05:50.158

Why take an evidence based program? Well, in addition to improving overall health studies, show, participants in these programs also get better at managing their own health and care.

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00:05:50.158 --> 00:06:00.598

Participants typically maintain or even increase their independence immobility and they often report having more energy with less fatigue and less pain.

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00:06:01.678 --> 00:06:14.488

People who take these courses see an improvement in their communication with their doctors and caregivers, which is especially important because research tells us that we only retain a fraction of what our doctors tell us.

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00:06:14.488 --> 00:06:29.098

Participants in the workshops also experience, reduce hospitalizations and emergency department visits and another benefit from the courses is an improved mental health, which could be either emotional or cognitive.

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00:06:32.309 --> 00:06:35.369

So Here's an example of 1 of our participants.

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00:06:35.369 --> 00:06:42.598

This has been he came in late the 1st, week of class, and confided in the workshop leader that he wasn't sure if you'd come back.

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00:06:42.983 --> 00:06:57.713

He explained that his mother had just passed away and that he was dealing with related grief and depression and now, although he was seeing a counselor, he was still feeling depressed and stuck. And the leader later learned that Ben had also been contemplating suicide.

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00:06:58.553 --> 00:07:06.834

However, Ben did stick with it and he showed up to every class not only did he say he felt better, but he started taking walks with a new friend.

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00:07:06.834 --> 00:07:13.884

He met during the workshop and continued with his exercise plan and meeting with his new friend even after the workshop ended.

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00:07:14.278 --> 00:07:21.238

So, these workshops are great, not only for learning about health and wellness, but also for strengthening your social support system.

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00:07:23.218 --> 00:07:28.319

And here's Pam. Pam actually attended 3 different workshops in a row.

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00:07:28.319 --> 00:07:38.903

But before she started the workshop, she had high blood pressure, diabetes and kidney disease. She was using a wheelchair due to the severe pain, and her legs, and a lack of strength.

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00:07:39.353 --> 00:07:43.793

She was also overweight in taking several medications to manage her health issues.

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00:07:43.858 --> 00:07:54.809

She 1st attended a chronic disease self management program and became so enthusiastic about learning to manage her own healthcare that she immediately attended another workshop.

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00:07:54.809 --> 00:08:02.728

By week 6 of the 2nd workshop, she had lost 12 pounds and her blood pressure readings were within normal range.

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00:08:02.728 --> 00:08:13.108

A month later, she started her 3rd workshop in a row and actually walked in smiling ear to ear and reporting that. She had lost another 15 pounds.

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00:08:13.108 --> 00:08:23.129

She was also managing her glucose levels with diet and exercise. So her was down and her doctor had taken her off of insulin injections.

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00:08:24.298 --> 00:08:31.889

So those are just a couple of examples of people who have found success with our programs. Let's now take a look at the programs we offer.

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00:08:32.938 --> 00:08:47.813

The 1st is steps to help your living, this is a chronic disease self management course that teaches skills and tools for living with the challenges that come with ongoing health issues. This course is offered in 5 different forms.

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00:08:48.114 --> 00:09:01.854

There's the original steps to help your living. But there's also, in addition with a focus on diabetes, there's an addition focused on chronic pain as well as a workplace addition for those, looking to balance their work and home life.

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00:09:02.129 --> 00:09:10.109

And there's also an addition of the course offered in Spanish for anyone more comfortable communicating in that language.

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00:09:13.168 --> 00:09:17.099

Another program we offer is building better caregivers.

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00:09:17.099 --> 00:09:30.778

This program teaches caregivers skills for managing time and stress. It talks about tips for healthy eating and exercise and also talks about how to deal with the difficult emotions that arise when you're caring for someone else.

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00:09:30.778 --> 00:09:34.649

And finally we have a course called walk with ease.

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00:09:34.649 --> 00:09:44.908

This program helps people started a walking routine and gives tips for reducing pain, increasing balance, strength and pace and improving your overall health.

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00:09:48.899 --> 00:09:49.349

So,

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00:09:49.344 --> 00:09:54.894

if you're interested in learning more or enrolling in an evidence based program or health promotion,

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00:09:54.894 --> 00:09:55.403

course,

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00:09:55.703 --> 00:09:58.913

you can visit Mark's website at Mark dot org,

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00:09:58.943 --> 00:10:06.413

slash in classes where you'll see a list of classes currently scheduled throughout the state as well as a link to register.

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00:10:06.688 --> 00:10:16.739

The list updates often, so check back frequently. And if you do enroll in a course, be sure to use the coupon code NSN health to avoid any fees.

