

QUALITY EVIDENCE- BASED PROGRAMS: LEARNINGS FROM THE FIELD

NCOA Age+Action Conference
Washington, DC June 18, 2019

Overview

- Welcome and introductions
- What are EBPs and where to find them?
- Health Care Integration: Age Friendly Health Systems
- Health Care Integration: Contracting and Sustainability
- Discussion and Q&A

Welcome and Introductions

Paige Denison

Director – Health, Wellness and Project Enhance

Project Enhance:

EnhanceFitness/EnhanceWellness

Chair, Evidence-Based Leadership Collaborative

Sound Generations

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What are EBPs?

Evidence-based

- Rigorously Tested
- Translated into Practical Models
- Subjected to Critical Peer Review

Advantages to EBPs

- Replicable / manualized
- Protocol for training and TA
- Quality improvement / fidelity
- Data monitoring and tracking
- Measureable Impact on Health Outcomes
- Responsible Stewardship of Funds

http://www.eblcprograms.org/docs/pdfs/EBPs_101.pdf

Evidence-Based Leadership Collaborative

Informal community of practice formalized in 2012 as the EBLC.

Mission

Increase delivery of multiple evidence-based programs that measurably improve the health and well-being of diverse adult populations.

Vision

An ever increasing number of adults engaged in evidence-based programs that inform, activate and empower them to improve their health and maintain independence.

Goals

1. Advocacy and Policy Change
2. Support to EBPs and CBOs
3. Sustainability

EBLC EBP Topic Areas (to date)



Disease Self-Management

- Self-Management Suite of Programs (CDSME)
- HomeMeds
- EnhanceWellness

Falls & Physical Activity

- A Matter of Balance
- EnhanceFitness
- Fit & Strong!
- Healthy Moves



Depression

- PEARLS
- Healthy IDEAS

How find an EBP?

ACL/AoA Title III D list

NCOAs Center for Healthy Aging

CDC's program websites

State/regional websites

EBLC website: www.eblcprograms.org

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.

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To access the
Locator click
here


www.eblcprograms.org

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Health Care Integration: Age Friendly Health Systems

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Age Friendly Health Systems

The Age-Friendly Health Systems initiative is funded by The John A. Hartford Foundation and led by the Institute for Healthcare Improvement, in partnership with the American Hospital Association and the Catholic Health Association of the United States

An age-friendly approach will measurably improve the quality of care for older adults and optimize value for health systems. An Age-Friendly Health System is a health care system in which:

- Older adults get the best care possible;
- Health care–related harms to older adults are dramatically reduced and approaching zero;
- Older adults are satisfied with their care; and
- Value is optimized for all—patients, families, caregivers, health care providers and health systems.

Age Friendly Health Systems



Age Friendly Health Systems

Four essential elements comprise the "4Ms" Framework of an Age-Friendly Health System□:

- **What Matters:** Know and align care with each older adult's specific health outcome goals and care preferences in□clu□ding, but not limited to, end-of-life care, and across settings of care.
- **Medication:** If medication is necessary, use Age-Friendly medication that do not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.
- **Mentation:** Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.□
- **Mobility:** Ensure that older adults move safely every day in order to maintain function and do What Matters.□□

EBPs and the 4Ms

What Matters?

Medication

Mentation

Mobility

<http://www.eblcprograms.org/docs/pdfs/7-29-Crosswalk-4Ms.pdf>



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Health Care Integration: Sustainability and Funding

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Overview of *the healthy living* Center of Excellence

