Use of a Wellness Coaching Model among Urban-Dwelling, Low-Income Older Adults

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Purpose
To determine if urban-dwelling, low-income older adults who participate in a personalized, wellness coaching model will have improved self-management behaviors as compared to a wait-list control group

Method

### Theory of Successful Aging

- **Successful Aging**
  - Quality of Life
  - Meaning
  - Purpose in Life

- **Spirituality**
  - Spiritual Perspective
  - Religion

- **Functional Performance**
  - Motor Function
  - Physical Activity
  - Health Status

- **Health Promotion Activities**
  - Health Status
  - Physical Activity

- **Patient Activation Measure**
  - Self-Affirmed
  - Self-Efficacy

- **Intergenerational Relationships**
  - Family
  - Community

- **Well-Being**
  - Sleep
  - Nutrition

Topaz, Troutman-Jordan, MacKenzie, 2014

### Wellness Coaching Model

- A comprehensive and holistic approach to assess, guide, and inform low-income older adults towards successful aging
- Reliable and valid geriatric assessments
- An individualized healthy aging plan
- Coach contacts via site visits, phone calls, emails
- Provided the National Institute on Aging’s Exercise & Physical Activity free guidebook, community walking maps, exercise sessions, personalized lifestyle tips, and healthy living information, including nutritional recipes

### Results

<table>
<thead>
<tr>
<th>Group</th>
<th>Intervention</th>
<th>Wait-list Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>15</td>
<td>13</td>
</tr>
<tr>
<td>Age (years)</td>
<td>60-89</td>
<td>60-88</td>
</tr>
<tr>
<td>Gender</td>
<td>5 Females, 10 Males</td>
<td>7 Females, 6 Males</td>
</tr>
<tr>
<td>Race</td>
<td>8 Latinos, 4 Blacks, 3 Other</td>
<td>3 Latinos, 10 Blacks</td>
</tr>
</tbody>
</table>

Comparing baseline to one-year outcomes, there was statistical improvement of physical activity in both Amory Groups 1 (p<0.02) and 2 (p<0.016) and the PAM score (p<0.05) in Amory Group 2.

Self-reported quality of life statistically decreased in the control group at Holgate.

### Conclusion

The wellness coaching model enables a holistic approach towards successful aging. This program holds promise for vulnerable groups striving to maintain their independence and age in place.

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