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00:10:19.048 --> 00:10:22.528

And now I will open it up to any questions.

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00:10:34.014 --> 00:10:48.653

Hey, this is Lisa. I do have a couple of questions of my own as you were going through this. I know that we, we mentioned that the program is available to folks who are in 1 of the waiver programs. Correct?

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00:10:50.278 --> 00:11:00.984

Yes, that's correct. And so, that in with the division of DD, we have the 4 waivers. So, that anybody listening on the webinar. I just want to make. Sure that you understand. It's the comprehensive waiver.

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00:11:01.403 --> 00:11:12.234

The community support waiver the waiver and our partnership for hope waiver. If you're participating in 1 of those waivers, you're eligible to participate in these free classes.

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00:11:14.158 --> 00:11:18.418

So, I think the another question I had too was.

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00:11:18.418 --> 00:11:25.798

If someone enrolls are they, uh, required to attend all of 6 of the classes.

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00:11:29.188 --> 00:11:43.859

Yes, we would encourage attendance in all 6 for maximum benefit of the course, but true. Sort of we count completion at 4 of the 6 classes, but for maximum benefit all 6 is encouraged.

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00:11:44.094 --> 00:11:55.043

Okay, and then, do participants get materials in advance to prepare for the classes? Or do they just sign on and join in?

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00:11:55.043 --> 00:11:59.514

And the facilitator who's leaving the class it's just kind of takes it from there.

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00:11:59.849 --> 00:12:05.158

How does that look? I'll, I'll send that question to you.

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00:12:11.879 --> 00:12:15.538

I was muted. Sorry.



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00:12:15.538 --> 00:12:25.614

Um, each workshop is guided by the facilitator, so they will send out a link for folks to sign on if they're participating in a virtual workshop.

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00:12:26.303 --> 00:12:32.153

So they'll get an individual link, zoom link to the class, um, to participate.

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00:12:34.828 --> 00:12:45.178

Okay, so Here's another question then it's just I'm also a mom. I have a daughter who received services through our division. Um.

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00:12:45.178 --> 00:12:52.528

If there was a situation where there was maybe a group of people who wanted to participate and were eligible.

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00:12:52.673 --> 00:13:05.394

Each 1 of them, I'm assuming you would have to register individually that gives you guys a account and gives everybody their own zoom link, but they could easily click on and participate as a group.

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00:13:05.394 --> 00:13:14.153

So, I'm just thinking, if you had some, some folks who lived together housemates, and they wanted to participate, they could actually do like a group session in their home. Correct?

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00:13:14.428 --> 00:13:25.259

Well, that depends on the mode of the workshop. We do do group like that for our what we call remote workshops, where they receive a toolkit.

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00:13:25.259 --> 00:13:40.043

And they participate in a teleconference, but our licensing agency really wants everybody to individually long log into the virtual programs for the chronic disease self management education, because we need to be able to monitor them for safety.

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00:13:40.644 --> 00:13:49.884

Right? So, if somebody were to fall or have an emergency situation occur, we want to be able to see their individual cameras. So we can assist.

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00:13:50.453 --> 00:14:05.303

Gotcha, and there's the other issue. And this is harder to understand better. You would understand if you're in the workshop as we do breakout

rooms where we do what we call Karen share, and we would separate people into a virtual room together to do some pairing up.

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00:14:05.303 --> 00:14:10.224

And sharing of information, and that's hard to do if you're not individually logged in.

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00:14:10.528 --> 00:14:17.158

Okay, so, kind of like, with ben's situation that you described earlier, I mean, he not only got into the classes, but he made a.

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00:14:17.158 --> 00:14:22.379

True connection and maybe through 1 of those breakout rooms that you guys are describing.

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00:14:22.379 --> 00:14:29.129

Made a connection there and it has continued that, which is an awesome added bonus to to the glasses.

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00:14:29.129 --> 00:14:36.058

Yeah, absolutely it allows for a lot closer contact and there's some privacy, which is really nice.

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00:14:37.678 --> 00:14:51.629

And then Lisa, I would clarify for any waivers that serve children. These programs are targeted for adults. So, for those waiver programs, htbs programs, we could, um.

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00:14:51.629 --> 00:14:54.629

Serve the caregivers in that instance.

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00:14:54.629 --> 00:15:05.339

But, not the children, these are focused on targeted for adults only yeah, I'm glad you clarified that good point. So, yeah, the caregivers and the MO, kids waiver would be the, the target audience for these.

