

10 WELLNESS



A. Background

Supportive wellness services foster a vibrant, healthy, and active community. The programs offered afford resident's opportunities to augment daily life with social, emotional, and physical support services through classes, counseling, clubs, and events. Support includes Stair-Trac service, welfare checks, paratransit, over 120 fitness, nutrition, and physical education classes, referral services for home-health agencies as well as a list of Rossmoor residents who offer services for a fee, home safety improvements, and counseling services. Counseling services include in-home assessments, short-term counseling, support groups, Wisdom Circles, crisis intervention, financial counseling, disbursement of grants, companion lists, a volunteer exchange program, educational programs, long-term care planning, the Rossmoor Women's Conference, and a Health and Safety Fair.

B. Goals, Policies, and Actions

Goal WLN-1 An environment that supports residents in maintaining their independence as well as their social, emotional, and physical well-being.

Policies

- Policy WLN-1.1 Coordinate programs and services to facilitate residents in maintaining their health and independence, with special attention to residents that need some assistance to age in place.
- Policy WLN-1.2 Provide referrals to service providers that can help residents remain in Rossmoor or transition successfully to other housing.
- Policy WLN-1.3 Encourage the use of in-home caregivers who assist residents with staying in their homes.
- Policy WLN-1.4 Support the fitness center and other recreational facilities, and services that promote an active, healthy lifestyle.
- Policy WLN-1.5 Support clubs/organizations and counseling services to respond to residents' wellness issues, including social, intellectual, cultural, spiritual, and recreational needs and desires. Examples of activities include social gatherings, physical activities, peer support, and short-term financial-aid to needy residents.
- Policy WLN-1.6 Continue using counseling services to provide short-term review of financial need for those undergoing financial hardship.

Actions

- Action WLN-1.1 Create an ongoing program to publicize information regarding wellness services, including a directory that catalogs information regarding services that are available.

Action WLN-1.2 Develop a program to increase coordination between residents and Counseling Services or similar entities so as to help neighbors check in on one another and increase social interaction.

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