

2019 NCOA Age+Action Conference

Accelerating Impact through 1:1 Evidence- Based Programs



Session Agenda

- Growing need for 1:1 evidence-based programs
- Benefits of 1:1 programming
- 1:1 intervention coach model
- Program successes: Falls
- 1:1 Behavioral Health: Healthy IDEAS
- 1:1 Chronic Disease Management: Enhance Wellness

Why 1:1 EBPs

Jennifer Raymond

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The Healthy Living Center of Excellence

An innovative collaboration of 90+ community-based and governmental organizations with a goal of improving better health outcomes for adults through evidence-based programs.



Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

the *healthy* living
Center of Excellence

Overview of the HLCE

Vision: Transform the healthcare delivery system. Medical systems, community-based social services, and older adult will collaborate to achieve better health outcomes and better healthcare, both at sustainable costs.

Key Features:

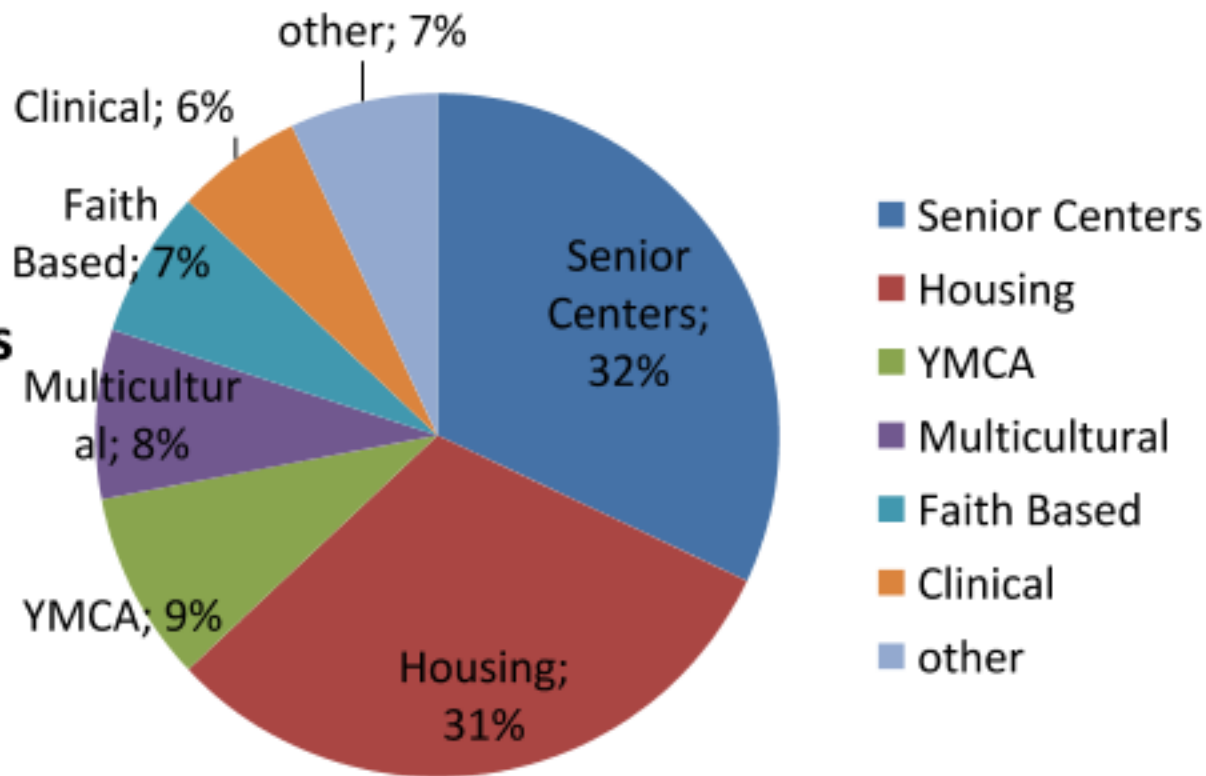
- * Statewide Provider network of diverse community based organizations
- * Seven (7) regional collaboratives
- * Centralized referral, technical assistance, fidelity, & quality assurance
- * Multi-program, multi-venue, multicultural across the lifespan approach
- * Centralized entity for contracting with statewide payors
- * Diversification of funding for sustainability
- * EBP integration in medical home, ACO and other shared settings

