

MRC-STTRONG Grant Project Presentation

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Date: 9/18/25

Presentation To: MRC IL



Winnebago County



Background—Why?

- An estimated 1 in 4 adults in the United States live with one or more disabilities
- Seniors over 65 are the largest growing demographic group in Winnebago County



Recent Events impacting AFN Community

LOCAL NEWS

Rockford senior apartments flood due to frozen pipes, family members 'scared'

Posted: Jan 16, 2024 / 05:25 PM CST
Updated: Jan 16, 2024 / 05:26 PM CST

2024

LOCAL NEWS

Fire at Rockford senior living high-rise forces evacuation of residents

by: [John Clark](#)
Posted: Jun 9, 2024 / 08:27 AM CDT
Updated: Jun 10, 2024 / 08:00 AM CDT

One person hospitalized in apartment fire Saturday in Rockford

Samantha Soto [Nov 30, 2024](#) Updated [Nov 30, 2024](#) 0

2025

NEWS

Firefighter, 4 residents hurt in Rockford high-rise apartment fire

Posted: Oct 17, 2024 / 05:13 AM CDT
Updated: Oct 17, 2024 / 04:09 PM CDT



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The Project

- Develop a team of MRC volunteers that can go out in the community and educate seniors, individuals with disabilities, and their care givers in CPR & First Aid Anywhere and Naloxone Training
- Prepare emergency kits for dissemination to seniors, individuals with disabilities, and their caregivers



Challenges

- Grant duration being shortened meant rushed roll out to community (Cut back from July 31st to May 21st without notice to LHDs until May)
- Were only able to get two of our volunteers trained in the curriculum
- One resident had to leave early for an appointment

Benefits of Training Modality

- CPR & First Aid Anywhere training
 - Anyone can be an instructor, no medical experience or training necessary
 - Training is shorter in duration than other American Heart Association CPR trainings (1 hour vs. 3 hours)
 - Can offer free of charge (no certificate fee)

Benefits to Participants

- Volunteers
 - 2 volunteers trained to provide CPR & First Aid Anywhere training
 - Both expressed interested in doing future trainings
- Residents
 - 9 seniors and individuals with access and functional needs (AFN) were trained at a facility we had previously assisted with an emergency response
 - Feedback survey results:
 - 67% of respondents expressed in feedback that they would respond in an emergency
 - 78% expressed increased confidence in using skills

Additional Highlights

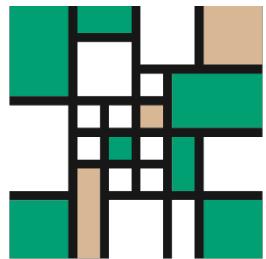
- Leveraged Existing Partnerships:
 - Worked with facility to coordinate trainings for residents (facility advertised and promoted)
 - Partnered with WCHD Drug Overdose Prevention Program to provide free naloxone to training participants
- Used as enrollment opportunity in AFN registry



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Next Steps

- Loop back with facility management regarding emergency planning
- Train more volunteer trainers
- Explore additional sites/groups including but not limited to:
 - City and county housing authorities
 - Other ther private residences for individuals with AFN
 - RAMP (center for independent living)
 - Lifecake AmeriCorps Seniors RSVP



W C H D

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Serving Our Whole Community

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