Introduction & Background

• More than 120,000 adults 55 and older live in Seattle
• Many low- and fixed-income adults 55+ live in Pike Place Market Protection & Development Authority (PDA) Residential Buildings
• The Pike Market Senior Center (PMSC) serves older adults in downtown Seattle
• PMSC seeks to develop and deliver wellness program for adults 55+ living near Pike Place Market

Project Goal & Objectives

**Project Goal**
Develop and deliver pilot wellness program to Stewart House (SH) & Livingston-Baker (LB) Residential Buildings within Pike Place Market

Objectives:
1. Assess community needs and interests surrounding wellness programming
2. Design a pilot program based on assessment
3. Deliver pilot programing
4. Evaluate program effectiveness in meeting community needs and long-term feasibility of program implementation

Methods

**Phase 1: Needs Assessment**
Short survey of residents on wellness program interest, desired topics, barriers and availability.

**Phase 2: Program Development**
Literature review, physical activity resource review, Audit of current PMSC activity program

**Phase 3: Program Implementation & Evaluation**
Deliver pilot program and evaluate using pre/post survey

Assessment Findings (n=20)

75% reported interest in wellness programing

- **Common Barriers:**
  - Medical conditions, limited physical function, lack of motivation, scheduling conflicts

**Wellness Topics of Interest**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percent Reporting</th>
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<tbody>
<tr>
<td>Other</td>
<td>20%</td>
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<tr>
<td>Fall Prevention</td>
<td>30%</td>
</tr>
<tr>
<td>Chronic Disease/Pain Management</td>
<td>40%</td>
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<tr>
<td>Reflexes &amp; Coordination</td>
<td>40%</td>
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<tr>
<td>Independence &amp; Mobility</td>
<td>40%</td>
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<tr>
<td>Healthy Brain Aging</td>
<td>30%</td>
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<tr>
<td>Maintain/Improve Strength &amp; Endurance</td>
<td>70%</td>
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Program Description

8 Biweekly Sessions - 50 Minutes Each

**Program Objectives**

- Increase participants’:
  1. Ability to be mentally & physically active
  2. Overall activity level
  3. Knowledge of appropriate physical & mental activities

Program Evaluation

Average Attendance: SH 5-6, LB 1-2 participants

Pre/Post Evaluation Responses (n=3)

All reported:
- Increased activity level
- Improved self-efficacy
- Increased strength/endurance & knowledge

Post Evaluation Responses Only (n=3)

100% reported increased activity level, improved strength/endurance, and knowledge

Conclusions

Residents 55+ are interested in wellness programming
Program development and delivery was successful

Recommendations

- Hire staff member to extend the pilot program
- Build on PMSC/PDA relationship to continue capacity development for both organizations
- Pursue funding for long-term support of program
- Evaluate resident interest in the wellness programming in other PDA residential buildings