

# Action Plan Overview

## How to Read this Plan

### Introduction

This section of the Strategic Plan provides the specific action projects that AFL will work to implement over the next three years. This section is organized first by the primary domain (the four AFL domains). The projects are grouped by the overarching goal then by objective and action (task). Each project is designed to ensure a balance of short-term achievements (or quick wins), which would maintain momentum and interest, and more incremental, long-term actions.

#### Primary & Secondary Domains

The action projects identified in this section are organized by the primary domain they address. However, all projects intersect multiple age-friendly domains.

These secondary themes are denoted next to specific projects through the following icons:



HOUSING



TRANSPORTATION



SOCIAL PARTICIPATION



OUTDOOR SPACES & BUILDINGS



RESPECT & SOCIAL INCLUSION



COMMUNITY SUPPORT & HEALTH SERVICES



COMMUNICATION & INFORMATION



CIVIC PARTICIPATION & EMPLOYMENT

#### Short & Long-Term Successes

In order to show the balance of short-term objectives (“quick-wins”) and long-term objectives (major projects), the following icons are placed next to objectives and actions:



Short-Term Objectives

“Quick Wins” that can be accomplished in the first year.



Long-Term Objectives

“Major projects” that will take multiple years to complete.

### Implementation Partners

The core implementation partners consist of the four AFL leadership partners and are denoted by the following abbreviations:

“Age-Friendly Leadership” - all four leading partners of Age-Friendly Louisville: Louisville Metro

AARP Kentucky, KIPDA, UofL Institute for Sustainable Health & Optimal Aging

H - Housing Domain

M&A: Mobility & Access Domain

SPR&I: Social Participation, Respect, & Inclusion Domain

CS & HS: Community Supports & Health Services Domain

Various other community partners are identified per each action project.

**Implementation task forces:** for each domain, AFL will establish a “task force” group consisting of AFL Advisory Group members and community members.

# Action Plan



## Community Support & Health Services

### Vision for CS & HS - Related Projects:

Residents of Louisville will have access to health resources in their community and will be supported in their interest to “age in place” due the compassionate care of well-trained public service employees, caregivers, and family members.

### DOMAINS

### CS & HS -Related Projects:

Primary

Secondary

**Goal 1:** Increase the capacity of community organizations to promote health resource information.



| OBJECTIVE  | ACTION  | PARTNERS   | DEADLINE | METRICS             |
|--|---|--|----------|---------------------|
| <b>1.</b> Neighborhood Associations, Neighborhood Places, community ministries, and other community organizations will have developed a systemic plan to promote awareness of health resource clearinghouses serving older adults (e.g., KIPDA Aging and Disability Resource Center (ADRC), Louisville Metro Office for Aging and Disabled Citizens, 211, and People’s Health Network, etc). | <b>1.</b> Work with the aforementioned organizations to assess the current methods of communication with their members and the degree to which they currently share specific health resource information. | CH & HS Work Group; Potential partners could include: Neighborhood Associations, Center for Neighborhoods, Neighborhood Places, Office of Public Health & Wellness, local Council members, community ministries; Age-Friendly Leadership | 2019     | Development of list |
|  | <b>2.</b> Work with the organizations to develop a public campaign to communicate health resources to be used across all aforementioned sectors.  |  | 2019     | Creation of Plan    |
|  | <b>3.</b> Age-Friendly Louisville Community will implement plan.  |  | 2019     | Plan Launch         |

# Action Plan

## DOMAINS

### CS & HS -Related Projects CONT.

Primary

Secondary

Goal 1: Increase the capacity of community organizations to promote health resource information.



| OBJECTIVE  | ACTION   | PARTNERS   | DEADLINE | METRICS  |
|--|--|--|----------|--|
| <b>2.</b> Community organizations will promote and expand exercise programs and health-promotion programs (such as healthy food resources, alternative pain management methods) as deemed appropriate and desirable for their residents. | <b>1.</b> Community organizations are surveyed for interest and current opportunities.   | CH & HS Work Group; Potential partners could include: Neighborhood Associations & Louisville Metro Park and Recreation's Adaptive and Inclusive Recreation Program; Age-Friendly Leadership                                | 2019     | Survey complete and analyzed   |
|  | <b>2.</b> Community organizations are introduced to a sample of possible locally-based programs currently demonstrating success in Louisville. | CH & HS Work Group; Potential partners could include: Louisville Metro Park and Recreation's Adaptive and Inclusive Recreation Program and Directors/ Leaders of evidence-based programming, JCPS; Age-Friendly Leadership | 2019     | # of meetings with interested parties                                      |
|  | <b>3.</b> Community organizations are trained in their selected programs.  | CH & HS Work Group; Potential partners could include: Directors/Leaders of evidence-based programming; Age-Friendly Leadership   | 2020     | # of trainings occurred  |
|  | <b>4.</b> Community organizations implement their desired programming.   | Neighborhood Associations  | 2021     | # of neighborhood associations offer programming and outcomes are measured |

