

Age Friendly Healthcare in Rawlins, WY

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Hypothesis

- Providing information on the Age Friendly framework (4Ms) and community resources will improve health outcomes of older adults in Rawlins, WY

Background

- Rawlins, WY is the largest city within Carbon County, with a rough population of 8,300
- Carbon County ranked 22 out of 23 in Wyoming counties in health outcomes in 2020
- Education on chronic disease management was ranked highly in healthcare needs by residents

Percent of Population Over 65



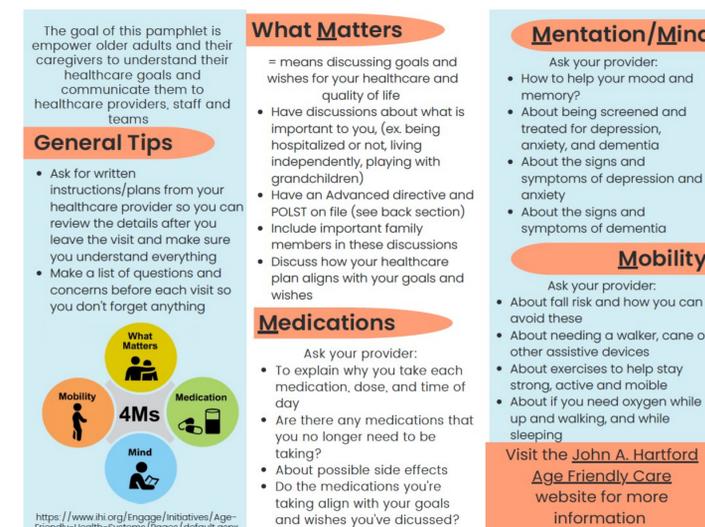
Memorial Hospital of Carbon County Family Practice Clinic in Rawlins, WY

Literature Review

- The 4Ms stands for What Matters, Medications, Mentation, and Mobility
- Multiple studies on Physician Orders for Life Sustaining Treatment (POLST) documents show that individuals with a POLST completed within 6 months of death are less likely to have CPR or ICU care against their wishes
- A study found that 1/3 of people over 65 have at least one fall annually, and that exercise helped to reduce the number of falls by 23%

Community Deliverables

- Partnered with Carbon County Public Health who provides:
 - Low-cost healthcare
 - LT101 assessments (nursing home/Medicaid long-term eligibility)
 - Chronic disease education and outreach programs
- Delivered:
 - Educational brochure outlining the 4Ms framework and advance care planning documents
 - Flyer with community resources in Rawlins



Portion of education brochure detailing the 4Ms

Next Steps

- Target audience is older adults and caregivers in Rawlins and the surrounding Carbon County towns
- Brochure to be displayed at Carbon County Public Health
- Carbon County Public Health to distribute at outreach programs, Saratoga and Hanna clinics, senior centers, etc.
- Carbon County Public Health to use snippets from brochure as social media posts
- Goal is for older adults to feel empowered to take more control of their own healthcare journey
- Future student could expand project to include smoking cessation and diet/nutrition

Acknowledgments

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