QUEST: HEALTH LITERACY INITIATIVE FOR SENIORS
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PROGRAM GOALS
• Improve health literacy of older adult population in Johnson County, Kansas
• Empower seniors to manage their health
• Identify how seniors learn best about health topics by providing them with an easy to read health book and short educational program

PROJECT INFO
• Recruited: 266 English speaking seniors from:
  o Senior Centers & Apartments
  o Subsidized Housing
  o Landon Center on Aging
  o Branch Library Locations
• Used: What to Do for Senior Health book as health literacy tool – oriented participants on how to use the book
• Discovered: Participants wanted more help on how to talk with health care professionals
• Incorporated NIH – “How to talk to your Doctor” program.

OUTCOME
• Program: 1.25 hours with a low-tech PowerPoint
• Community resources provided
• What to Do for Senior Health book for each participant
• Conducted first leader training in March 2015 – 15 community volunteers trained

SUSTAINABILITY
• Ongoing Training of community volunteers and student nurses as program leaders to take program where seniors gather

PROJECT INFO

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<th>Group Characteristics</th>
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<th>Control Group</th>
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For more information about the project, Shari Tedford @ P: 913-477-8337 E: Shari.Tedford@jocogov.org