



# Healthy Communities: A Framework to Achieve Inclusion of Elders and Persons with Disabilities

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# Presenters

**Angela Weaver, M.Ed.**

Program Manager

Oregon Office on Disability and Health, OHSU

**Darrin Umbarger**

Founder/CEO

Clearveiw Disability Services

**Robert Rankin, MPH**

Healthy Communities Coordinator

Umatilla County Health

**Joseph Lowe**

Program Analyst

DHS: Aging and People with Disabilities



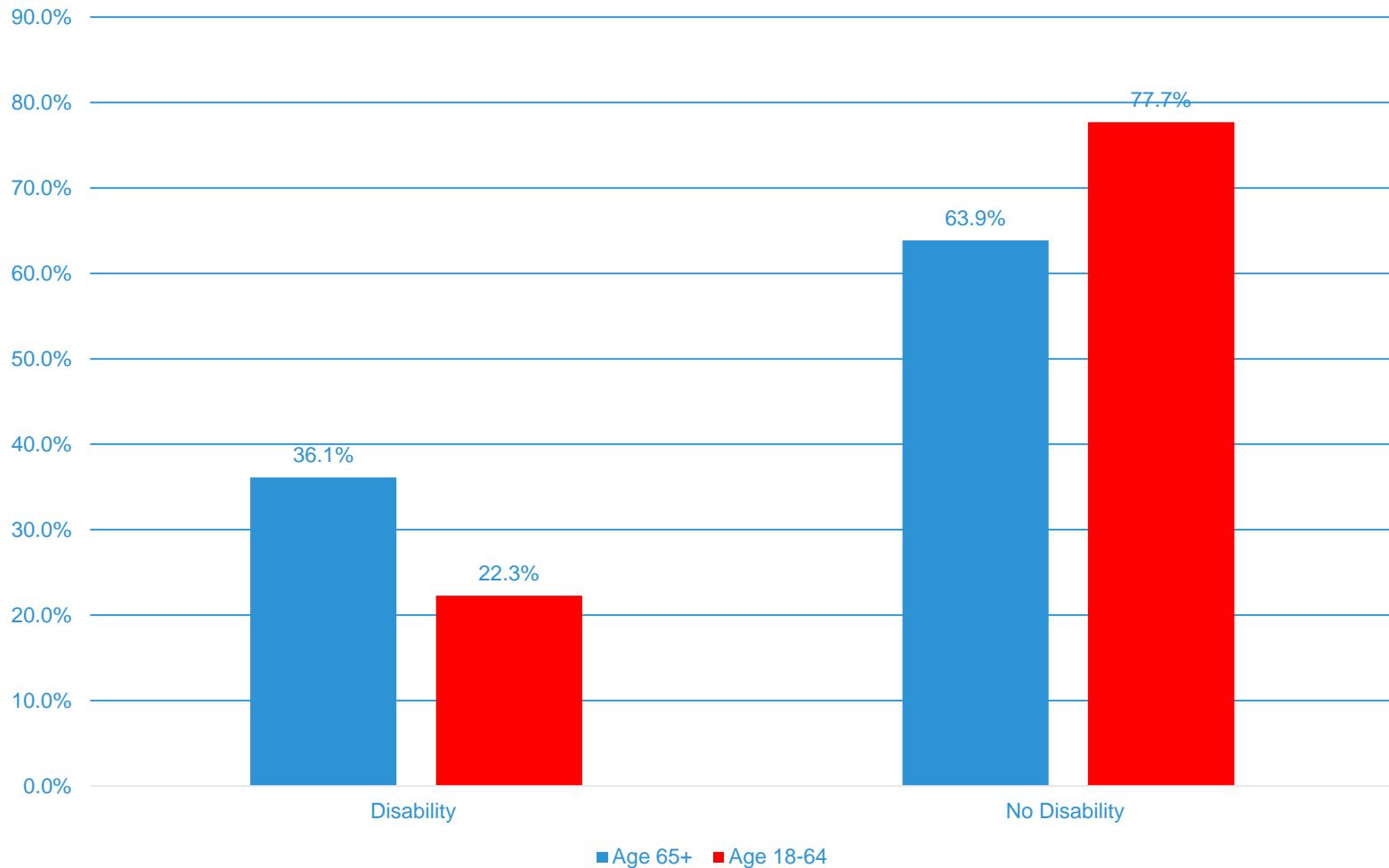
# Agenda

- Data on Health Disparities
- Pilot Project: Reaching People with Disabilities through Healthy Communities
- Success and Sustainability in Umatilla County
- Highlights from Benton County
- Next Steps in Oregon
  - Disability Services Advisory Councils (DSACs)

