

The Health Promotion Toolkit:

Promoting Health for Older Adults through
Evidence-Based Programs

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**Sit back and enjoy the presentation
– *no need to worry about taking notes***

**This presentation will be available online after
today's conference at**

**L.A. County Public health website and at
www.picf.org > **EVENTS > PRESENTATIONS****

Contact Us at: 818-837-3775 x101

Other websites of interest:

NCOA @ www.ncoa.org

AoA Healthy Aging Programs @ www.aoa.org

www.healthyagingprograms.org

California Department of Aging @ www.aging.ca.gov

Background

Scope of the Problem

- 1.7 million Americans die of a chronic disease each year
- Chronic diseases affect the quality of life for 90 million Americans
- 87% of persons aged 65 and over have at least 1 chronic condition; 67% have 2 or more
- 99% of Medicare spending is on behalf of beneficiaries with at least one chronic condition

Background

Highest Costs / Poorest Outcomes

- U.S. spends twice any other developed country
- Ranked 37th in world on health outcome
- Little prevention / lots of expensive **late** care
- Tremendous ethnic health disparities
- Growing role for community and family caregiving and self-care

Partners California Experience

Partners in Care Foundation

- Non-profit
- Focused on aging issues/disparities
- Changing the way health care services are delivered
- Develop and promote innovative programs to improve care for everyone

Partners California Experience

Partners in Care Foundation

Our Mission:

- Partners is a think-tank and a proving ground
- Partners changes the shape of health care by creating high-impact, innovative ways of bringing more effective clinical and social services to people and communities
- Partners' direct services test, measure, refine and replicate innovative programs and services, and bring needed care to diverse populations

Our Guiding Principles:

Collaboration * Innovation * Impact

Background

What is Evidence-Based Programming?

- Tested models or interventions that directly address the health risks of the target population
- Advantages:
 - Provides tangible scientific evidence that program works
 - Increases likelihood of successful outcomes
 - Increases effective use of resources

Administration on Aging's Approved Evidence-Based Programs

- *Healthy Moves for Aging Well**
- Medication Management Improvement System*
- Chronic Disease Self-Management Program
- A Matter of Balance
- Enhance Wellness
- Active Choices
- Enhance Fitness
- Strong for Life
- Healthy IDEAS or PEARLS
- Prevention & Management of Alcohol Problems in Older Adults

*Developed by Partners in Care



View more at www.healthyagingprograms.org



Partners California Experience

California Evidence-Based Initiative 2006

- California Departments of Aging and Public Health awarded 4-year grant from Administration on Aging + ARRA
- Initiative brings evidence-based programming to age-based organizations
- **Partners in Care is designated as CDA state program office**



California Experience

Evidence-Based Health Promotion Initiative includes:

- **Chronic Disease Self-Management Program (CDSMP) / *Healthier Living***
- **Matter of Balance**
- **Healthy Moves for Aging Well**
- **Medication Management Improvement System (HomeMeds)**

Partners California Experience

CDSMP/Healthier Living: What is it?

- A credible, “evidence-based” program with broad experience and demonstrated results in a variety of settings, populations, and chronic conditions
- Developed in the early 1990s by the Stanford Center for Research in Patient Education
- Southern California Kaiser Permanente major partner in implementation
- Now used internationally in 20 countries and over 39 U.S. states

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CDSMP/Healthier Living: How it works

- Offers participants effective and practical coping strategies to manage their health conditions
- The program includes a series of 2-½-hour workshops presented over a 6-week period by two trained leaders
- Curriculum includes behavior modification and coping strategies to enable participants to better cope with their chronic diseases, manage their medications, and increase physical activity levels
- Effective communication skills with family, friends, and health professionals
- Participants report significant improvement in their general health as well as improved attitude and gained skills

Partners California Experience

CDSMP / Healthier Living: Outcomes

- Impacts patient self-efficacy
- Creates engaged patient
- Supplements health care services

Partners California Experience

CDSMP Effect on Utilization

- Fewer outpatient visits
- Fewer emergency room (ER) visits
- Fewer hospitalizations
- Fewer days in hospital
- More appropriate utilization of health care resources

Partners California Experience

Matter of Balance: What is it?

- Falls prevention program designed to reduce fear of falling through increased physical activity among community-dwelling older adults
- Program = eight 2-hour classes presented over a four- or eight-week period by two lay leaders using a training manual and instructional videos
- Curriculum = lectures, group discussions, mutual problem-solving, role-play activities, exercise training, assertiveness training, and home assignments

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Matter of Balance: What is it?

- Participants learn about the importance of exercise in preventing falls; practice exercises to improve strength, coordination and balance; and conduct a home safety evaluation
- Participants demonstrate significant improvements in their level of falls management, falls control, level of exercise and social limitations with regard to concern about falling

Partners California Experience

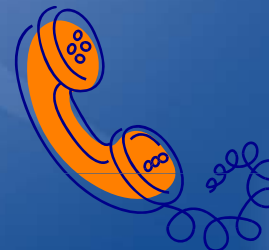
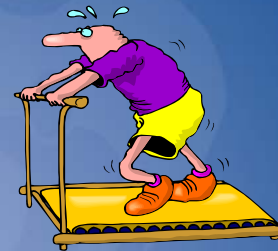
Healthy Moves for Aging Well: What is it?

- Simple and safe evidence-based exercise program designed for frail, high-risk older adults receiving services in the home
- In-home providers teach exercises to their older clients in their homes during scheduled visits

Partners California Experience

Healthy Moves for Aging Well: How it works?

