

Community Services

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Case 1

- 75 yr. old woman with Htn, OA, newly diagnosed Type 2 DM.
- Goals of care
 - Prevent complications and maintain function
- What community services can assist this patient with the goals?

Case 1

- Tallahassee Senior Center
- Variety of exercise classes

Brain Gym-maintains balance and coordination,
stimulation

Yoga

Tai Chi



Case 1

Additional Sites

- Smith-Williams Center
- Lincoln Neighborhood Center
- Jake Gaither Community Center
- Southwood
- Bradfordville
- Ft. Braden
- Miccosukee
- Woodville
- Chaires-Capitola



Case 2

- 72 y/o man with Stage D CHF, emphysema with FEV1 0.5 L, hypoxic and dyspneic at rest
- Goals of care
 - Avoid further DX testing and hospitalization
 - Feel less SOB and less anxious and be at home
- Community Services?

Case 2

Big Bend Hospice

- Support & grief counseling, provides interdisciplinary team and all-inclusive care for those with end-of-life conditions /illness and their families.



Covenant Hospice

- Health Program that provides comfort and dignity to patients, and supportive care to patients and loved ones in home and facility based settings.

Case 3

- 83 yr. old with moderately severe dementia (MMSE 13, Dep. in most ADL), nursing home
- Goals of care
 - Avoid further hospitalization
 - Structured living environment
 - Prevent skin problems

Community Services ?



Case 3

The Alzheimer's Project, Inc.

- Focal point for Alzheimer's-related information, referral, professional consultation and family counseling.
- Support Groups
- Wander Identification
- Day Respite

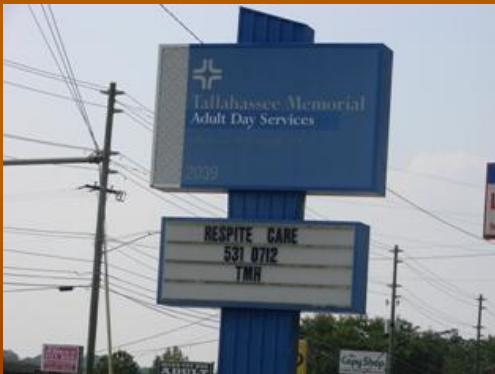


Memory Care Unit

- HarborChase
- Westminster Oaks
- Woodmont
- Alterra Clare Bridge
- Good Samaritan
- AHEC Facility Locator

website: <http://facilitylocator.floridahealthstat.com>

Case 3



Nursing Home Alternatives

- Elder Day Stay
- TMH Adult Day Program

In-Home Care

- American Home Patient
- Hopewell, Inc
- Amedisys
- Gentiva



Case 4

Mrs. D is a 76 year old
African-American
female

- High blood pressure
- High-strung nerves
- Diabetes
- High cholesterol
- Arthritis
- Trouble sleeping sometimes
- Swelling at the end of the day
- Takes all meds at the same time so she won't forget

Community Services?

Ms. D



Physical Therapy

- Health South (outpatient)
- Interim Home Health Care (in-home rehab works)
- NHC HomeCare
- TMH Rehabilitation

Diabetic Management

- Diabetes & You Program (Lincoln Center)
- Dr. Freddie Kay (nutritionist)

Senior Center Sites

■ Exercise

Brain Gym-maintains balance and coordination, stimulation

Yoga

Tai Chi

■ Wellness Program

■ Elder Care Services



Questions

Thank you

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