

NORTH FLORIDA HEALTH CORPS

Member Service Description

I. Site Information

Site Name and Location:

1) The Arc Jacksonville
4401 Wesconnett Boulevard
Jacksonville, FL 32210

2) The Arc Jacksonville
1050 North Davis Street
Jacksonville, FL 32209

3) The Arc Jacksonville
Southside location (to be determined)

Organization Description and Mission:

To provide advocacy and quality services that enable people with and developmental disabilities to achieve their full potential, enhance their quality of life and be active participants in their communities.

Site Mentor assigned to support member(s):

Name & Title only:

Patricia C. Goff, Director of Services
Susan Moinette, Program Manager
Portia Blake, Community Living Consultant
Jared Davis, Club Arc Manager

II. Service Description

Service Goals:

First quarter goals: Meet with appropriate program staff to review those interested in participating in a wellness program ensuring that necessary physician releases are obtained. Consult with new Southside staff on incorporating healthy lifestyle into program implementation. Establish an individual chart for each program participant documenting baseline numbers for each of approximately 40-50 individuals (including

all sites and group home). Develop and administer brief pre-test and establish goals for each person. Develop a personal planner (journal) for each participant to record in-house participation as well as off-site activities. Communicate with families the goal of the program and ideas for implementation. Involve the individual's circle of support in planning and communicating ideas to improve health. Create a visual method to reinforce ideas of health throughout the facility. Assess and expand outreach to non members of Club Arc. Assist in organizing required physicals and time trials for Fall Special Olympics.

Second quarter goals: Provide daily education sessions as part of morning discussion group to full program participants of approximately 75 individuals. Utilize agency exercise equipment educating individuals and caregivers on the benefits of physical exercise. Train individuals by example on ways to encourage one another and help reinforce the suggestions for healthy living, exercise, eating and lifestyle changes. Educate caregivers to incorporate innovative ways in which to incorporate exercise in the daily life of the individuals with developmental disabilities. Instruct participants in small exercises that can be done sitting at work stations or during leisure time at home. Incorporate healthy eating and snacks in Club Arc. Design a physical fitness opportunity to be offered at Club Arc. Train individuals to develop habits of using muscles in situations that normally would not be used. Provide instruction on ways to burn calories and exercise muscles in daily routines. Educate individuals on ways to compare healthy choices in food selection.

Third quarter goals: Chart the progress of each individual and continue educational training and scheduled activities that institutionalize the value of healthy lifestyles. Have curriculum prepared and implemented for new Southside location. 15% of individuals show some indication of change in understanding healthy eating, understanding value of and participation in exercise programs. 5% of individuals have lost 5 pounds. 10% will be able to say one change in their meal selection that would have resulted in a healthier choice. 10% of Club Arc participants will participate in a fitness program whether at the Friday night gathering or other additional opportunities. Assist with time trials and practice necessary for Spring Special Olympics competition.

Fourth quarter goals: 100% of program participants (80) are aware of what is involved in healthy lifestyle choice. The NFHC member will provide two general education training sessions for all program participants. Those enrolled in the Wellness Program will take an active role in the training. Individuals will demonstrate simple exercises that can be used at their work stations. At least once per day, each staff member will suggest to the people they are with, a simple exercise to do while sitting. 10% of individuals will have lost 5 pounds. 15% of individuals in Club Arc will be taking part in a healthy activity . New Southside participants and their families will be educated on healthy lifestyles and activities.

Outcome Measures:

First quarter: The wellness program participants will be educated on the reasons for healthy lifestyle changes and the benefits of physical activity. Each person will know what he/she could do to improve their health. An individual chart will be established for each participant and a personal planner/journal will record activities. New activities centered around physical and emotional health will be designed for Club Arc participants.

Second quarter: The wellness program participants will incorporate physical activities such as utilization of the gym equipment, walking club, outdoor games, etc. Visual cues will be readily evident throughout the facility. Each morning discussion group (to include approximately 65 persons at each site) will include a short session on health awareness topics. Individuals will be able to communicate one thing they can do to be healthier. Two new activities will be introduced and promoted to current and potential members of Club Arc.

Third quarter: Program participants will be encouraged to take an active role in the morning group discussions. Individuals will be active in supporting one another to achieve goals related to change in weight or exercise level. Individuals will have been educated and know that even small, insignificant use of muscles can improve their level of health and will be able to say or show at least one way in which they are using their new knowledge. Program participants will also know that one small change in eating could result in long term benefit – one bit of exertion daily could help their breathing. Healthy living is about lifestyle adjustments not major change but the improvement in health – blood sugar, hypertension, behavior, etc. As a result of new, healthy activities, Club Arc will enroll 5 new members.

Fourth quarter: Caregivers, families, staff and individuals with developmental disabilities will have been provided information on how they can make small adjustments in their lives which will help them achieve longer, healthier lives. There will be an understanding of the value of different food groups, the incorporation of small movements in their daily routine that will result in long term health. There will be a generalized healthier attitude among participants of the importance of monitoring and maintaining an approach to health that is an integral part of their daily lives. The result, although not observable, will be lowered incidence of heart disease, lowered blood pressure, lower incidence of diabetes and an improvement in general morale. Five (5) more members will join Club Arc and two new social/emotional events will have been added.

- a. Describe the skills the Corps members will learn as a result of the stated service.

The NFHC Member(s) will first and foremost learn that all people have value and make a contribution to their community. They will also learn to appreciate the small events and joys of life. They will learn how to serve people with challenging communication skills, challenging behavior, visual and hearing deficits and physical limitations. They will learn patience,

tolerance, leadership. They will learn motivational techniques, creativity, consistency, flexibility. They will have to learn how to approach every person individually and how to make groups work when each individual's needs must also be addressed. Organization, documentation, time management and general office routines are part of the job but the human element is the most valuable of all skills.

- a. List any additional service responsibilities:

The NFHC member(s) will be included in all programming aspects for enrolled individuals. This may include attending support plan meetings to discuss specific goals and explain the program to the individual's circle of support. Educating individuals, families and caregivers will be a necessary part of the service. Overcoming preconceived notions of comprehension and the ability of individuals with developmental disabilities to change will be important to achieving success and will be critical to the Service. Persons with developmental and intellectual disabilities are traditionally underserved from health care providers. Their social/emotional health is often overlooked as a component of health. Taking a holistic approach to the life of a person with an intellectual disability will be incorporated into all aspects of the NFHC members' daily responsibilities.

III. Logistical Information

Expected Schedule for Providing Service Hours to Site:

The NFHC Member will be expected to be on-site with individuals from 8:30 am to 2:30 pm and complete necessary paperwork, training, communications, etc from 2:30 pm to 4 pm Monday through Friday. At scheduled times, the member will go to the group homes operated by The Arc Jacksonville to educate individuals and their caregivers. These hours will be more flexible and will be done when the residents return home from work from 4:00 pm to 7:00 pm or on the weekend as mutually agreed. Club Arc has scheduled hours from 5 – 9:30 PM on Friday nights and additional day or evening hours as needed.

Service Location(s) if different from site address:

In addition to the site addresses listed on previous pages, the community group home address is:

1010 Bert Road
Jacksonville, FL 32211