Where community programs happen

259 sites

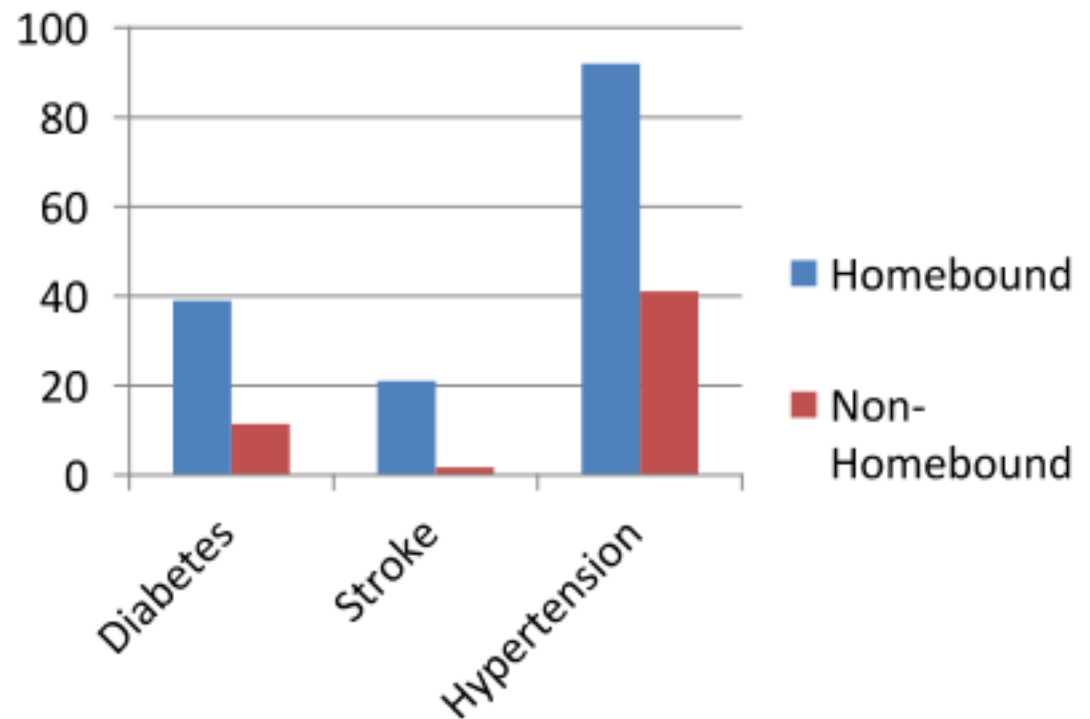
91 Community Partners

2.3 workshops per site
2.8 workshops per partner



Why Look Beyond Group Programs

- 12.9% of adults 65-74 years of age and 29.4% of adults over the age of 75 have significant ambulatory impairment
- When compared to their non-homebound peers, homebound adults have increased incidence of:
 - Diabetes (39% vs. 11.4%)
 - Stroke (21% VS. 1.7%)
 - Hypertension (92% VS. 41.1%)



The Massachusetts Healthy Aging Data Report, 2016

Why In home Programs

- **Benefits to Participants**
 - Overcomes transportation challenges
 - Reach low-mobility population
 - Freedom of Choice
- **Benefits to Payors**
 - Enhanced Reach
- **Benefits to Organizations**
 - Potential to Embed in existing systems: Case Management, Meals on Wheels
 - Leader Satisfaction

1:1 In Home Coach Model



Sample In Home Interventions

- In Home Falls Assessment
- Healthy IDEAS
- Enhance[®]Wellness

Falls and Healthy IDEAS

Melissa Donegan

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Success Story: In home Falls Assessment

- Utilizes CDC's STEADI Falls Risk Screening Tool
- Screening, Education, Home Assessment, Goal Setting and Referrals
- 360 referrals, 140 screened in 16 months
- 3 Month Post Survey Results:
 - § 75% did not suffer another fall
 - § 50% increased their physical activity
 - § 50% had their vision checked
 - § 42% had their medications reviewed
 - § 83% felt more comfortable discussing falls with their doctor

Healthy IDEAS

(Identifying Depression, Empowering Activities for Seniors)

- Developed and managed by Baylor College of Medicine and Care for Elders
- First implemented in 2002, now in 32 states
- Designated as an Evidence-based program
- January 1, 2018 National Dissemination and Technical Assistance transferred to Elder Services of the Merrimack Valley

Healthy
IDEAS

What is Healthy IDEAS?