1. **Exercise Component:** modeled and adapted from Senior Fitness Test (Rikli and Jones, 1999)
2. **Brief Negotiation Component:** modeled after Motivational Interviewing counseling method (Prochaska and DiClemente, 1983)
3. **Motivational Phone Coaching Component:** supports the new behavior change of each client



Partners California Experience

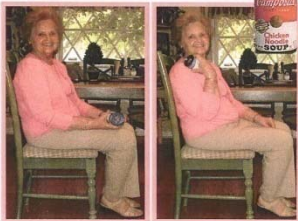
Healthy Moves for Aging Well: Exercise

Healthy Moves for Aging Well

Remember that **SAFETY** is always your first priority!
Stop if you feel unsteady, dizzy, or uncomfortable.
Read the "Red Flags" on the back for more information.

1. ARM CURLS

Sit in a comfortable position. Place a 1-pound weight (soup can, water bottle) in your right hand. Resting your elbow at your hip, bend at the elbow and touch the soup can to your shoulder. Slowly lower the weight, returning the hand to its starting position. Repeat with your left arm. **Work up to 15 to 20 arm curls two times a day.**

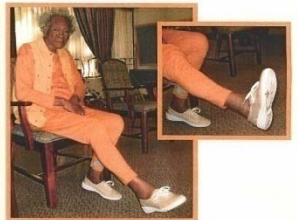


2. ANKLE POINT & FLEX

Sit in a comfortable position. Lift and extend right leg. Point your toes to the ground, then flex your toes to the roof. Repeat on left leg.

For variety, try doing Toe Taps. Put your feet on the floor and tap your feet, lifting the toes as high as possible while keeping your heel on the floor.

Work up to 30 seconds on each foot three times a day.



3. SEATED STEP-IN-PLACE

Sit in a stable chair and move your legs by slowly marching them in place. You only have to lift them an inch off the ground.

Work up to 1 minute once a day.



Healthy Moves for Aging Well

Advanced Movements

Remember that **SAFETY** is always your **FIRST PRIORITY!**
These movements are more challenging.
Stop if you feel unsteady, dizzy, or uncomfortable.
Read the "Red Flags" on the back for more information.

1. CHAIR STAND

Sit tall on a stable chair with arm rests. Slowly stand up from the chair to a full stand using your hands to help you push off the chair if needed. Make sure this is performed with a stationary countertop in front of you or something that won't move if you need to use it for support. Return to a seated position.

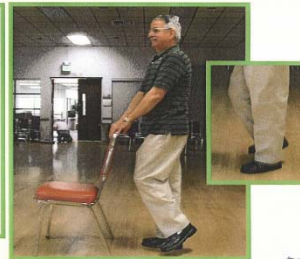
Work up to 10 chair stands a day.



2. STANDING STEP-IN-PLACE

Start by holding onto the back of a stable chair, wall or countertop to maintain your balance. Begin stepping in place lifting your feet only a few inches off the floor.

Try stepping-in-place 15 to 30 seconds two times a day.



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Healthy Moves for Aging Well: Outcomes

- Successful Adoption of Healthy Moves
- Significance in falls reduction
- Significance in lowered level of pain
- High degree of planned continuation of the program

- Need to Expand Program Dissemination
 - Currently being piloted in Illinois with home care workers
 - Many sites testing it
- Toolkit Available on NCOA Website
 - www.healthyagingprograms.org
 - Training DVD now available

Partners California Experience

Medication Management Improvement Systems (HomeMeds): Why we need it

Medication-related problems and errors are:

- **Serious**: 1.5 million preventable adverse drug events (ADEs) annually; 7,000 deaths per year. ^{1,3}
- **Frequent**: Up to 48% of community dwelling older adults have medication-related problems ²
- **Costly**: Drug-related morbidity/mortality for seniors > **\$170 billion** (incl. hospital and SNF admissions)
- **Preventable**: $\geq 25\%$ of ADEs in ambulatory settings

1. IOM (1999) *To err is human: Building a safer health system*. Kohn, L., Corrigan, J., Donaldson, M. (Eds.) National Academy Press, Washington D.C.
2. Zhan C, Sangl J, Bierman AS et al. Potentially inappropriate medication use in the community-dwelling elderly: findings from the 1996 Medical Expenditure Panel Survey. *JAMA*. 2001; 286:2823-9.
3. IOM (2006) *Preventing Medication Errors*.

Newest Directions

- Affordable Care Act
- Transitions – Reducing Readmissions
- Medications, physician access, Red Flags
- Coaching for enhanced self-care

Evidence-Based Health Promotion: What's Next?

Launching Lasting Change

- Current grants are “seed money” to launch a new movement
- Need to identify and involve many “investors” in order to take this to scale
- Scale = creating a new norm for healthy living
- Scale = new norms for widespread ready access to proven programs and services

Evidence-Based Health Promotion: What's Next?

California Will Seize the Opportunity

- A time of potential transformation
- Must rise to the occasion
- Going to scale is key
- Need commitment at all levels
- It is well worth the journey

Evidence-Based Health Promotion: What's Next?

Target Sectors For Adoption / Engagement



Evidence-Based Health Promotion: What's Next?

Transforming Lives

We are in the service of a great vision

- Mainstreaming access to powerful tools for health
- Building a platform for better quality of life
 - Less pain
 - Less illness
 - Greater mobility and better function
- **This is a MISSION, not a PROJECT**