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00:15:05.339 --> 00:15:14.219

Yes, okay. And I'm lookin. Do we have any other questions in the chat?

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00:15:14.219 --> 00:15:19.979

Go ahead, someone has requested that you please put the link.

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00:15:19.979 --> 00:15:23.428

It is in the chat box please.

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00:15:23.428 --> 00:15:30.899

Um, another question that came up, well, was how long will these free classes be available?

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00:15:33.808 --> 00:15:43.078

Our grant funding goes through April of 2024, so we plan to offer free classes, at least through that time.

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00:15:50.879 --> 00:15:59.573

And Erica, I think, in our conversation earlier, you mentioned that all the folks that do these classes and leave them, they're, they're trained facilitators in this area.

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00:15:59.573 --> 00:16:06.144

Right they're just not logging in to, to somebody who is following a curriculum, they've been trained and our, our will.

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00:16:06.594 --> 00:16:09.264

Well, absolutely, yes, yes, absolutely.

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00:16:09.264 --> 00:16:16.614

They go through a comprehensive training designed by the the licensing entity who designed the program,

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00:16:16.974 --> 00:16:19.283

and we monitor ongoing,

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00:16:19.313 --> 00:16:19.703

uh,

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00:16:19.884 --> 00:16:20.903

performance of our,

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00:16:20.933 --> 00:16:24.354

our trained facilitators as well to ensure quality programming.

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00:16:24.354 --> 00:16:31.614

And that our participants are getting the most out of the classes and following the, the guidelines through which the classes must be delivered.

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00:16:35.249 --> 00:16:47.874

And I would also mentioned that there's a kind of a rolling set of classes throughout the state. We, we have a variety of classes, offered in person.

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00:16:47.903 --> 00:17:02.094

So, if there's an interest in attending in person, that would be, you know, there could be opportunities in your region for in person. We have our virtual. So anyone can participate with other groups across the state as well as telephone options. In that.

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00:17:02.124 --> 00:17:11.124

We have new classes being scheduled all the time. So there's this new these 6 weeks periods are sort of new 6 week periods are starting all the time.

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00:17:11.124 --> 00:17:20.784

So, it's not like, we have 1 class a month, and you must enroll, just keep keep your eye on the schedule and there's always new classes coming on online.

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00:17:25.199 --> 00:17:28.229

And that's good to know to you, because you don't want to join in and.

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00:17:28.229 --> 00:17:32.519

Miss part of something or not be able to finish it out. So, um.

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00:17:32.519 --> 00:17:40.318

Real quickly. What platform do you use? Is it a zoom type platform where you can see the other participants or.

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00:17:40.318 --> 00:17:55.288

Do they just see you as the as the facilitator? Yes, we use zoom and it is, um, required that all participants and facilitators use their cameras so that we can all see each other and communicate and work together as a group.

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00:17:55.288 --> 00:18:01.679

And right now you said you had in person classes.

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00:18:01.679 --> 00:18:05.848

In parts of the state, certain parts of the state. Uh, huh.

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00:18:05.848 --> 00:18:20.128

Yep, and so they would find that out when they go to sign up and register for the classes, they would tell them where they were available. So if somebody is interested and joins in and clicks on the link, they might see that. Hey, I want to go.

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00:18:20.128 --> 00:18:23.278

To I think you mentioned, maybe the, um.

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00:18:23.278 --> 00:18:28.979

Some of the community event centers that are in their area, they might just go there instead of doing it online.

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00:18:28.979 --> 00:18:36.298

Yep, and it will tell you whether the course is virtual or in person in the course schedule when you go to enroll.

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00:18:36.298 --> 00:18:40.409

And in what region, where it would be located, if it's in person.

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00:18:40.409 --> 00:18:46.709

Right. Sounds great.

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00:18:46.709 --> 00:18:52.409

I made this I will be clicking on the link and checking this out for myself and.

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00:18:52.409 --> 00:18:59.098

See, what's out there and I will share that, um, as a family who receives services through the division we did get.

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00:18:59.098 --> 00:19:02.098

A copy of the, the flyer in our email.

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00:19:02.098 --> 00:19:09.509

My daughter participates in this self directed program, and our coordinator made sure that we have this.

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00:19:09.509 --> 00:19:12.989

Um, in our inbox, so the word is getting out.

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00:19:14.669 --> 00:19:18.179

We have a few questions in the chat box now.

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00:19:19.229 --> 00:19:24.898

So, when someone goes to the link, it will provide the class schedule info correct?