- Community depression program to detect and reduce depressive symptoms
- Embedded into ongoing case management services
- Improves linkages between community providers and healthcare professionals
- Reaches frail, high-risk, diverse, community dwelling older adults

Healthy
IDEAS

Healthy IDEAS Program Components

- **Screening** for symptoms of depression
- **Education** to older adults and caregivers about depression, effective treatment and self-care
- **Referring and linking** clients to treatment and follow-up with PCP and mental/behavioral health providers
- Empowering clients through **Behavioral Activation**
- Assessing client progress

**Healthy
IDEAS**

Healthy IDEAS Implementation

- Core intervention program delivered over 3-6 months
- Implemented by a case manager- extension of case management services
- Face to face visits in clients home and follow up calls
- Healthy IDEAS Training provides the tools/forms/education handouts to implement
- Ongoing supervision of staff implementing provided by their agency

Healthy
IDEAS

Healthy IDEAS Agency Fit

Agency sees a need to address depression in older adults

- **Creating** a program leadership team
- **Developing** effective partnerships and community providers
- **Installing** the core Healthy IDEAS components into current service delivery
- **Establishing** a system for collecting and monitoring client outcomes and ensuring program fidelity
- **Training** staff to deliver Healthy IDEAS and providing ongoing supervision

Healthy
IDEAS

Healthy IDEAS and Housing

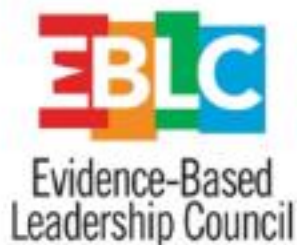
- Eliminates barriers
 - Homebound
 - Transportation
 - Mobility Issues
 - Stigma
- Freedom of choice
- Social isolation and loneliness



Thank you to our Partners



Mass Home Care



EnhanceWellness

Paige Denison

Director, Health and Wellness

Project Enhance: EnhanceFitness/EnhanceWellness

Chair, Evidence-Based Leadership Collaborative

Sound Generation

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www.projectenhance.org

www.soundgenerations.org



Non-profit established in 1967
as Senior Services, serving King
County, WA



- Support people on their aging journey through community connections and accessible services
 - Transportation
 - Meals on Wheels
 - Caregiver Support
 - Community Dining
 - Community Partner Sites
 - SHIBA/Senior Rights Assistance
 - Information and Assistance
 - Minor Home Repair
 - Health Promotion Programs and more
- Serves more than 60,000 people each year
- Works with more than 2,400 volunteers
- Funded by contracts, aging network, public health, private donors, sales, grants and fundraising activities

While all of our Sound Generations' Health & Wellness Department services are available throughout King County, Project Enhance® programs and our data management services are offered nationwide and include:

- **Enhance®Wellness/WellWare**

One-on-One Health Action Planning to help those with chronic health conditions and those aging with and into disability work through barriers and meet their health goals.

- **Enhance®Fitness/Online Data Entry System (ODES)**

Ongoing Physical Activity Falls Prevention classes designed especially for older adults and proven to improve physical and social function, decrease depression, save healthcare dollars, and decrease unplanned hospitalizations.

*CDC Arthritis Authorized.

- **Other EBP Data Management:**

- MOB ODES
- PEARLS WellWare
- NCOA
National Falls Prevention Database



Senior Services is now Sound Generations





ENHANCE WELLNESS



- Social Worker, Nurse or Community Health Worker models
- Uses Motivational Interviewing techniques and Validated Assessment Tools
- Health Action planning with Accountability
- Feedback, problem solving and support

"Everyone on the staff was so eager to help make this program really effective for those of us who really committed to it. They were friendly, cheerful, knowledgeable and willing to go the extra mile so that we would succeed. My private sessions with the counselor were extremely productive."

