

Senior Citizen Workshops

Lipscomb University College of Pharmacy

Project Description & Implementation Overview

The Lipscomb University AMCP chapter recently partnered with Tennessee's State Health Insurance Assistance Program (TN SHIP) to help with Medicare enrollment. As the enrollment period ended, we wanted to keep building relationships with the seniors in our communities and proposed a series of services that our student pharmacist members could provide. The services offered included: health screenings (i.e. BP), point-of-care device demonstrations (i.e. blood glucose meters); proper medication technique (i.e. asthma inhalers); and educational seminars ranging from drug topics and disease states to how to access medication therapy management. The regional coordinator for TN SHIP mailed a letter with our listed services to all the directors of senior centers within the range of our chapter.

Interested centers were encouraged to specify what their community concerns were regarding patient education, and our chapter volunteers would tailor a program to suit their needs. Resources were allocated depending on the size of the senior center, the particular topics or event planned for the community center, and the access of technologies and classrooms.

Purpose of the Project

The goals of this project were to help educate seniors about their diseases, medications, and how to access services they need through their Medicare plans. Simultaneously, our student pharmacists are creating their own workshops, providing outpatient healthcare services, and learning how to communicate complex concepts to patients of the community. This service also strengthens the newly formed partnership of TN SHIP with the AMCP student chapter.

Project Budget: Expenses and Revenues

This was a low budget project with projected expenses in travel costs and time. Expenses can change depending on the services offered. The AMCP Chapter at Lipscomb spend \$100 for two workshops. Prizes and travel each cost about \$50.

The community centers during this project required only presentations which required PowerPoint and travel expense. There was no sponsorship or grant support provided for this project.

Who and How Many Chapter Members are Involved?

Chapter member involvement included P1 – P4 years. Groups of up to four members each were assigned to present at a senior center. Chapter meetings were organized to brainstorm and delegate tasks related to the senior center's request. Tasks included brochure design and PowerPoint presentation creation. The tasks were divided by up to 10 members who communicated through a dedicated AMCP Facebook thread.

Who Should be Targeted? Audience or Involvement? How Do You Find Them? How Do You Contact?

Our primary target audience was senior citizens, usually involved with community centers. We found target audiences through the TN SHIP regional coordinator who was in direct contact with directors of various senior centers. Our speakers were AMCP chapter members, with occasional involvement of other disciplines, such as the nursing students.

What Materials are Needed? Outside Resources, Ordering, etc?

Resources depend on the situation and the event that the community center requests. If the community center requests patient education, these are typically in the form of a presentation. Presentations are usually performed with PowerPoint if the technology is available, but can utilize handouts and brochures. The senior centers usually provide the space and have advertised through their newsletters. Depending on the lists of services offered, extra material would have to be ordered and organized, such as flu shots for an immunization drive. Other materials could be utilized such as prizes and refreshments to increase turnout.

Timeline for Implementation and Execution

Month 1

The first step in implementing the senior citizen workshops is to outline the services you are willing to provide and for which you have the resources. Contact TN-SHIP and senior centers to gauge interest.

Month 2

The second step is to advertise your services and coordinate events with the directors of interested centers. This can range from a single presentation to scheduling a regular time slot. Our chapter found it useful to partner with organizations like SHIP to help find target audiences.

Month 3

Prepare for services and events requested and designate responsible parties to execute each task.

Timeline/Checklist for Project:

Date	Activity	Responsible Party
Month 1	Chapter Meeting: Discuss Services Gauge Interest from TN-SHIP & Senior Centers	Chapter Leadership
Month 2	Advertise Services Select topics for workshops and gather materials Schedule workshops	Chapter Leadership
Month 3	Implement Services	All Members

Follow-up with Faculty Members/Volunteers/Participants

Thank you letters to the Senior Centers and TN-SHIP were sent to ensure a continuing relationship and future projects.

Project Evaluation:

What Went Well? What Didn't? How Would You Improve for the Next Year?

Chapter meetings that presented service requests and focused on event preparation worked well. The chapter Facebook thread also facilitated discussion and provided a medium to share materials. This project is still ongoing, but so far one area for improvement would be to have more structure in assigning specific parts of the project. We had some slight confusion on who was responsible for what after the initial chapter meeting and the facebook thread.