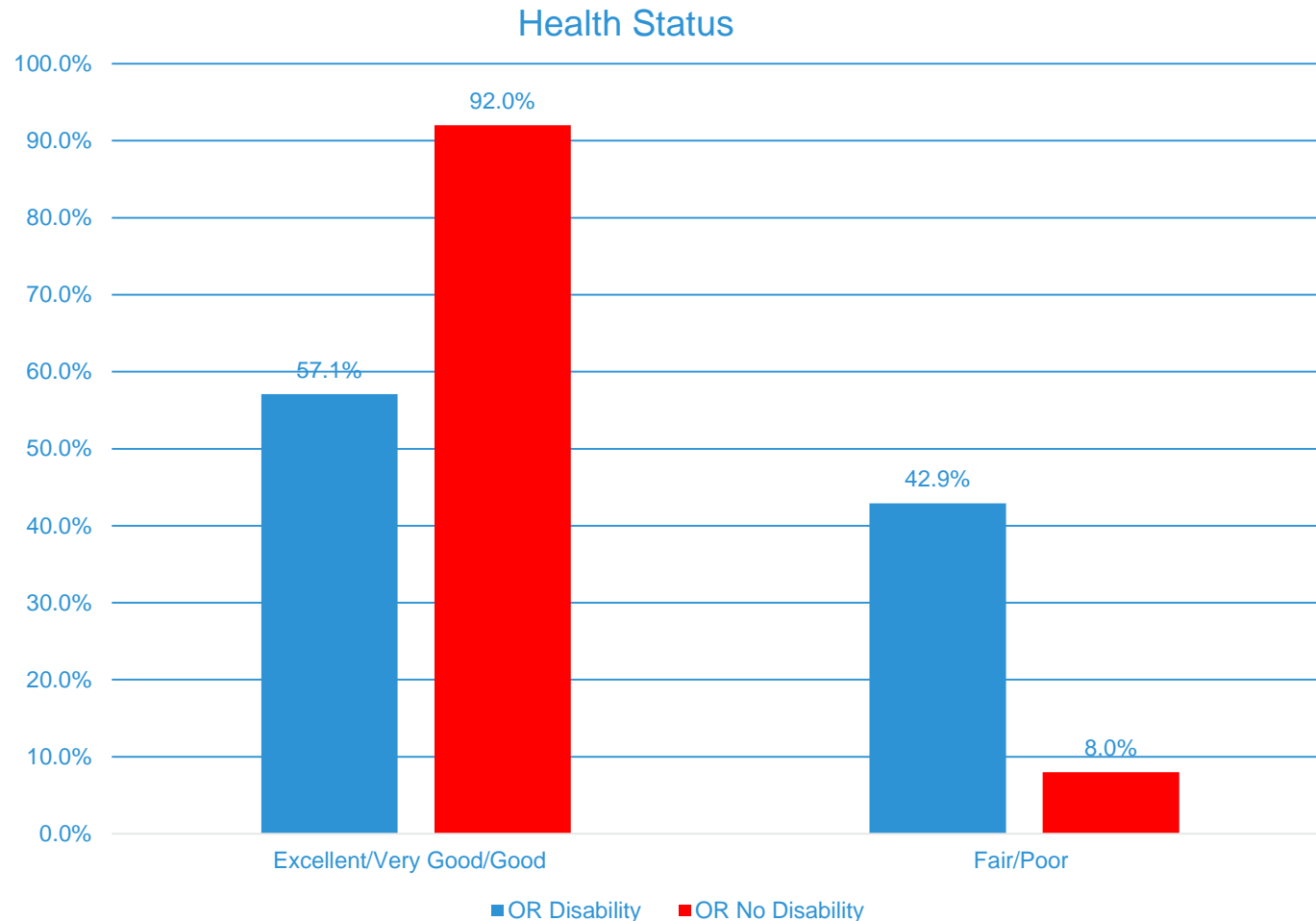
# Behavioral Risk Factor Surveillance System (BRFSS)

- Population-based telephone survey of adults (18 & up) conducted at state level (self-reported data)
- Limitations: People living in congregated environments are not included (prisons, assistive living programs, nursing homes, etc.); people without a telephone, or those who don't speak English or Spanish
- <sub>4</sub> Demographics, health status, chronic conditions, health behaviors, and health