# Action Plan

## DOMAINS





### CS & HS -Related Projects CONT.

### Primary

### Secondary

Goal 1: Increase the capacity of community organizations to promote health resource information.



| OBJECTIVE   | ACTION   | PARTNERS  | DEADLINE | METRICS   |
|---|--|---|----------|---|
| <b>3.</b> Public service employees (e.g. Police, Fire, EMS, sheriffs, etc) will be trained in age-friendly practices to support older adult residents and their families. |  <b>1.</b> Research existing local curriculum such as the sensitivity training for working with individuals with disabilities and explore curriculum from other age-friendly cities which aims to train public service employees in age-friendly practices. | CH & HS Work Group; Potential partners could include: Louisville Metro Emergency Management, LMPD Crimes Against Senior Division; Age-Friendly Leadership | 2019     | Curriculum options located  |
|   |  <b>2.</b> Develop a taskforce of representatives of various public service sectors to consider implementation.   | CH & HS Work Group; Potential partners could include: Louisville Metro Emergency Management, LMPD Crimes Against Senior Division; Age-Friendly Leadership | 2019     | Taskforce developed   |
|   |  <b>3.</b> Work with taskforce to modify curriculum and develop a training schedule.  | CH & HS Work Group; Potential partners could include: Public Service Reps; Age-Friendly Leadership  | 2020     | # meetings held   |
|   |  <b>4.</b> Incorporate the curriculum into existing training schedules of the various public service sectors and first class of public service workers trained.   | CH & HS Work Group; Potential partners could include: Public Service Organization HR divisions; Age-Friendly Leadership                                   | 2021     | # training scheduled established and public service workers are trained |

# Action Plan

## DOMAINS

### CS & HS -Related Projects CONT.

Primary

Secondary

**Goal 2:** Residents of Age-Friendly Louisville will have access to training to feel prepared to support their family and neighbors to “age in place.”



| OBJECTIVE  | ACTION   | PARTNERS  | DEADLINE | METRICS  |
|--|--|---|----------|--|
| <b>1.</b> Explore methods to collaborate with AARP’s Prepare to Care Program to expand its reach and to include volunteer health advocates in their programming. | <b>1.</b> Research existing local caregiver curriculum and explore caregiver curriculum for other age-friendly cities for working with individuals with disabilities and explore curriculum from other age-friendly cities which aims to train public service employees in age-friendly practices. | CH & HS Work Group; Age-Friendly Leadership   | 2019     | Expanded schedule of offerings of the Prepare to Care Program              |
|  | <b>2.</b> Enhance and expand current disease-specific support group options (e.g., Alzheimer’s Association, Parkinson Support Center of Kentuckiana).  | CH & HS Work Group; Potential partners could include: Disease-Specific Nonprofit Organizations; Age-Friendly Leadership | 2020     | # of support group<br><br># of attendees<br><br># of educational resources |

### LONG-TERM OBJECTIVE

- By 2021, public community health centers will be trained in age-friendly practices to support older adult residents and their families.

# Action Plan

## DOMAINS






### CS & HS -Related Projects CONT.

Primary

Secondary

**Goal 3:** Healthcare providers and residents will have greater awareness of the risk taking opioid medications for pain and the value of alternative pain management strategies.



| OBJECTIVE  | ACTION  | PARTNERS   | DEADLINE | METRICS  |
|--|---|--|----------|--|
| <b>1.</b> Educate primary care providers (PCPs) on the risk of prescribing opioid medication for pain and value of alternative pain management strategies. |  <b>1.</b> Develop a resource guide for PCPs about opioid misuse and alternative pain management strategies.   | CH&HS Work Group; Potential partners include: Kentucky American Medical Association, Q-source, Metro Public Health & Wellness, Kentucky Primary Care Association, Mental Health Coalition, Kentucky Dental Association | 2019     | Resource Guide developed                               |
|  |  <b>2.</b> Explore and modify existing curriculum for training PCPs in the risk of opioid misuse and alternative pain management strategies.   |  | 2020     | Curriculum identified and developed                    |
|  |  <b>3.</b> Offer trainings to PCPs.  |  | 2021     | # of trainings offered                                 |
| <b>2.</b> Educate patients/residents on the risk of taking opioid medication for pain and value of alternative pain management strategies.                 |  <b>1.</b> Explore and modify current patient-friendly factsheets for educating patients on the risk of opioid misuse and alternative pain management strategies.  |  | 2019     | Factsheet developed<br><br># of factsheets distributed |
|  |  <b>2.</b> Implement patient training and programs related to alternative pain methods, along with other exercise and health-promotion programs, as discussed in Goal 1, Objective 2 under CH & HS-Related Projects. |  |          |  |