

November 7, 2022

Note to: HCCBG Advisory Committee
From: Suzanne Booth
Subject: Land of Sky 'Meet and Greet' Visit
Thursday November 3, 2022

Land of Sky:
Brea Kuykendall, Aging Program Specialist for Health Promotion

HCCBG Advisory Committee:
Suzanne Booth
Billie Breeden
Greg Zornes

The topic of the meeting was the Asheville Terrace Community Health Worker (ATCHW) Program, “a community based model addressing the complex needs of high-risk elders in subsidized senior housing.”

Asheville Terrace is a public housing apartment complex owned by the Asheville City Housing Authority on Tunnel Road. There are 248 units of which most are one-bedrooms. All residents are low-income. Approximately 85% are 65 or more years of age with the remainder consisting of younger adults qualified as a consequence of one of more disabilities. Rent is a function of income, and runs along a sliding scale ranging from about \$178 to \$800 per month.

Community Health Workers, who are volunteers and live in the community, are trained by the community health worker program, and provide the following services to their neighbors (summary extracted from the program scope of practice):

As a resource connector:

- Assess needs.
- Provide information on resources.
- Help with the determination of best options.
- Refer to social service supports for assistance with applications for services (e.g., SNAP, Medicaid).

As a health management support:

- Help plan doctor visits.
- Assist with recording symptoms and tracking health changes.
- Provide general health information and teach self-management strategies.
- Assist with setting goals and action plans.

As a community organizer:

- Design and / or lead ongoing activities.
- Collect information through community surveys.

- Manage events like health fairs, holiday celebration and wellness activities.
- Recruit volunteers and identify service opportunities.

Specific Programs:

- Community Programs include food distribution, health fairs and social events.
- Neighborhood Knock Program: routine checks on fragile elders with frequency (e.g., daily) depending upon situation.

Uses of HCCBG Grant Money (~\$43-thousand):

- Program Specialist's compensation.
- Stipends for workers.
- Training.
- Travel.
- Supplies.

Challenges:

- Started in 2018, the ATCHW is the only program of its kind in the area; Land of Sky would like to expand it to other senior housing complexes.
- Renter turnover during COVID led to a period of less-than-full-capacity; the complex has returned to full capacity.
- Safety and crime are issues as in any housing complex and any age group.

Program Specialist's Biggest Worries:

- Significant unmet need in the community and the inability to help everyone who needs it.