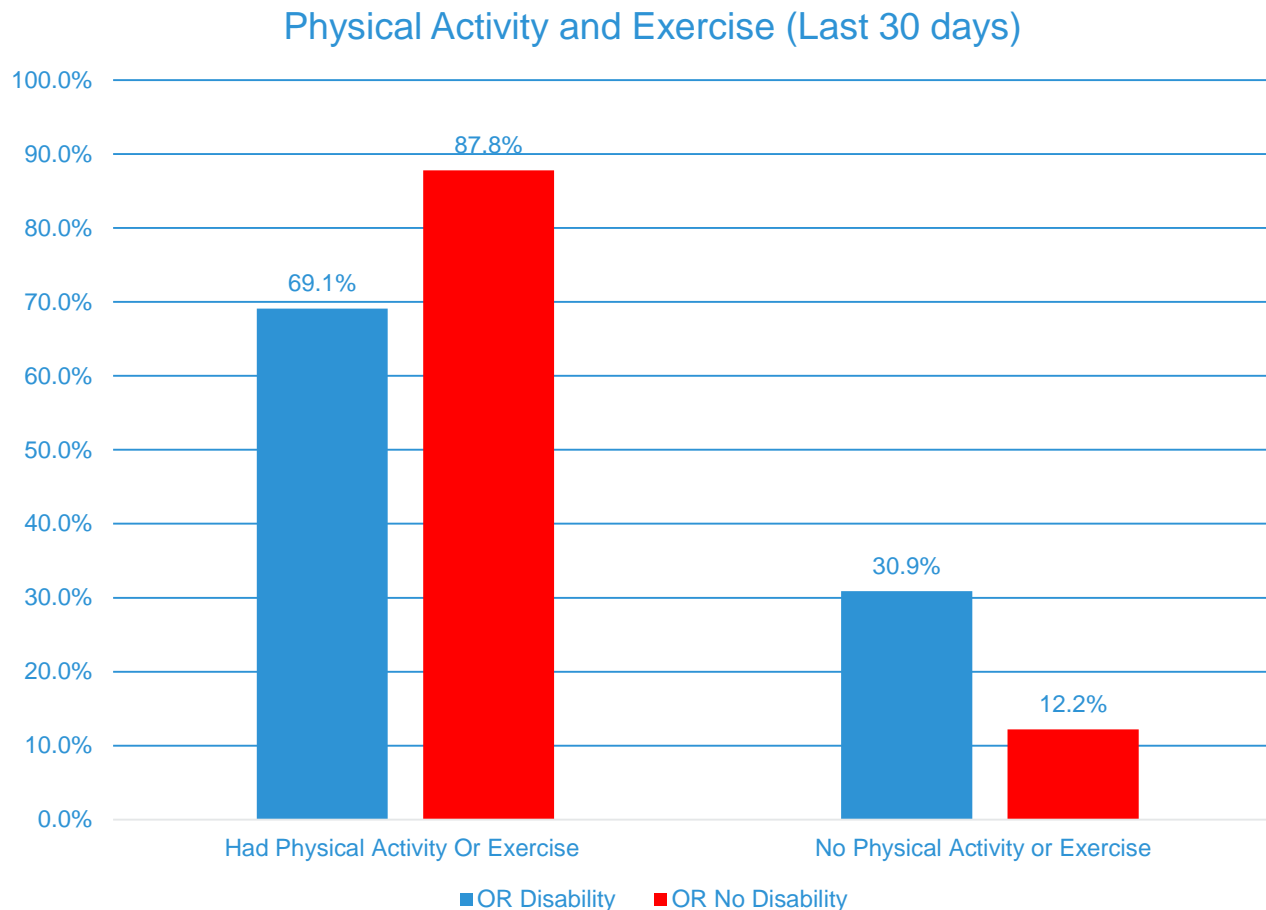
# Disability by Age Group – 2016 BRFSS



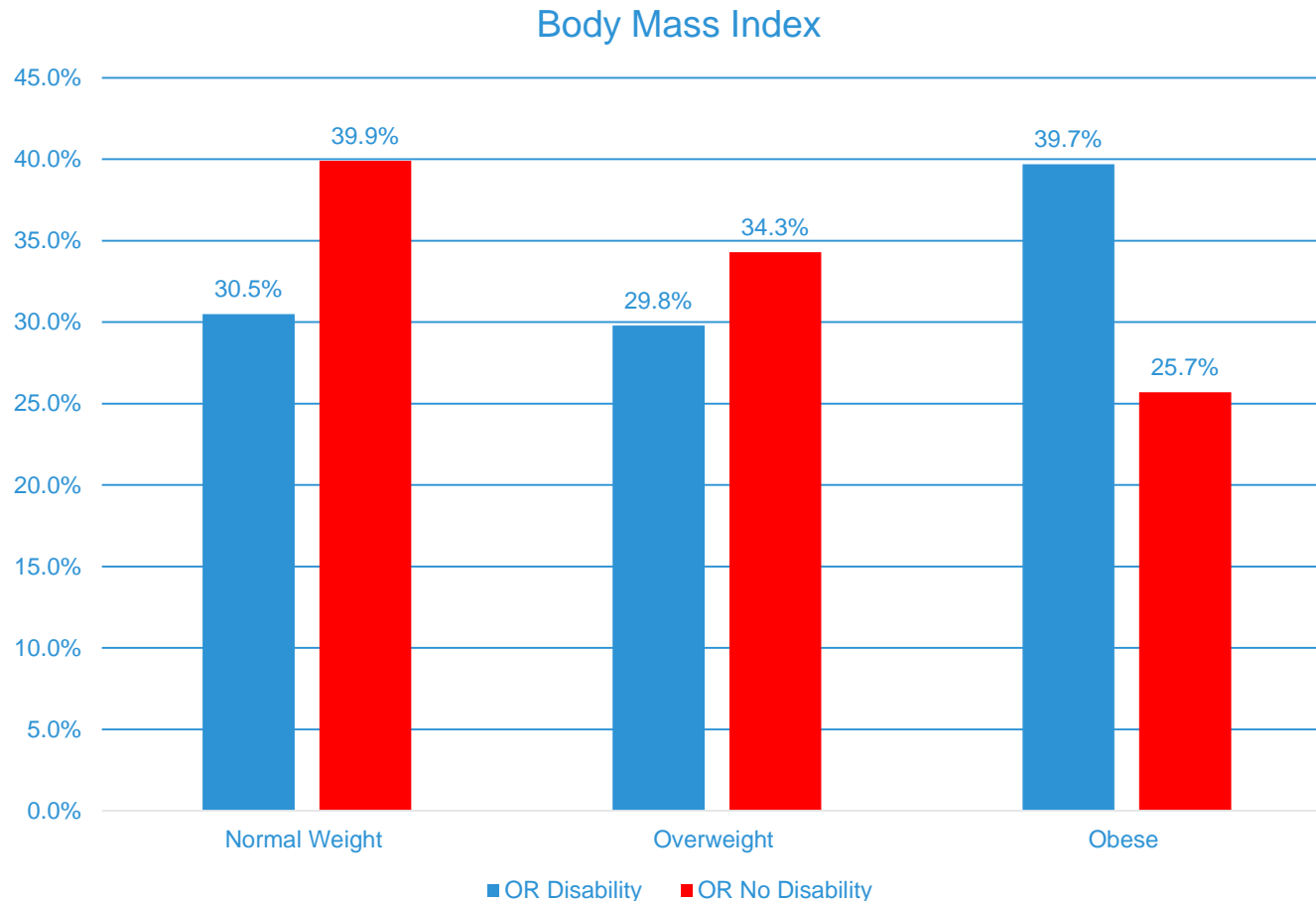
# Current Health Status - 2016 BRFSS



# Exercise in the last 30 days - 2016 BRFSS

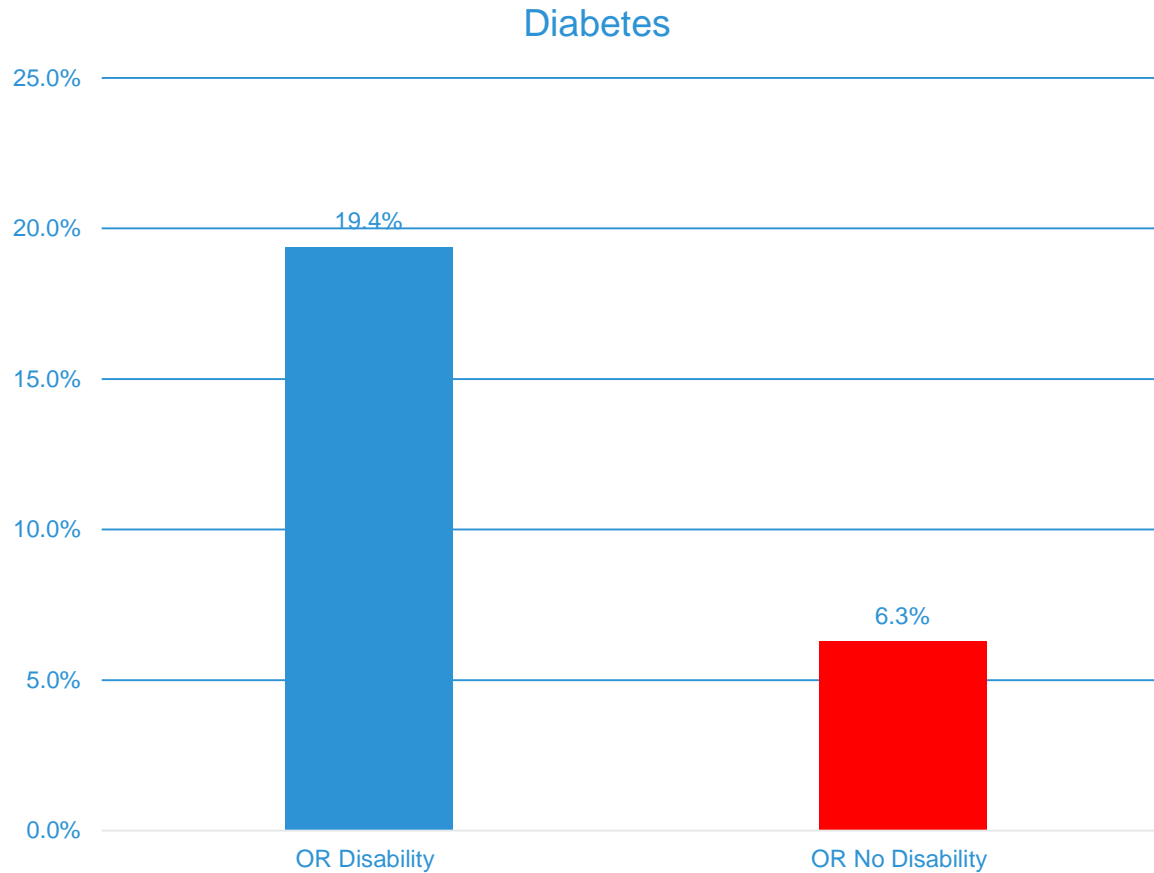


# Current Body Mass Index - 2016 BRFSS

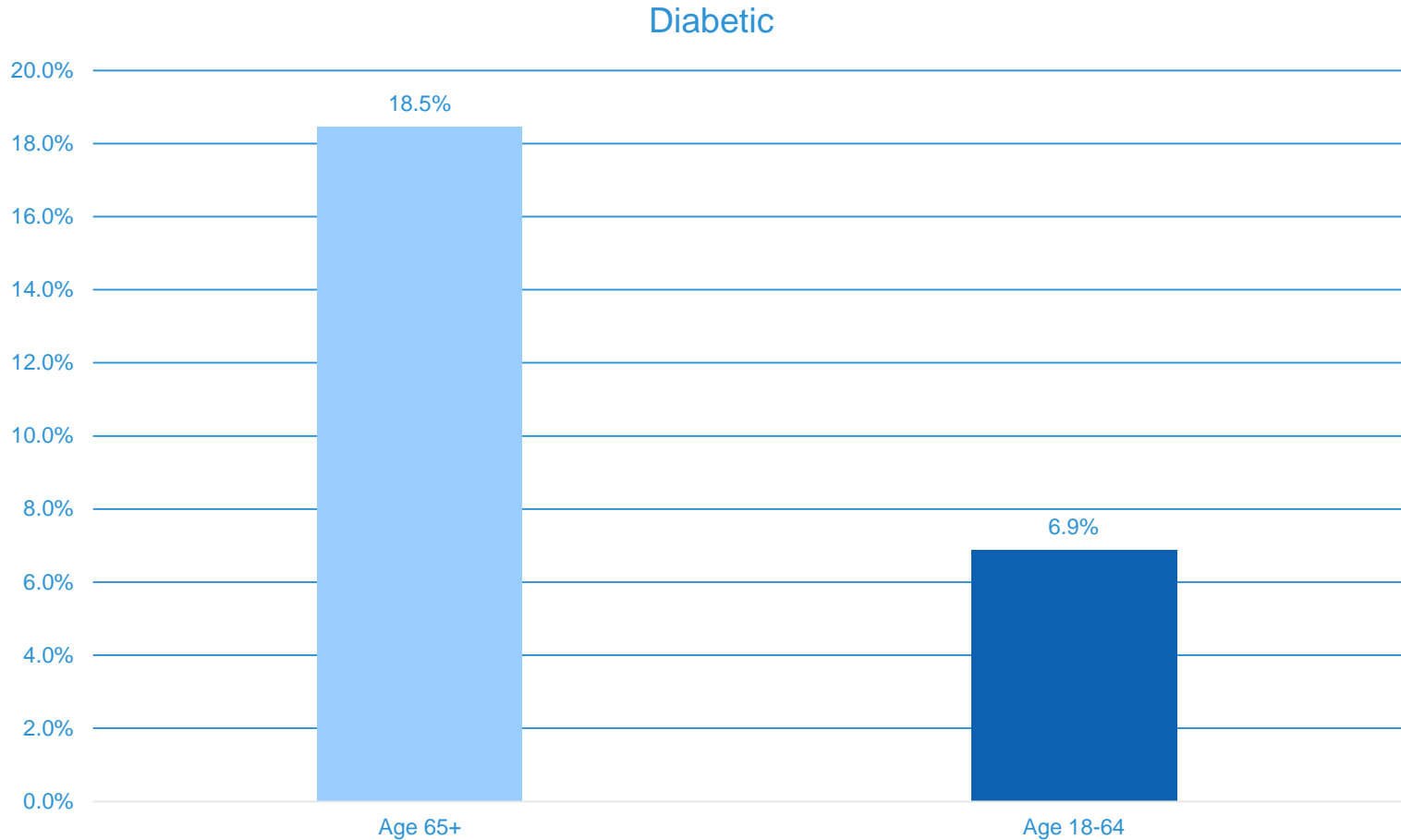




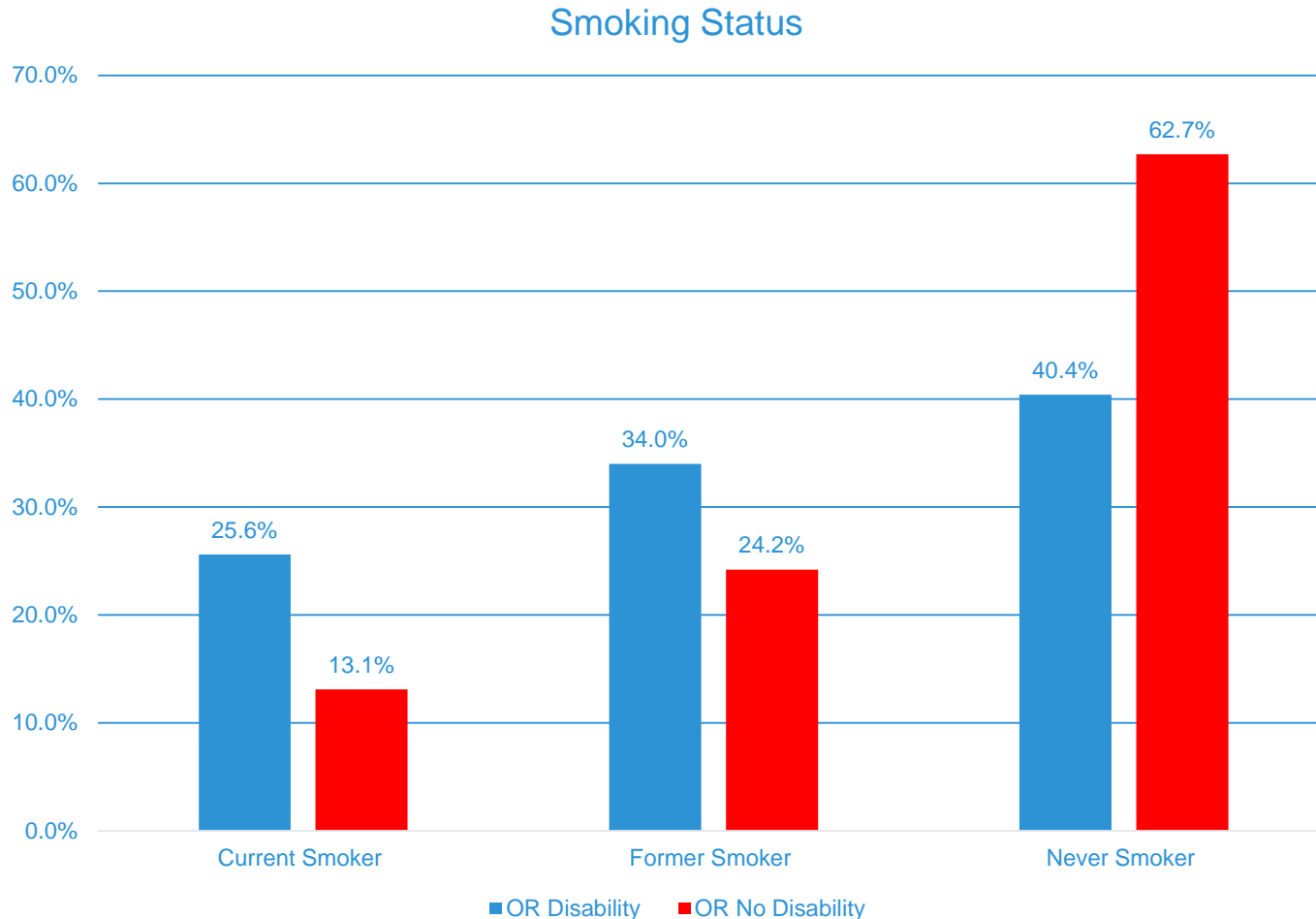
# Living with Diabetes - 2016 BRFSS



# Living with Diabetes - 2016 BRFSS



# Current Smoking Status - 2016 BRFSS



# Special Thanks!

## National Partners:

- National Association of Chronic Disease Directors



