Partners in Social Engagement: Collaborating with Parks and Recreation Agencies

February 22, 2022
Webinar Instructions

Audio Options
• Use your computer speakers, OR dial in using the phone number in your registration email.
• All participants are muted.

Questions and Answers (Q&A)
• You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.

Chat Feature
• The Chat feature allows webinar attendees, the host, co-hosts and panelists to communicate for the duration of the webinar.
Accessibility

• Screen Reader Users: Reduce unwanted chatter
  – Request speech on demand: Insert, Spacebar, “S”

• To get our attention if you need tech assistance:
  – Raise or Lower Hand: Alt + Y
engAGED

• National effort to increase social engagement among older adults, people with disabilities and their caregivers
• Administered by USAging
• 18 Project Advisory Committee members: www.engagingolderadults.org/partnerships
• Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living
Presenters

Tiff Cunin (they/them)
Senior Program Manager, National Recreation and Park Association

Pam Plimpton, MSW
Intergenerational Coordinator, County of San Diego Health and Human Services Agency, Aging & Independence Services
Supporting Healthy Aging
A Community Based Approach Through Parks and Recreation
A Quick Temperature Check

On this sheep-scale, how do you feel today?
A Quick Introduction
Tiff Cunin
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They/Them
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At NRPA...

We seek a future where the full power of parks and recreation is widely recognized for creating a better life for everyone by building strong, healthy and resilient communities.

We advance this vision by investing in and championing the profession as a catalyst of positive change for equity, climate readiness and overall well-being.
The Power of Parks and Recreation
Advancing Community Health and Well-Being

Park and recreation professionals — and the services they provide — are key to a fully integrated public health system.

Park and recreation professionals serve as stewards of Community Wellness Hubs — trusted gathering places that connect every member of the community to essential programs, services and spaces that advance health equity, improve health outcomes and enhance quality of life.
NRPA’s Work to Support Healthy Aging

Since 2016, NRPA has:

• Expanded the availability of evidenced-based programs for the prevention and management of chronic conditions;

• Supported the development of innovative delivery systems for evidence-based programs;

• Implemented community integrated health strategies like electronic health record referrals to evidence-based programs offered by P&R agencies.
Older adults participate in a Walk With Ease class, a low-impact walking program, hosted by the Prince George's County (Maryland) Department of Parks and Recreation.
Supporting Healthy Aging: The Role of Local P&R

- P&R agencies are leading providers of services and programming for older adults.
- P&R professionals provide older adults with a wealth of resources that improve mental and physical health including evidence-based chronic-disease management programs.
- P&R agencies and professionals are part of the solution to addressing systemic obstacles to social participation.
The Get Fit Mobile program delivers regular physical activity to citizens in Prince George’s County, Maryland, to help reduce the risk of chronic disease.
From Physical Activity to Social Connectedness

- With funding from the CDC, NRPA supported 9 local park and recreation agencies to implement evidence-based physical activity programs in remote settings.

- The remote delivery pilot proved to be effective at expanding access to evidence-based chronic-disease management programs, AND...

- Helped to bridge gaps in social connectedness among older adults who might otherwise experience social isolation.
Why Partner with Parks and Recreation

We are trusted leaders of our communities

We bring lifesaving benefits to our communities

We create and implement upstream solutions to our most pressing challenges

We put people first – centering the lives of those most vulnerable in the equation

We are connected across the community to people and partners

We are maintainers of vital spaces, including treasured outdoors access

We rise when called upon and take swift actions to support health and resiliency

We serve all people, creating welcoming and inclusive environments

We are champions for change, and we get the job done
Partnering with Parks and Recreation

- Establish goals early in the relationship.
- Create clear project management structures.
- Fund the work of the partnership.
- Develop a messaging framework.
- Explore other like-minded organizations.
- Include community members in partnership building.
Looking to the Future…

With support from the CDC, NRPA will be able to continue this work for the next 5-years!

Equity will guide our work to expand access to evidence-based programs that improve both physical and psychosocial health among older adults from historically disenfranchised populations.

NRPA will support up to 55 communities to implement NRPA’s *Elevating Health Equity in Parks and Recreation: A Framework for Action.*
Tiff Cunin, PhD(ABD), MPH
Senior Program Manager
Health and Wellness Programs

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Thank You
ENHANCING ENGAGEMENT
AT PARKS AND COMMUNITY SPACES
IN SAN DIEGO COUNTY

Pam Plimpton
County of San Diego Health and Human Services Agency
Aging & Independence Services
Age-friendly Communities

Dementia-friendly Communities

Age Well
San Diego
INTERGENERATIONAL EFFORTS & MODELS
SUPPORTING AT-RISK ELDERS AND FAMILIES

Kinship Family Campout ("Gramping")

Kinship Family Pampering ("Grampering")

Other Family Enrichment Events
SUPPORTING AT-RISK ELDERS AND FAMILIES

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Other Family Enrichment Events
ENHANCING INCLUSION

Accessibility

Activities/Programming

Safety Features
PROMOTING CONNECTION ACROSS THE GENERATIONS

TECH (Teens and Elders Computer Help) classes

Intergenerational Games

Intergenerational Dance
▪ Look for common goals

▪ Remember that small and simple steps make a difference too!

▪ Tap into the upside of the outside
SHARING WAYS TO GET INVOLVED

INTERGENERATIONAL PROGRAMS
DIRECTORY

WAYS TO ENGAGE!
Great Ideas for San Diego County Homebound Older Adults & Persons with Limited Mobility to Get Involved

www.livewellsd.org/intergenerational
Building livable communities for all ages across the lifespan
Pam Plimpton
Intergenerational Coordinator
County of San Diego Health and Human Services Agency
Aging & Independence Services

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engAGED Resources

- Innovations Hub
- Toolkits and template materials
- Videos
- Consumer brochures
- Newsletter and blog
- Resources and research links
- Information on upcoming events
Connect With Us!

- [www.engagingolderadults.org](http://www.engagingolderadults.org)
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- [info@engagingolderadults.org](mailto:info@engagingolderadults.org)
Commit to Connect

• ACL campaign working to combat social isolation through:
  – Network of champions
  – Connection to resources
  – Establishment of partnerships
  – Sharing of successful initiatives

https://committoconnect.org/
Questions and Discussion

Please submit your questions or comments through the Q&A.
Thank You!

• Please complete the survey which will be displayed in your browser after Zoom closes. There is also a brief 3-month survey.

• The recording will be available on www.engagingolderadults.org.

• Thank you for attending today’s webinar!