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00:19:24.898 --> 00:19:28.828

Yes, it will provide.

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00:19:28.828 --> 00:19:41.098

The the time of day that it will have that the time of day, and then the date, the range of dates on which the course will occur. Is that correct?

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00:19:41.098 --> 00:19:48.808

Yes, yep. Someone has a staff for support. May they attend as well?

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00:19:51.838 --> 00:19:56.068

Uh, so, um, uh, support coordinator.

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00:19:56.068 --> 00:20:01.259

For example, I think they're meaning DSPs direct support staff.

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00:20:01.259 --> 00:20:05.068

I believe they can attend as well. Is that correct thing?

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00:20:05.068 --> 00:20:15.209

Yes, they could, they could attend as somebody who is interested in assisting folks that need any of this, uh, treatment. They also could attend to workplace workshop.

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00:20:15.209 --> 00:20:24.959

Which would be more geared towards employees, but if they were doing it to support their recipient, then yes, absolutely. They can attend.

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00:20:26.939 --> 00:20:30.209

Now, the question is, can you go over the different regions?

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00:20:30.209 --> 00:20:40.588

For the triple yes, we have a triple a, that serves the Kansas City region so they serve.

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00:20:40.588 --> 00:20:45.294

A county region, I think, I can't remember the number of counties in the Kansas City area.

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00:20:46.493 --> 00:20:58.733

We have a triple a, that serves the Joplin region, another in the Springfield region, another in the Southeast Cape Toronto region, and they, they all serve a several county region.

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00:20:58.763 --> 00:21:08.784

So that, that, there's statewide access, we have 2 triple A's in St Louis, 1 that serves St Louis city and another that serves the counties St Louis county.

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00:21:09.148 --> 00:21:13.888

We have a triple a, that serves the.

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00:21:13.888 --> 00:21:23.308

Central Missouri area as well and then there's a Northwest and Northeast triple is.

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00:21:23.308 --> 00:21:36.328

And Tina, my machine, any of the others now, we essentially what she's saying is we cover every, every region in this state. Um, there's a triple a assigned to every region.

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00:21:36.328 --> 00:21:50.578

We could put, um, there's an actual if you're interested in it in the service regions of the, um, I could put the, the, um, the link.

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00:21:50.578 --> 00:21:55.828

To just there's a link to a website that shows you kind of what regions they serve.

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00:21:55.828 --> 00:22:04.949

Yeah, it'd be helpful. I see 1 last question so far it says, are any of classes in the night or weekends?

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00:22:04.949 --> 00:22:08.189

I have people who work or attend day programs.

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00:22:08.189 --> 00:22:14.249

Yeah, we do have some of our facilitators who are willing to do that if we get enough interest.

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00:22:14.249 --> 00:22:17.909

Um, to fill a class, we, we are able to schedule those.

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00:22:24.239 --> 00:22:30.959

Those are some really good question. Some of the things I hadn't thought about thanks everybody for participating and.

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00:22:30.959 --> 00:22:37.318

Dropping those into the chat. Absolutely. Yes. Thank you so much.

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00:22:37.318 --> 00:22:40.858

We appreciate everyone's attendance and.

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00:22:40.858 --> 00:22:44.128

Um, thank you for your interest.

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00:22:45.358 --> 00:22:56.219

Always this webinar will be, uh, it is being recorded and the transcript, the recording, and the PowerPoint will be made available on our DD on a division. Uh, webinar.

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00:22:56.219 --> 00:22:59.459

Website, um, fairly soon.

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00:22:59.459 --> 00:23:09.449

Right. And before we wrap it up and close out for today, I just want to remind everybody that the next and new webinar is scheduled for March 22nd.

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00:23:09.449 --> 00:23:12.989

2022 same time 1230 to 1.

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00:23:14.308 --> 00:23:25.763

And as Ken said, the presentation and the PowerPoint and the question and answers will the handout, the stuff from this webinar will be posted on the website. Just give us a few days.

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00:23:25.763 --> 00:23:39.203

And she'll have that ready to go check back and please be shared be. Sure, that you share this with folks that will benefit. We're pushing this out through our email blast through the division.

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00:23:39.203 --> 00:23:45.804

We're pushing it out through Facebook and then we shared it on this webinar, but know that we probably haven't reached everybody.

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00:23:46.193 --> 00:23:54.594

Support coordinators have been equipped with this information as well and they plan to share it out widely do but if you know somebody else who might be interested, please be sure to share.

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00:23:55.288 --> 00:24:00.144

Thank you everybody and have a great day. Thank you.