

Elder Health

The overarching goal was to improve the health and well-being of elder residents in Northampton County. We are approaching this goal by building capacity for community-wide approaches to addressing elder health needs in our local communities served by SLUHN, which then includes supporting the United Way of the Greater Lehigh Valley's Alliance on Aging to collaborate with local agencies to promote the health and well-being of older adults. Additionally, we are working towards identifying existing Fall Prevention Initiatives and collaborate with other agencies to develop a community-wide comprehensive plan, as well as work with local agencies to develop Seniors Helping Seniors Peer Support Networks for health and social service needs. Our approach will also focus on adopting strategies in support of the CDC's strategic plan to promote and preserve the health of older adults. We have started to do this by exploring opportunities for patient navigator models to be incorporated into community and health care settings to promote elder health, specifically with a focus on:

Promotion of healthy lifestyle behaviors such as tobacco cessation and getting regular physical activity.

Increased use of clinical preventive services.

Addressing cognitive impairment.

Addressing issues related to mental health.

Providing education on planning for serious illness.

SLUHN has two wide-ranging geriatric programs to support the goals set forth in the implementation plan to address growing demands for services in the elderly population.

- [The Nurses Improving Care for Health System Elders \(NICHE\) program](#)
- [Center for Positive Aging](#)