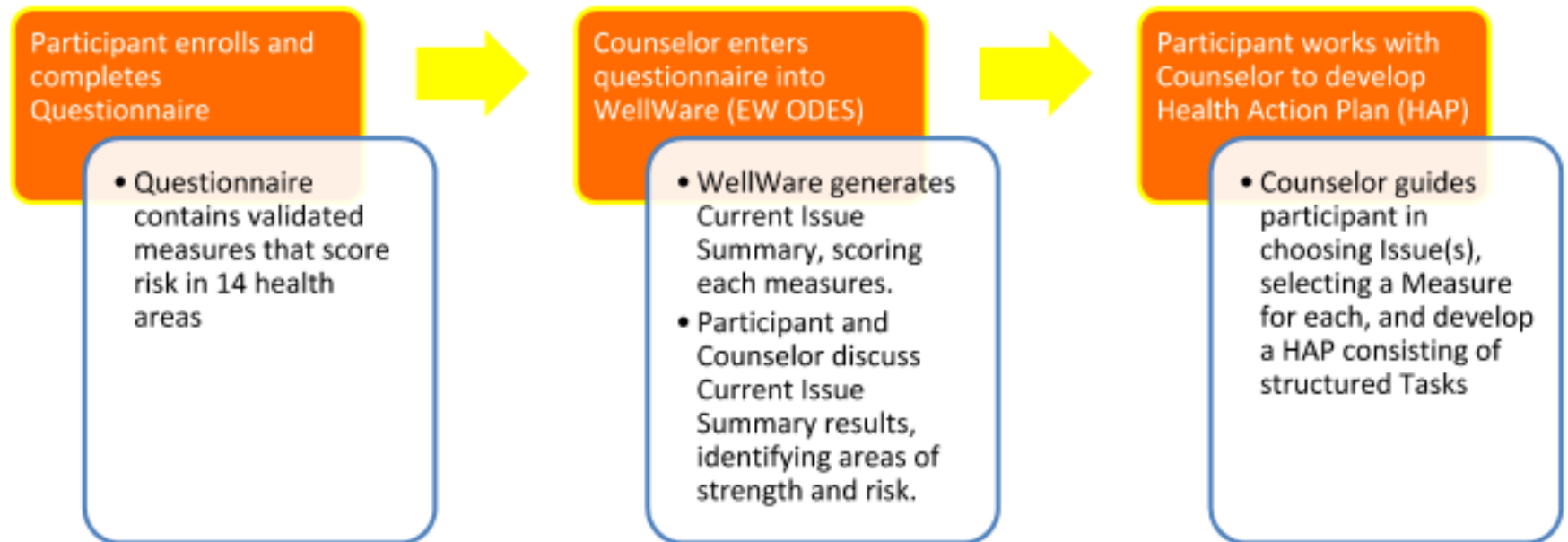


We know it Works

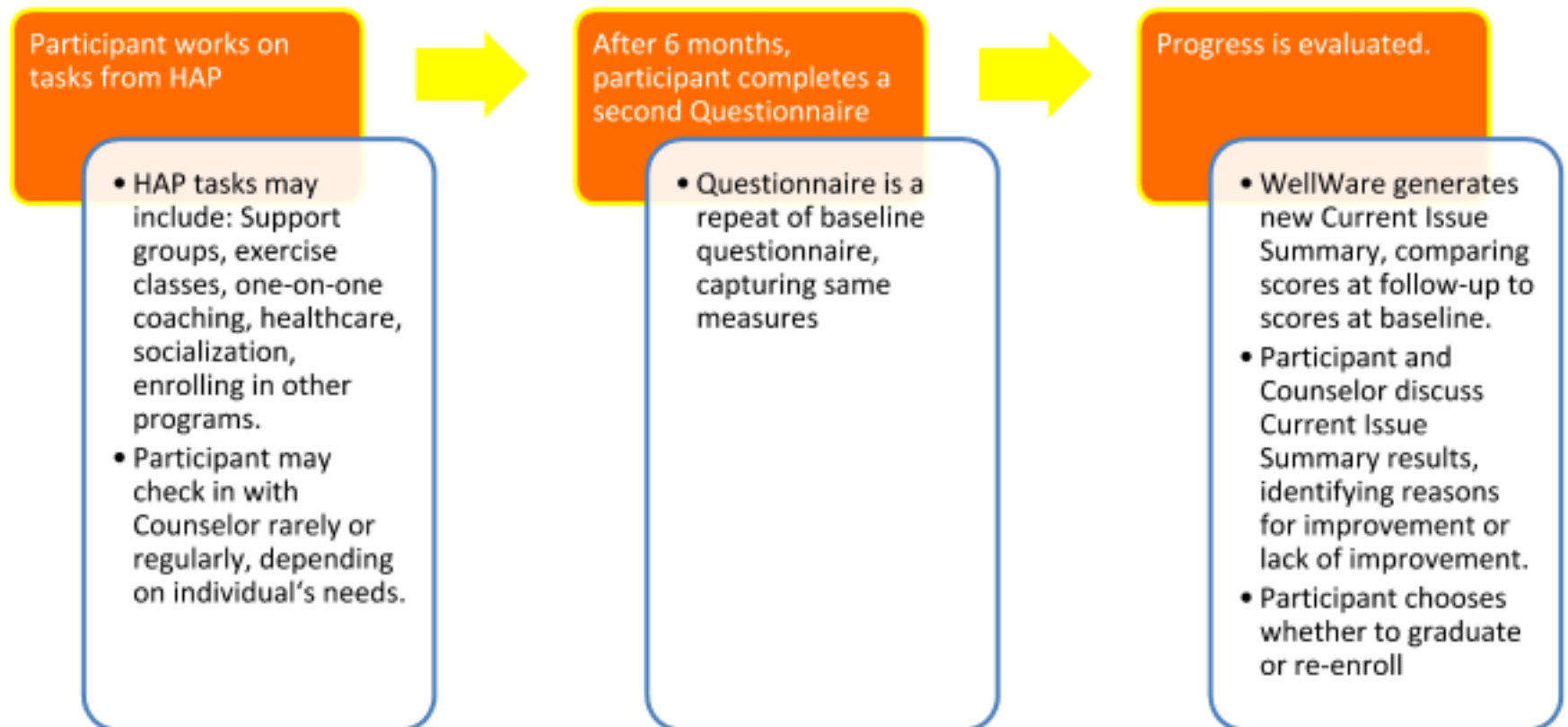
Research Overview

- 1998 Randomized Control Trial
- 2002 Dissemination Study
- 2014 – 2018 UW Healthy Aging Rehabilitation & Research Training Center NIDLRR Study
- 2019 – 2023 UW Dept of Rehab Medicine Telehealth NIH Study
- SAMHSA's National Registry of Evidence-based Programs and Practices, Legacy Program
- Listed on Agency for Healthcare Research and Quality Innovations Exchange and US HHS Title IID Health Promotion Program

Overview of EnhanceWellness process flow



Overview of EnhanceWellness process flow



List of all Issues and Measures:

[Print the Current Issues Summary](#)Measure compared to
prior questionnaire

Alcohol

- ✓ Drinks per day: 1 drinks per day, 1 or 2 days a week IMPROVED
- ✓ Days with 5 or more drinks: 0 days per month IMPROVED

Exercise

- ✗ Aerobic or Endurance Activities (RAPA 1): 3 out of 7 (under-active regular – light activities) IMPROVED
- ✗ Strength & Flexibility Activities (RAPA 2): 0 out of 3 (neither strength nor flexibility activity) MAINTAINED

Falls

