

## Public Education Workgroup Meeting

October 26, 2021 at 9:00 a.m.

Synergy Home Care/TEAMS

### Attendance:

Morgan Fitzgerald; Christie Gibbs; Shelley Gladden; Jacob Guinan; Madelyn Maxwell; Ronelle Baker; Sara Paape; Teresa Miller; Karen Bain; Michelle Shepherd; Joanna Parker; Laura Garrett; Ivette Shepherd; Karen Walker

### Welcome & Introductions:

Madelyn opened the meeting by welcoming all and briefed all attendees on the topics that would be covered today. We looked over the first two action items and create a goal that the group will create objectives.

### Healthy Brain Initiative Road Map Series:

**E-1 Educate the public about brain health and cognitive aging, changes that should be discussed with a health professional, and benefits of early detection and diagnosis.**

Measurable: give so many presentations in a year, hand out so many bookmarks/handouts, etc.?

- Sends things out through the schools. Combine with social media and press campaign. Send things to senior centers.
- If we have handouts available, we could disseminate at COVID clinics and at health clinics, mobile and on site.
- Disseminate info to health care educators in flyers especially for profit educators who provide such incomplete information to their students (I.E. Platt type colleges)
- Educating through Work Site Programs for employees. Help to get supervisors and HR supportive of caregivers.
  - Partner with SHRM (national professional organization that HR professionals join. We have chapters in Oklahoma. It's a great way to get information out to a lot of companies at one time. they are always looking for presenters. <https://www.shrm.org/>)

**E-2 Integrate the best available evidence about brain health and cognitive decline risk factors into existing health communications that promote health and chronic condition management for people across the life span.**

- Health Educators at DOH receiving the AOK Health Educator training can help achieve this.
  - Schools, senior centers, community events, etc.
- Tying in Personal Health to Brain Health: provide information on local ways to get active, etc.

### Partners to work with for dissemination:

- County Health Departments
  - Health Equity Specialists
  - Mobile Units
  - Health Educators
- OSU Extension County Educators
- HR/Employee Work at Health Programs (SHRM)
- OKCares
- EMS/First Responders
- AAA
- Care and Assistant Line (used to be Senior Care Line)

### Creating a resource hub for professionals, older adults, caregivers?

- Can we house it on the Dashboard?
  - Older adults in rural areas this may not be the best option.
- SharePoint with Teams
- Maybe look at a printable version? County versions?
- OKCares could add to their website

### Group together for goals/objectives:

- Education
  - Develop a flyer type that patients could take to the doctor with questions to ask

- Bookmark- with information- 10 Warning Signs (AAOK) [placemats?]
  - Bookmarks are great! We also have lots of Little Free Libraries in neighborhoods. The LFL has a map of all the locations in Tulsa. We could leave bookmarks in those to reach beyond community members with children in school.
  - Faith based communities- book clubs
- Can a standardized PowerPoint be developed for our use to give brief presentations to groups in our respective areas for consistent messaging throughout the state?- AAOK Health Educator Training
  - Create a professional education training program with Workforce Development.
- Prevention
  - Tying in Personal Health to Brain Health: provide information on local ways to get active, etc.
  - Brain Games: keeping an active brain, reading more
  - Caregivers health- make sure they take care of themselves to prevent burn out and other health issues
    - Something for Professionals to share about caregiver stress check, fact sheet to tell them how to have the conversation with their patients that are caregivers
      - It might be helpful for the burnout info to have a list of communities that offer respite services around the metro to help families when they need a week or two break It might be helpful for the burnout info to have a list of communities that offer respite services around the metro to help families when they need a week or two break
        - Respite Locator on OKCares website
- Services
  - Resource Hub/Guide
    - County specific
    - Partner with United Way?
    - ABHC in Carter County

**Toolkit created by the coalition to focus on the different groups: family/caregivers, professionals**

Madelyn and Joanna will create a draft goal based on today's conversation and send to the group for approval. Madelyn will send a doodle poll for the next meeting to make sure December 28<sup>th</sup> works for the majority.

## **Close**

Next Meeting: December 28<sup>th</sup> at 9-10:30am