

Seniors and Telehealth

**Arizona State Representative
Patty Contreras, MAdm**

October 24, 2023





Representative Patty Contreras

ASU Bachelor of Science, Recreation Management

Emphasis in Therapeutic Recreation

NAU Master of Administration

Emphasis in Leadership

City of Phoenix 1990 to 2021

Human Services, Senior Programs Coordinator
Parks and Recreation (Senior Center Coordinator)

Arizona Senior Center Association

Past President (2016-2020)

The Pandemic and Telehealth



March 13, 2020



New Experience for Everyone!



Staff learning curve

Member learning curve

Expanding digital technology

Patience, Patience, Patience





Lots of Classes
Lots of Fun!



Spanish

Chair Exercise

Trivia and Games

Reading Groups

Arts & Crafts



- Prevented Isolation
- Kept People Engaged and Active
- Nurtured their Souls
- Saved Lives



We Did It!!

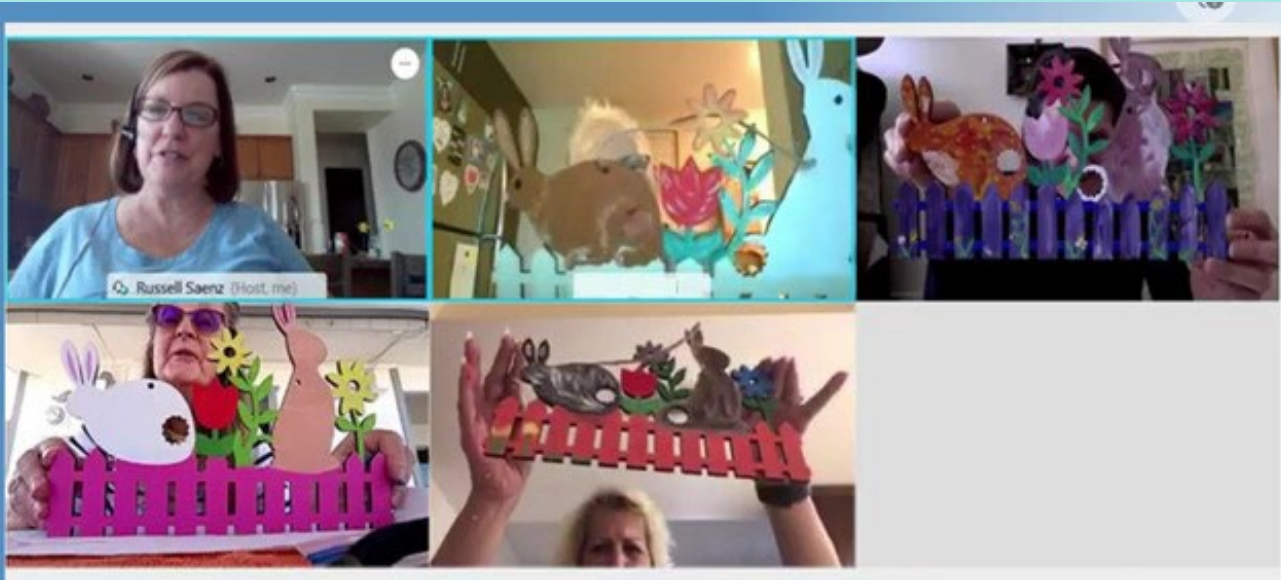


Lessons Learned/ Best Practices



- Be Patient
- Digital Literacy
- Non-video Opportunities
- Allow Extra Time
- Patience, Patience, Patience!!

Benefits of Telehealth



Transportation

Mobility

Fewer trips outside the home

Less exposure to illnesses

Especially beneficial in rural areas





Thank You



QUESTIONS?