

# THRIVE Project

## Support Services for Older Adults

The Columbine Health Systems Center for Healthy Aging is now offering virtual and telehealth services to address the needs of older adults affected by COVID-19. After an initial needs/wants interview, participants will be enrolled in an 8-week program that introduces them to key services listed below. At the end of the program, participants will work with a care coordinator to select a customized "menu" of services to continue participating in via video modules and physically-distanced interventions.

- ▶ **Technology assistance** to navigate mainstream video conferencing tools, get support for personal technology devices, and learn about community programs offering free technology and Wi-Fi
- ▶ **Care coordination**, performed by Social Work and Psychology students, to assess needs and well-being, teach coping skills, and create future plans of care
- ▶ **Exercise and wellness activities**, led by Health and Exercise Science students, including a variety of activities to promote flexibility, balance, toning, core stability, strength, cardiovascular endurance, and more
- ▶ **Guided social support groups** that address issues related to healthy aging, isolation, mental health, and caregiving. Games (e.g. Bingo) and shared virtual tours (e.g. Monterrey Aquarium) are also provided for social engagement.
- ▶ **Music-Connection** led by CSU Music Therapy students using your favorite music. Resources can identify how music can be used at home to improve quality of life.
- ▶ **Animal-related activities**, offered by the Human-Animal Bond in Colorado (HABIC) program, to provide animal-related content in letters, photo stories, videos, and virtual animal therapy visits designed to increase well-being and address feelings of loneliness and isolation
- ▶ **Nutrition counseling**, performed by registered dietitian nutritionists, to address eating challenges or provide cooking and food safety tutorials
- ▶ **Respite care**, performed by CSU students, to provide virtual/phone respite to family caregivers

*The THRIVE Project is FREE to Larimer County residents aged 60+ and is funded in part by the Larimer County Department of Human Services Office on Aging.*



**Columbine Health Systems  
Center for Healthy Aging**  
COLORADO STATE UNIVERSITY