



## **ALPA**

### **Advocacy Leadership for Positive Aging *Empowering Self and Others***

**[www.alpa.lifeplanningnetwork.org](http://www.alpa.lifeplanningnetwork.org)**

#### **2014 - LifeSprk Projects for ALPA (Twin Cities MN Pilot)**

1. Ethics committee for the organization (3-member team) and role definitions for the management team (the 14 participants)
2. Mini-ALPA program (5 classes) for service providers
3. Directory of local area resources available to service providers and their clients
4. Multimedia community display by older adult clients
5. Policy for volunteers
6. Facilitation tools
7. Personal renewal -- stress reduction, wellness regime, building on strengths
8. Developing cross-company/location teamwork

#### **2014 - Quantum Projects for ALPA (Washington D.C./Virginia Pilot)**

1. Educational program supporting well-being, focusing on health, finance, family & friends to be completed in phases
2. Bulk buying program whereby residents share costs and savings and thus bridge the gap at month's end for essentials
3. Educational program to improve lives of resident stroke survivors
4. Residential community strengthening project via a wellness exercise program that also promotes engagement
5. Walking program to enhance health benefits and community engagement
6. Program to increase resource awareness and assist with use of resources
7. Home health care resources book
8. Comprehensive "Senior Services" resource manual for all Quantum homes with directions for use and follow up
9. Site-wide evacuation plan
10. Resource directory and establishing relationships with key local organizations
11. Assessment of seniors' experience accessing and navigating through senior social services

Several participants are working on projects together.