

## **Community Innovations for Aging in Place**

### **Project Summary**

**Grantee Organization:** Supportive Older Women's Network (SOWN)

**State:** Pennsylvania

**Project Title:** SOWN: Growing Healthy Lives Together

**Project Period:** September 30, 2009 to September 29, 2012

**Contact:** Arlene Segal, [asegal@sown.org](mailto:asegal@sown.org)

#### **Project Summary:**

SOWN's Growing Healthy Lives Together is a comprehensive healthy living program for older adults, predominately women, who are aging in place in their homes. The project is targeted to serve a West Philadelphia neighborhood that has a very high percentage of minority, poor older adults living alone, with chronic multiple health conditions. A major challenge in the identified service area is the lack of in-home mental health services. The project is based on a prevention model that is inclusive, open to all older residents in the targeted community and accessible - offered in the consumer's home/building/community. The Healthy Lives project provides an integrated approach to wellness coupling physical and emotional health; it is non-stigmatizing and normative and provides on-going support to sustain healthy lifestyle changes.

#### **Goals and Objectives:**

The goal of the Healthy Lives project is to improve the physical and emotional well-being of older adults by providing a continuum of services to support healthy living. These services include: healthy living coaching, healthy living workshops, Healthy Diner lunches, a Fruit First healthy snacks program, traveling computer workshops to access health and social services, support groups, and volunteer ambassadors. The project looks at addressing barriers to information and knowledge, motivational-attitudinal based barriers, and resource-based barriers by creating a comprehensive healthy living program that includes education, motivation, socialization and resource access.

#### **Outcomes and Products:**

The expected outcomes of this project are 1) increased knowledge of personal well-being and health, 2) improved confidence and self-mastery in managing health and well-being, 3) decreased depression, loneliness and social isolation, and 4) increased social connectedness.