Making Change for Good, One Group at a Time:
Group Homes and Residential Facilities

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Secondary Health Conditions Affecting People with Disabilities at a Higher Rate ††
- Obesity
- Diabetes
- High Cholesterol
- Depression
- Kidney Functions
- Anxiety
- Cardiovascular Disease
- Hypertension
- Muscular Atrophy
- Asthma
- Insomnia

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- National Data**
  - Average # of medications per person  7
  - (general population: 4)
  - Average % Psychotropic medications: 48%
  - Length of hospital stay: 40% longer as compared to general population

- Dakota Communities Data
  - % using laxatives: 63%
  - % on reduced calorie diets: 40%
  - % whose weight exceeds ideal weight range: 40%
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Nutrition

- Create a new menu system based on fresh, whole foods
- Implement menu with training series for staff and people we support
- Create Wellness homes where healthy eating is part of the culture
- Implement Oregon Healthy Lifestyles training
- Work with local grocers to place menu system on-line for convenience
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- “Culture of wellness” is growing
- Clients need fewer medications/nutrition supplements
- 8 people in one group home lost 85 #

Patti and Tom preparing a healthy dinner
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