

Supporting Healthy Aging through Parks and Recreation

Community of Practice



NATIONAL
RECREATION AND PARK
ASSOCIATION

Introduction

NRPA will convene a Community of Practice (CoP) to support systems-change by centering equity with the implementation and dissemination of AAEBIs, partnership building strategies with an emphasis on community-based organizations and health-care organizations; innovative AAEBI program delivery methods; developing referral networks; impactful and effective marketing and recruitment support to park and recreation professionals; and leadership buy-in, policy change and integration as a permanent program offering in local park and recreation systems.

NRPA will work with partners (e.g., national partners) and subject matter experts (e.g., Epic Health Solutions) to provide targeted, learning-centered opportunities that build a foundation for centering health equity and applying NRPA's *Health Equity in Parks and Recreation: Framework for Action* to park and recreation programs and services.

The CoP will be 18-months in length and will be integrated in a phased approach (Phase 1, Phase 2, Phase 3). All phases will be approximately 6-months in length and will build off the previous phase. Each phase will be associated with an achievement-based objective (ABO) (e.g., developing a stakeholder map). Phases of the CoP and the specific ABOs are defined in the following pages.

Together, these efforts will result in the improved ability of agencies to sustain the delivery of AAEBIs to all community members, with a particular focus on engaging and supporting healthy aging on historically disenfranchised populations – Black, Indigenous, Latino, Asian American, low-income and rural communities.

The Supporting Healthy Aging through Parks and Recreation (SHAPR) CoP is described in detail in the following pages.

Community of Practice: Goals

Using a learning centered approach, the Community of Practice (CoP) will guide agencies through a systems-change process framework with equity at the core to ensure the program benefits all people and will be sustained beyond the grant period.



SHAPR* Community of Practice Goals:

- Foster peer-driven knowledge exchange
- Promote cross-sector agency coordination to identify challenges and opportunities
- Identification and modeling of emerging and promising practices
- Embed peer-to-peer assistance
- Promote and sustain a culture of consensus focusing on outcomes and issues
- Maximize the efficient use of resources
- Reduce fragmentation & redundancy
- Benchmark progress and evaluate impact
- Provide the means by which to measure collective ROI

Because everyone deserves a great park.

Community of Practice: Structure



SHAPR CoP Roles and Responsibilities

Sponsor

- Provide guidance, resources, visibility

Facilitator/Coordinator

- Facilitates and guides direction, organizes events – serves as the administer of information

Core Group

- Working group that initially assists with start-up activities and provides input

Experts

- Subject matter experts/specialist (in or outside of the CoP)

Members/Participants

- Connect – Converse - Collaborate

The Role of NRPA in the CoP

Create Engagement Opportunities

- Make members aware of the knowledge, skills, and expertise of other members in the community

Build the means by which to share

- Creation of a knowledge network platform to improve information flow and knowledge reuse

Provide ongoing measurement

- Develop a plan to monitor progress to ensure the CoP's efficacy

Ensure sustainability

- Position opportunities to remain competitive yet accessible for

Foster a collaborative effort

- Geared toward aggressively supporting the goal of increasing accessibility to evidence-based programs for the management and prevention of chronic conditions like arthritis

The Role of Individual Members in the CoP

Connect

- Participate in productive conversations
- Provide expertise, advice, and opinions to help solve presented problems

Converse

- Bring problems of practice to the community
- Keep the community active in pursuing ways to addressing problems
- Engage in personal and professional development to increase individual capabilities that in turn challenge the community to keep the practice moving forward.

Collaborate

- Establish links with other communities and like-minded organizations
- Support the creation of a knowledge network by making connections between the various communities in which individuals are members