- National Center on Birth Defects and Developmental Disabilities, CDC



- National Center on Family, Physical Activity and Fitness



LAKE SHORE

- Lakeshore Foundation



# Reaching People with Disabilities through Healthy Communities

**Purpose:** To accelerate policy, system, and environmental (PSE) changes in a community toward inclusivity so that people with disabilities (and older adults) have greater access to opportunities for play, learn, work, and live.



# NACDD Video

- ['Reaching People with Disabilities through Healthy Communities' Video Highlights 10 Inclusive Communities](#)

# Oregon's Pilot Project Partners

- Oregon Office on Disability and Health at OHSU



*Institute on*  
DEVELOPMENT  
AND DISABILITY

- Umatilla County's Public Health and Clearview Disability Resource Center



- Benton County's Public Health



# Process Overview: Building Inclusive Healthy Community

## Three CHII Assessments

### MACRO-COMMUNITY LEVEL ASSESSMENT

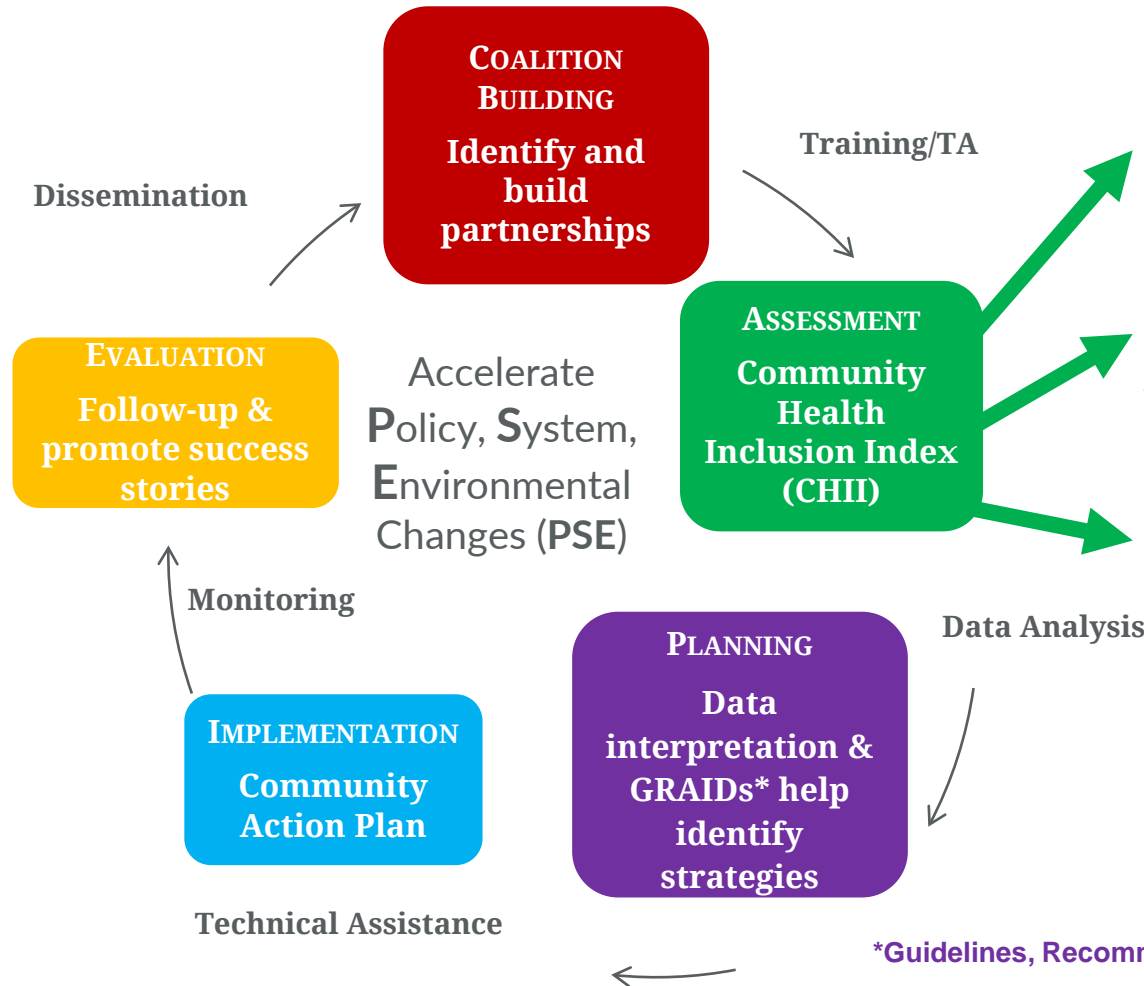
Representatives from **transportation, city planning, and public health** provide information about accessibility, staff training, and community health polices and programs.