- ✓ Number of falls in past 6 months: 0 falls MAINTAINED
- ✓ Number of days of restricted activity in the past 6 months: 0 days MAINTAINED

Feelings

- ✓ PHQ-9 Severity of Depression Symptoms: 0 out of 27 (no/minimal depression) IMPROVED
- ✓ PHQ-9 Frequency of Symptoms: Consistent with no depressive syndrome MAINTAINED
- ✓ PHQ-9 Impact of Symptoms on Daily Life: Not difficult at all IMPROVED
- ✓ Goldberg Anxiety Scale score: 0 out of 9 IMPROVED

Health Self-Management

- ✗ Confidence to exercise: 5 out of 9 (0-low, 9-high) IMPROVED
- ✗ Confidence to communicate with physician: 5 out of 9 (0-low, 9-high) MAINTAINED
- ✓ Self-rating of health: Good IMPROVED
- ✗ Confidence to control condition: 6 out of 9 (0-low, 9-high) IMPROVED

Medication

- ✗ Use of prescription medications: 4 prescription(s) MAINTAINED
- ✗ Use of psychotropic medications: 2 prescription(s) MAINTAINED

Memory

- ✓ Three item recall: 3 out of 3 MAINTAINED
- ✓ Score on MMSE: 30 out of 30 MAINTAINED

Nutrition

- ✗ Nutrition Screening Initiative score: 3 out of 21 IMPROVED
- ✗ Weight Satisfaction: Lose weight MAINTAINED
- ✗ BMI: 27.9 (Overweight) IMPROVED

