

**MAKING A DIFFERENCE FOR OLDER ADULTS AND THE ENVIRONMENT
FINAL TECHNICAL REPORT
EPA AGING INITIATIVE**

Today's Date: September 14, 2006
Recipient: Comprehensive Health Education Foundation
Agreement Number: CH – 83226001 – 0
Agreement Project Period: 2/14/2005 – 7/13/2006
Recipient Contact Person: Karen Lewis
Principal Investigator/Project Director: Karen Lewis

Brief statement covering work status, work progress, actual accomplishments with the goals and objectives for the entire project and budget periods.

All work has been completed for this project and all funding has been spent. Summarized below are the accomplishments, with goals and objectives, for the entire project.

The successes of this project were the community presentations and the exposure to resources for the many elders. We worked closely with community partners to host 16 presentations in a variety of mostly low-income settings and in a number of different languages. We were able to teach 453 elders, which was an incredible reach. Participants reported learning a lot about the importance of clean in-door air and how to take small and affordable steps in making their homes more “green.”

The greatest challenge of the project was the lack of interest in the in-home inspection with a Master Home Environmentalist. I believe some of the lack of interest may be linked to seniors thinking “nothing is ever free” or worry that too many things will be discovered and they don't have the resources to fix them. Others may not be comfortable having a stranger come to their home.

Goal/Objective 1

Educate 12,000 older adults in Seattle through written materials that provide information about indoor air pollution and how to get additional information including a free home assessment. All calls to be directed to Senior Services Information and Assistance through the 888-4ELDERS phone number. For more information, people were referred to the Healthy Aging Partnership web site www.4elders.org, with a live link to the American Lung Association website, www.alaw.org.

Actual Work Completed

A total of 100,000 Valpak discount coupon inserts (two mailings of 50,000 each) were mailed to communities where there is a high prevalence of asthma and other lung diseases, and where many older adults reside. As a result of this effort, 11 people contacted Senior Services to request more information about safe indoor air.

Goal/Objective 2

Provide information and assistance to 100% of the older adults who call the service or access the web site.

Actual Work Completed

Each person who contacted Senior Services or American Lung Association to request more information was offered either the Do-It-Yourself (DIY) HEAL or an in-home inspection with a Master Home Environmentalist. One in-home inspection was completed, 6 received the DIY-HEAL, and 4 showed interest and then cancelled.

Goal/Objective 3

Provide home assessments for 40-100 older adults who request it using the ALA screening tool, HEAL.

Actual Work Completed: Assessments were promoted through the Valpak discount coupon mailing and the community presentations. One in-home inspection was completed, 6 received the DIY-HEAL, and 4 showed interest and then cancelled.

Goal/Objective #4

Provide educational awareness presentations at 12 Seattle-area senior and community centers.

Actual Work Completed

A total of 16 awareness presentations were conducted. Approximately 453 elders participated and of the 453, approximately 283 were non-English or limited-English speaking. Participants received a free pillow cover and educational materials to learn more about indoor air quality.

Presentations were conducted as follows:

- November 22, 2005, Garfield Community Center, Vietnamese interpretation, 35 elders
- November 29, Miller Community Center, Korean interpretation, 46 elders
- January 18, 2006, Burien/Highline Senior Center, Spanish interpretation, 20 elders
- January 19, Des Moines Senior Center, Spanish interpretation, 22 elders
- January 20, North Bellevue Senior Center, Spanish interpretation, 60 elders
- January 23, Greenlake Plaza – Seattle Housing Authority, 20 elders
- January 25, Kirkland Senior Center, Spanish interpretation, 26 elders
- January 26, Lichtenwood – Seattle Housing Authority, 12 elders
- January 30, Tri-Court – Seattle Housing Authority, 20 elders
- February 7, Fremont Place – Seattle Housing Authority, 10 elders
- February 7, Southeast Senior Center, 5 elders
- February 9, International House – Seattle Housing Authority, Mandarin, Cantonese and Vietnamese interpretation, 30 elders
- February 14, Beacon – Seattle Housing Authority, Mandarin, Cantonese and Vietnamese interpretation, 44 elders
- February 27, Seattle – Chancery Place Apartments, 25 elders
- March 7, Bellevue – Silver Glen Retirement Apartments, 47 elders
- March 29, West Seattle – Senior Center of West Seattle, 31 elders

As a result of the presentations, 9 DIY-HEALs were requested by Spanish-speaking elders and 7 from English-speaking elders. Three in-home HEALs were requested and currently 1 has been completed and 2 are pending. The American Lung Association of Washington follows up with all HEALs.

Evaluations were distributed at each presentation. Approximately 136 participants completed the evaluation and indicated the following:

- Over half consistently reported that they either “learned a lot” or “learned some” from the presentation.
- Individuals ranked the following from “most interesting to least interesting:”
 - ☞ Household cleaning (products and behaviors to change)
 - ☞ Dust (behaviors to change)
 - ☞ Mold (products and behaviors to change)
 - ☞ Smoking (behaviors to change)

Individuals ranked the following in terms of “things you hope to change in your home within the next two weeks” from most popular choice to least popular choice.

- ☞ Dust reduction
- ☞ Change use of and type of household cleaning products
- ☞ Improve indoor air, mostly through the use of CO2 detectors
- ☞ Mold elimination

Discussion of publications arising from this project, including any advertising brochures or marketing materials. Copies of publications and reprints which have not been previously submitted should be enclosed with the report.

All brochures and marketing materials have already been submitted. Attached are two articles that were published; one in The Voice, a publication of the Seattle Housing Authority and one in the C.H.E.F. newsletter, Healthy Aging e-news at-a-glance.

Confirmation that the project is complete.

Yes, this project has been successfully completed and all the funding has been spent down.

Budget: Compare expenditures as a percent of the project completed to the project’s planned schedule. Report any equipment purchased during the reporting period.

\$24,999 or 100% of the total budget has been spent. No equipment purchased.