An external and internal environmental assessment assesses potential sites e.g., schools, healthcare facilities, work sites, food site, and community

ON-SITE ASSESSMENT  
ORGANIZATION ASSESSMENT

- Nutritional & Healthy Eating institutions.
- Physical Activity Inclusion
- Staff Training
- General health and wellness
- Transportation to site
- Organizational Readiness for Change

\*Guidelines, Recommendations, Adaptations Including Disability





# Onsite Assessment:

## Umatilla: public park with no access from parking lot to covered area

### Environmental Change:

- a. Worked with: City of Pendleton's city planners and Parks & Recreation dept.
- b. Park maintenance brought in dirt, leveled, paved parking lot and extended sidewalk.



# Onsite Assessment: Umatilla public park with no access from parking lot to covered area



- Access to covered picnic area
- Access to power-chair charging station
- Access to park trail: exercise, recreation, enjoyment of nature



# Onsite Assessment: Umatilla public park with no access from parking lot to covered area

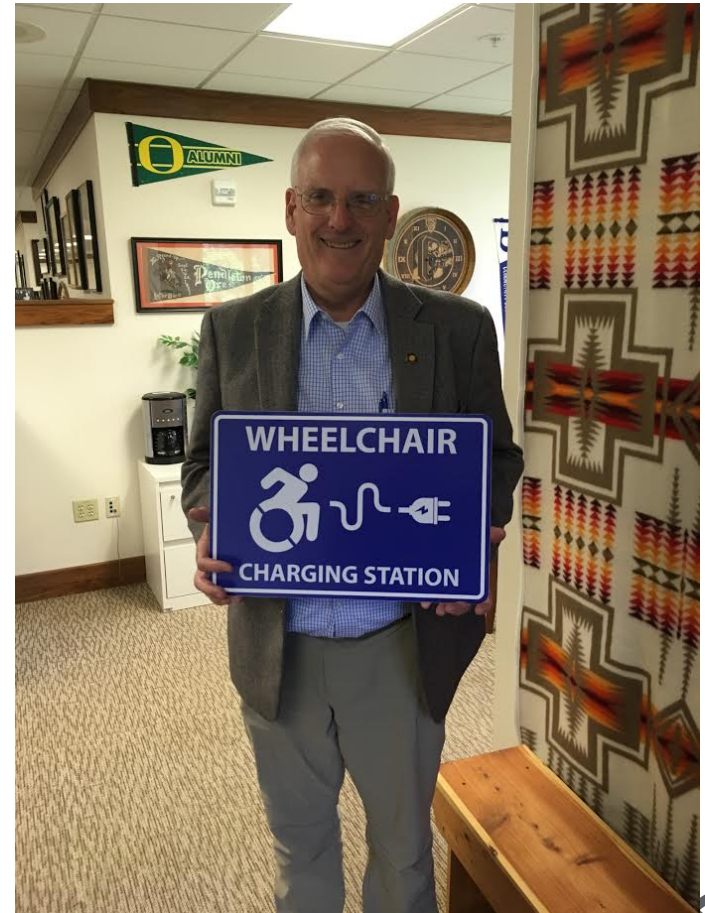
Powerchair charging station



Invented by Darrin Umbarger



# Oregon State Capital: 1<sup>st</sup> in the Country



# Power-chair Charging Stations Successes

Stations in all of the following states:

- Oregon
- Ohio
- Montana
- Iowa
- Missouri
- New York
- South Dakota
- Kansas
- Alabama

# Future Expansion: Mobile Charging Stations

- Currently on Darrin's personal van



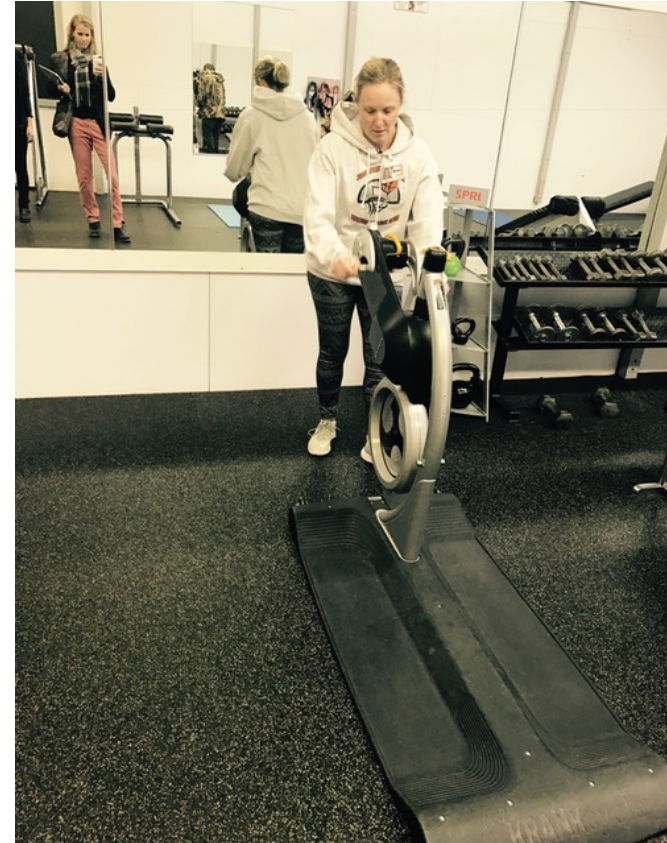
- Confederate Tribes of Umatilla Indian reservation's Kayak buses
- Clearview's non-emergency transportation vans



# Organizational and On-site Assessments: Pendleton's RAC increases access for PWD

Systems (potential Policy)  
change:

- The partnership between the local Coordinated Care Organization, St. Anthony Hospital and the Racquetball Athletic Club (RAC) has resulted in 40 free, 1-year memberships for community members with disabilities who are on the Oregon Health Plan.



# Fishing Pond

Partnership: Clearview, the City of Pendleton and the County Commissioners, Oregon Department of Fish and Wildlife, and Umatilla County Health Department.





