

PROMOTING RESILIENCE IN SENIOR PUBLIC HOUSING

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SHA-Wellness Background

- FLC partners with SHA to provide wellness and nursing services in public housing
- 10 subsidized buildings with units for low-income adults ages 62+ and people with disabilities
- Robust in person wellness activities
- Foot Care and Well Checks by staff RNs
- Monthly Wellness Newsletter offered

Assessments During COVID

- COVID isolation precautions limit access
- Senior population has limited tech knowledge and inconsistent access to Internet
- Nursing and FLC staff support limited to calls only
- All in person wellness activities cancelled
- Wellness care focused on food, medications, and monies for utilities

PROJECT OBJECTIVES

- Support mental health through horticulture
- Strengthen mental health and resilience through education
- Provide quick access to useful mental health resources and practical local resources

Project Design

- Research indicates senior population benefits from horticulture²
- Research indicates protective factors include sleep, social connection, exercise, balanced nutrition, connection to nature^{1,3}
- Newsletter will have isolation compatible tips and relevant mental health resources
- 30 residents will receive houseplant to care for during pandemic

Implementation

- Mental health resources and evidence based wellness practices researched and compiled
- Newsletter created and feedback edited-our FLC mentor distributed final draft to resident building managers
- Plants procured via donation by City People's Garden Store; card created for plants explaining purpose
- \$150 budget approved to pay for pots and ribbon
- Plants assembled and decorated at nursery-our FLC mentor delivered to housing complex for pilot distribution
- Assessment questions for efficacy of horticulture given to our FLC mentor and data to be collected in January 2021



Implications for Nursing

- Utilizing evidence-based practice to combat social isolation in older adult population during a pandemic
- Utilize creative solutions for wellness promotion such as horticulture therapy
- Using a Community Based Participatory Actions framework, involve staff and nurses to assess community needs and provide accessible resources



Results and Evaluation

- 30 residents of one public housing complex received a plant to care for, and about 514 residents of the ten FLC/SHA buildings received a Self-Care Minute newsletter
- Created survey for residents to assess efficacy of plant program and newsletter; FLC mentor and RNs will implement during phone check-ins

Future Recommendations

- Obtain data from resident survey and analyze for plant program and newsletter success
- If successful, continue to work with nursery to offer plant program to other buildings

References

*Included in next slide



References

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