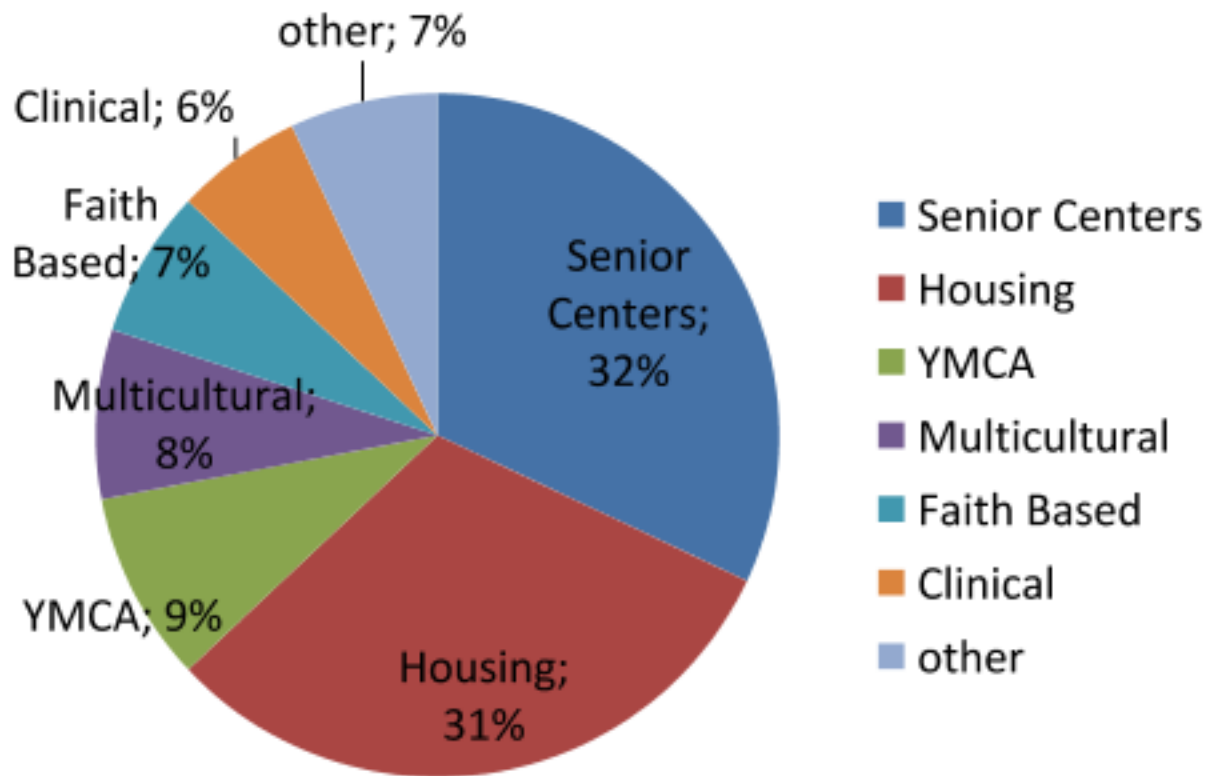
- Based at Elder Services of the Merrimack Valley (AAA)
- Statewide network of 90+ diverse CBOs
- Centralized referral, TA, fidelity and QA
- Multi-program, multi-venue, multicultural approach
- Group and 1:1 interventions
- Centralized contracting with statewide payors
- EBP integration in health care settings (ACO, PCMH, CHC)

Where Workshops Happen

259 sites

91 Community
Partners

2.3 workshops per site
2.8 workshops per
partner



Sustainability Streams

- Health Care Contracts
- DSMR Medicare Billing
- Housing Integration
- Grants and Donations



One Contract with a Health Plan

- Medicare Advantage Special Needs Plan — A comprehensive health care plan for seniors who have both Medicare and MassHealth Standard.
- Single contract for all regions/programs
- Multi-pronged referral
- Data collection and Feedback

Learnings from the Field

Healthcare Payers want:

- § To contract with one organization rather than several- one point of entry
- § Return on Investment
- § Value- added services to increase member retention and satisfaction
- § Replicable, scalable and proven programs

Organizations need:

- § Standardization of processes
- § Infrastructure to support growth
- § Build relationship with the Healthcare Sector
- § Prove the value of their services
- § Know health plans network adequacy standards

Key Learnings From the Field

- Start to build it before they come
- Address provider's core needs/problems
- Diverse referral streams
- Look at outcomes broadly
 - Health
 - Activation
 - Satisfaction
- Ongoing QI
- Remain Flexible



Contact EBLC for Assistance



Evidence-Based Leadership Council
aka
Evidence-Based Leadership Collaborative

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Thank you!