# Sustainability

Building for sustainability:

- Many improvements can be accomplished through environmental changes
- Long term planning through policy and procedures changes
- Listening to the experts

# Sustainability

## Equity and Inclusion / Sustainability

- Multiple groups interested in sustaining inclusive efforts
- EOCCO LCAC (Eastern Oregon Coordinated Care Organization's Local Community Advisory Council)
- Long range planning and incorporating inclusion into strategic plans and department policy



**eoocco**  
EASTERN OREGON  
COORDINATED CARE  
ORGANIZATION



**UC**  
HEALTH  
Building a Healthy Community



# Highlights from Benton County

## Monroe Community

- Add power assist door

## SamFit

- Add accessible and adaptable equipment to gym space

## Redesign 2<sup>nd</sup> Street (downtown)



Existing



Proposed



# What now? Building Capacity - from pilot program to Oregon communities

## Lessons learned:

- Engage target populations in this work. Their voices are essential in planning and decision-making.
- Policy work takes time and thoughtful planning.
- Build coalitions with a variety of partners. There are many groups in the community that prioritize inclusion. Public health, county disability agencies, local disability organizations,

# Key Partner - Champion



Joseph Lowe  
Program Analyst  
Department of  
Human Services  
Aging & People  
with Disabilities

Advocacy &  
 **DHS** | Oregon Department  
of Human Services Jnit



# Disability Services Advisory Council

The purpose of the DSAC is to advise the local Aging and People with Disabilities Division office (DHS) on Policy guidelines and services that consumers receive. And... advocate, inform, and educate concerning the rights and needs of people with disabilities in their County.



# Why this approach?

- Shows DSAC as an effective, impactful organization (builds community reputation)
- Creates and enhances collaborative relationships and community partnerships
- Allows DSAC to promote, advocate for, and influence P in their community opportunities for healthy living



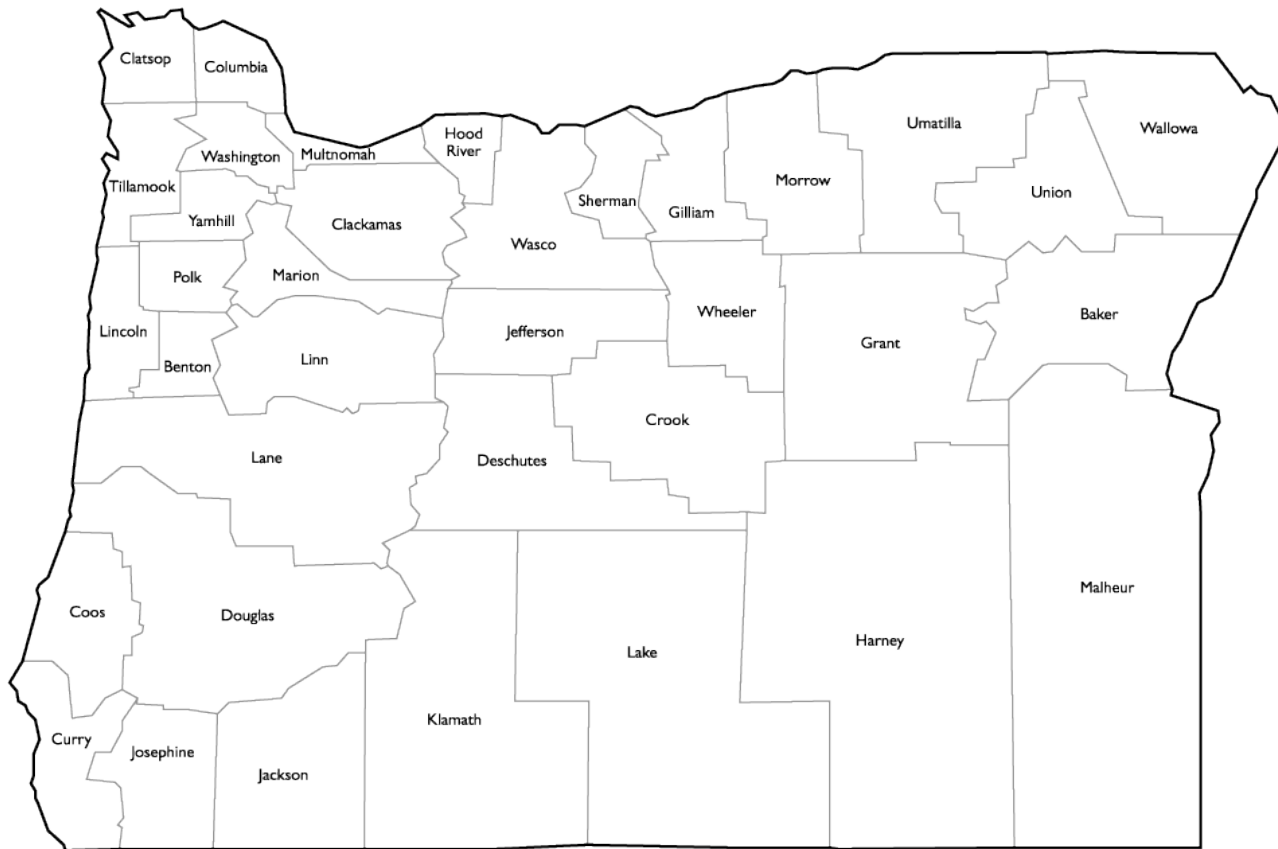
# Why this approach?

- Builds foundation for short AND long-term change
- Less formal, less legal approach to change
- Nationally validated, evidence based tool
- Builds team strength internally for DSAC members
- Access to training and national partners —





# Current Interested DSACs



Multnomah County

Clackamas County

Clatsop, Tillamook, Yamhill, Polk & Marion Counties

Lincoln, Benton & Linn Counties

Marrow & Umatilla Counties

# Contact Information

**Joseph Lowe**

Program Analyst

Department of Human Services

Aging & People with Disabilities

Advocacy & Development Unit

[Joseph.Lowe@dhsosha.state.or.us](mailto:Joseph.Lowe@dhsosha.state.or.us)

971-239-6666

**Angela Weaver, MEd**

Project Coordinator

Oregon Office on Disability & Health

OHSU

[weaverro@ohsu.edu](mailto:weaverro@ohsu.edu)

503-494-1205

**Darrin Umbarger**

CEO

Clearview Disability Resource Center

541-276-1130

[www.clearviewmdrc.org](http://www.clearviewmdrc.org)

**Robert Rankin, MPH**

Healthy Communities Coordinator

Umatilla County Health

(d): 541-278-6344

(o): 541-278-5432

[Robert.rankin@umatillacounty.net](mailto:Robert.rankin@umatillacounty.net)





Questions?  
&  
Thank You!



