# 2022-2024 Area Aging Plan Goals – Wellness

The OAA funds Health Promotion and Disease Prevention programs. The purposes of these programs are to promote the health and wellness of older individuals by supporting healthy lifestyles and behaviors. In addition, the OAA funds activities that address disease management and preventive services to assist older individuals in maintaining their quality of life and potentially avoiding more costly medical interventions. In 2020 Congress amended the definition of disease prevention and health promotion services to include screening for immunization status, suicide risk, fall-related traumatic brain injury and other fall-related injuries, and social isolation, and included infectious disease and vaccine-preventable disease, prevention of sexually transmitted diseases, and chronic pain management as evidence-based health promotion.

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| **2019-2021 Plan Goal** | **2019-21 Goal Progress** | **2022-24 Goal Ideas** | **SMART Measures** |
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| Goal Statement 1: Work with the ethnic senior centers, with a special focus on Milwaukee Christian Center to pilot and evaluate a culturally appropriate Stepping On program. | MCDA worked with MCC to pilot a culturally appropriate Stepping On program in 2020. However, no Stepping On workshops have been held at MCC, due to staff turnover and COVID-19. UCC will host the Savvy Caregiver Program in Spanish. Work has begun with Gerald L. Ignace Indian Health Center to implement the Living Well with Chronic Conditions program |  |  |
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| Goal Statement 2: Partner w/ WIHA and the Office on African American Affairs to train 8 evidence-based program facilitators from communities with health disparities. | 21 people have been trained in the evidence-based programs to provide workshops to communities with health disparities and communities of color. 2 new organizations have held workshops. WIHA did not provide any leader trainings. |  |  |
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| Goal Statement 3: MCDA will begin to implement and expand the Walk with Ease and Chronic Pain Self-Management programs within Milwaukee County. | Due to COVID-19, we had to cancel or postpone all wellness workshops. No new leaders trained, but MCDA successfully utilized trained facilitators to offer County's first virtual Healthy Living with Chronic Pain workshop. |  |  |
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**Each of the goals identified must:**

* Advance person-centered services, maximizing consumer control and choice;
* Expand racial equity or inclusiveness;
* Provide programming that is equitable and inclusive of all people that could be served within Milwaukee County;
* Address local needs as defined by the community, by program participants, or by stakeholder groups;
* Meet SMART criteria: Specific/Strategic, Measurable, Achievable/Actionable, Realistic, Timed and Tracked;
* Result in quality program improvements; and
* Be representative of our best efforts to deliver services that address the need of older adults in Milwaukee County.

**Notes:**