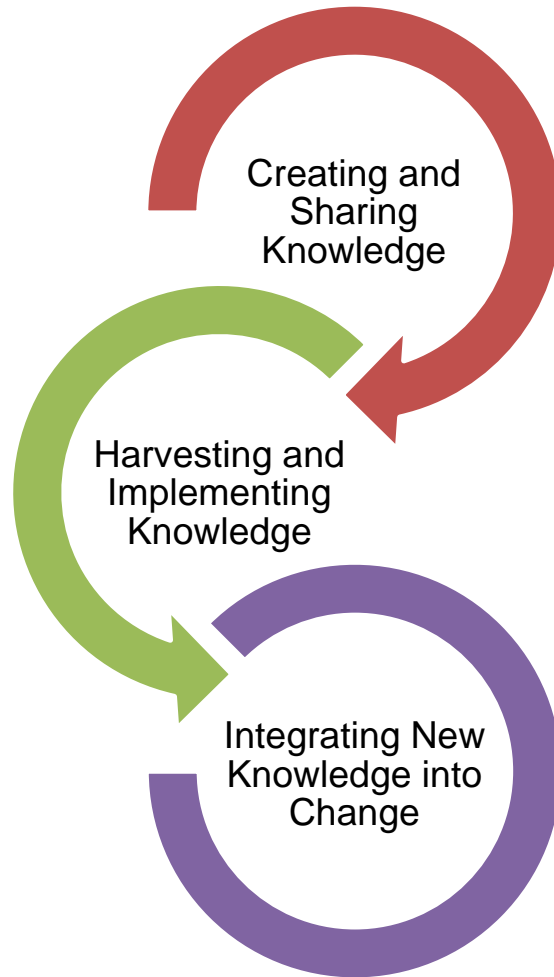
Community of Practice: Design



Using a Learning-Centered Approach



Phases of Learning and Application



Community of Practice: Achievement-Based Objectives



Achievement Based-Objectives

Phase	Phase 1: Creation and Sharing of Knowledge	Phase 2: Harvesting and Implementing Knowledge	Phase 3: Integrating New Knowledge into Change
Domain			
Systems-Change and Centering Equity	By the end of the CoP, learners <i>will have drafted an action plan</i> to embed an equity lens in programming and operations.		
Partnership Building Strategies	By the end of the CoP, learners <i>will have drafted a plan for conducting community engagement</i> and authentic relationship building with CBOs to strengthen program impacts.		
Innovative Program Delivery Methods	By the end of the CoP, learners <i>will have developed a marketing plan</i> to support case making strategies and policies to increase reach and future investment and prioritization of AAEBIs.		
Developing Referral Networks	By the end of the CoP, learners <i>will have identified community partners</i> to support the development of a referral network for AAEBIs.		

Technical Assistance, Training, and Other Learning Opportunities by Month



Key Activities of the Community of Practice

Full Group Calls	All CoP members will be convened by NRPA and partners for interactive, dialogue-based, learning activities.
Office Hours	As needed by CoP members following the Full Group Calls.
Small Group Calls	Small group technical assistance calls focused on AAEBI implementation.
Asynchronous Learning	CoP members will be provided with learning activities and materials that can support learning on their own time outside of formal CoP meetings.
Other Activities	NRPA will provide materials (e.g., case studies, vignettes, webinars) to supplement CoP members' learning.
Milestones	Key benchmarks and achievement-based objectives as a result of learning activities.
Consultants, etc.	Key support, typically subject matter experts, to support learning activities and achieving milestones.

Calendar of Events: Phase I (Mar – Aug 2022)

	Team Lead(s)	Mar 2022	Apr 2022	May 2022	Jun 2022	Jul 2022	Aug 2022
Full Group Call	Lead: Tiff Support: Colleen, Cina, Allison	Kick-Off Call	Introduce Health Equity Framework		Start Action Planning Activity		First CoP Meeting: Roundtable Chat – Action Plan Sharing
Office Hours	Lead: Colleen, Tiff Support: Cina	Project Admin and Planning	Self-Assessment		Action Planning		Systems-Change, Centering Equity
Small Group Call	Lead: Colleen, Cina Support: Tiff			AAEBI Delivery: Centering Equity		AAEBI Delivery: Centering Equity	
Asynchronous	Lead: Tiff Support: Colleen, Cina	Agency Assessment and Health Equity Integration Plan			Action Plan		
Other Activities	Lead: Colleen, Cina Support: Tiff, Allison	Health Equity Vignettes		NRPA to Identify and Share Resources		NRPA to Identify and Share Resources	
Milestones	Lead: Tiff, Cina Support: Colleen, Allison	Set Agency Goals		Develop Evaluation Plan		AAEBI Implementation	
Consultants etc.	Lead: Tiff Support: Colleen, Cina, Allison		Epic Health Solutions				Epic Health Solutions

Calendar of Events: Phase II (Sept 2022 – Feb 2023)

	Team Lead(s)	Sept 2022	Oct 2022	Nov 2022	Dec 2022	Jan 2023	Feb 2023
Full Group Call	Lead: Tiff, Cina Support: Colleen, Allison	Conference	CoP: Partnership Building Strategies		CoP: Community Engagement		CoP: Informed by TA/Training Survey
Office Hours	Lead: Cina, Colleen Support: Tiff	Conference	Action Plan Check-In		Partnership Plan Check- In		Community Engagement Plan Check-in
Small Group Call	Lead: Colleen, Cina Support: Tiff	Conference		AAEBI Delivery: Partnerships		AAEBI Delivery: Community Engagement	
Asynchronous	Lead: Tiff Support: Colleen, Cina	Conference	Partnership Plan		Community Engagement Plan		Community Wellness Hubs Toolkit
Other Activities	Lead: Colleen, Cina Support: Tiff, Allison	Complete TA Survey	CoP Subgroups are Formed				
Milestones	Lead: Tiff, Cina Support: Colleen, Allison	Conference	Partnership Plan			Community Engagement Plan	
Consultants etc.	Lead: Tiff Support: Colleen, Cina, Allison	Conference	Local P&R Agency		Local P&R Agency		Epic Health Solutions

Calendar of Events: Phase III (Mar – Aug 2023)

	Team Lead(s)	Mar 2023	Apr 2023	May 2023	Jun 2023	Jul 2023	Aug 2023
Full Group Call	Lead: Cina, Tiff Support: Colleen, Allison	CoP: Informed by TA/Training Survey		CoP: Informed by TA/Training Survey		CoP: Monitoring and Adapting	CoP: Reflection and Next Steps
Office Hours	Lead: Cina, Colleen Support: Tiff	Follow-up to full group call		Follow-up to full group call		Follow-up to full group call	Follow-up to full group call
Small Group Call	Lead: Colleen, Cina Support: Tiff		AAEBI Delivery		AAEBI Delivery		
Asynchronous	Lead: Tiff Support: Colleen, Cina	Environmental Scan		SWOT Analysis		Logic Model for Post-Award Sustainability	
Other Activities	Lead: Colleen, Cina Support: Tiff, Allison	TBD		TBD	TBD	TBD	TBD
Milestones	Lead: Tiff, Cina Support: Colleen, Allison	Needs Assessment				Action Plan	
Consultants, etc.	Lead: Tiff Support: Colleen, Cina, Allison	TBD		TBD	TBD	TBD	TBD