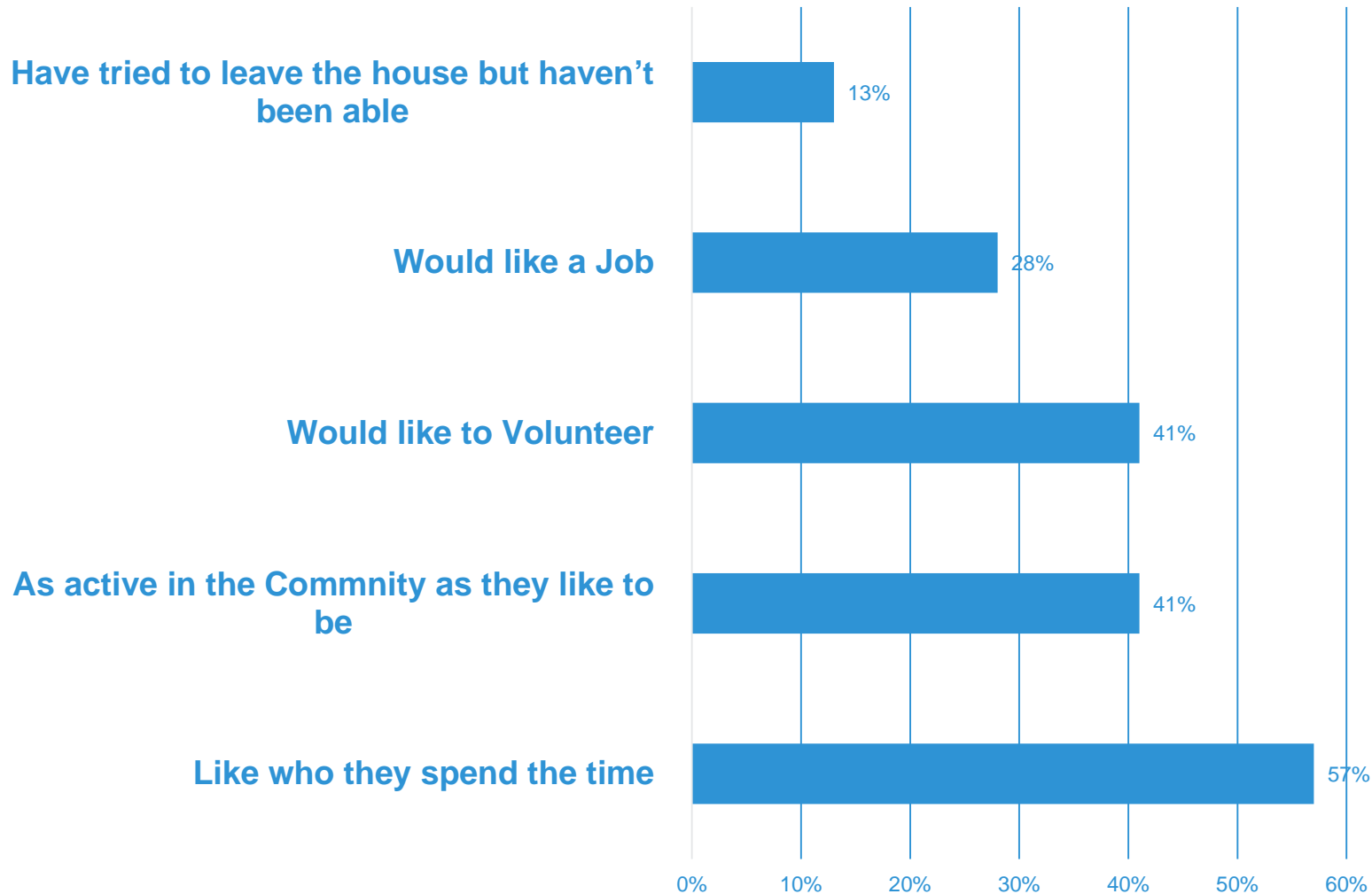
# What is NCI-AD?

The National Core Indicators for Aging and Disabilities© (NCI-AD) are standard measures used across participating states to assess the quality of life and outcomes of seniors and adults with physical disabilities who are accessing publicly-funded services through Medicaid, the Older Americans Act, Program of All-Inclusive Care for the Elderly (PACE), skilled nursing facilities/nursing homes, and/or state-funded programs.

Data for the project are gathered through a yearly in-person Adult Consumer Survey administered by state Aging, Disability, and Medicaid Agencies. In Oregon the sample size was between 400 to 600.

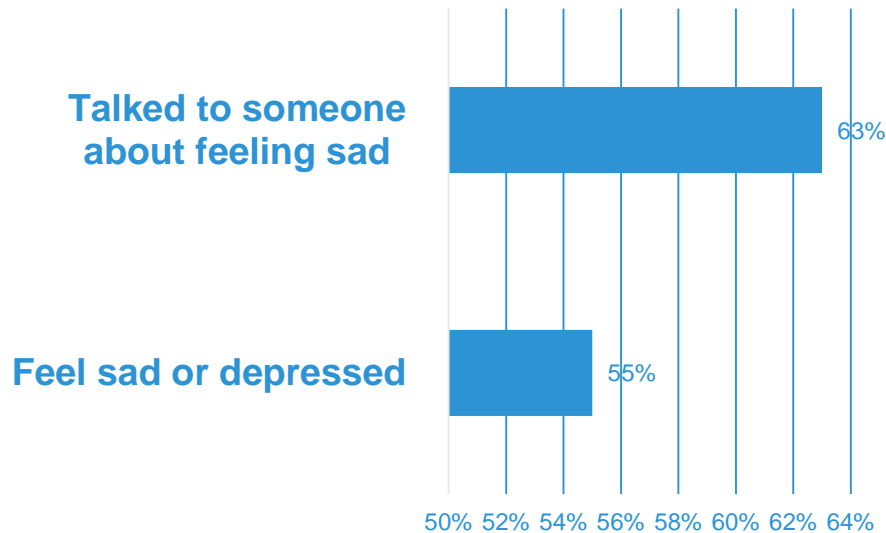
NCI-AD data measures the performance of states' long-term services and supports (LTSS) systems and helps state agencies with quality improvement initiatives, strategic planning, and legislative and funding priorities.

# Community Participation



# Mood and Disability Status

Mood



Disability