Smoking

- ✓ Number of cigarettes smoked per day: None MAINTAINED


Social Activity

- ✗ Close relative or friend contacts: 1 per month IMPROVED
- ✓ Social calls or visits: 4 per week MAINTAINED

EnhanceWellness Counselor/Coach View:

This is how the Current Issue Summary appears on-screen in WellWare. The green checks/ yellow flags show the scores for the latest questionnaire, while the column on the right evaluates the current scores relative to the prior questionnaire

This is how the Current Issue Summary appears as a printout that is given to the participant



Emerald City Senior Services
Northwest

Current Issues Summary

Participant: Sally Smith (01/31/1967)

Type: Six month review

Date: 02/17/2019

Review Date: 08/16/2019

Based on your responses, your areas of strength and possible risk areas are shown below:

Alcohol

- Drinks per day: 1 drink per day, 1 or 2 days a week IMPROVED
- Days with 5 or more drinks: 0 days per month IMPROVED

Exercise

- Aerobic or Endurance Activities (RAPA 1): 3 out of 7 (under-active regular -- light activities) IMPROVED
- Strength & Flexibility Activities (RAPA 2): 0 out of 3 (neither strength nor flexibility activity) MAINTAINED

Falls




- Number of falls in past 6 months: 0 falls MAINTAINED
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Feelings

- PHQ-9 Severity of Depression Symptoms: 0 out of 27 (no/minimal depression) IMPROVED
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- PHQ-9 Impact of Symptoms on Daily Life: Not difficult at all IMPROVED
- Goldberg Anxiety Scale score: 0 out of 9 IMPROVED

Health Self-Management

- Confidence to exercise: 5 out of 9 (0-low, 9-high) IMPROVED
- Confidence to communicate with physician: 5 out of 9 (0-low, 9-high) MAINTAINED
- Self-rating of health: Good IMPROVED
- Confidence to control condition: 6 out of 9 (0-low, 9-high) IMPROVED

 Areas of strength
  Data incomplete
  Possible areas of risk

Participant: Sally Smith

Date Generated: 2/17/2019

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Medication

- Use of prescription medications: 4 prescription(s) MAINTAINED
- Use of psychotropic medications: 2 prescription(s) MAINTAINED

Memory

- Three item recall: 3 out of 3 MAINTAINED
- Score on MMSE: 30 out of 30 MAINTAINED

Nutrition

- Nutrition Screening Initiative score: 3 out of 21 IMPROVED
- Weight Satisfaction: Lose weight MAINTAINED
- BMI: 27.9 (Overweight) IMPROVED

Smoking

- Number of cigarettes smoked per day: None MAINTAINED

Social Activity

- Close relative or friend contacts: 1 per month IMPROVED
- Social calls or visits: 4 per week MAINTAINED

 Areas of strength
  Data incomplete
  Possible areas of risk

Participant: Sally Smith

Date Generated: 2/17/2019

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EBLC Website Home Page

www.eblcprograms.org

To access the
Locator click here

Innovative Health Promotion

EBLC makes it easy for those who serve older adults
to find evidence-based health promotion programs.

[Find a Program!](#)

Your Partner in Innovative Health Promotion

The EBLC is a collaborative effort to help you find, adopt and implement evidence-based health promotion programs. This site is a centralized hub for communities, senior centers, and others seeking to learn more about innovative programs proven to help people manage and improve their health and well being!



Programs are offered in community settings, online, and in clients' homes.



Chronic Disease and
Medication Management



Physical Activity



Falls Management



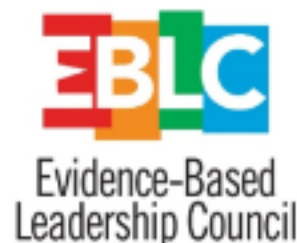
Depression

EBLC Contact List

We would love to let you know when we've posted new content and tools. If you would like to receive occasional updates, please provide your info.



[subscribe today](#)



Public Health and Aging Partners

- US Health & Human Services
 - Centers for Disease Control and Prevention Arthritis Program
 - Administration for Community Living (Administration on Aging)
- National Council on Aging (NCOA)
- YMCA of USA (Y)
- American Council on Exercise (ACE)
- Evidence-Based Leadership Council (EBLC)
- University of Washington (UW)
 - Health Promotion Research Center
 - Department of Rehabilitative Medicine

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