

COMMUNITY-BASED HEALTH & WELLNESS PROGRAMS FOR THE ELDERLY AND DISABLED

FEBRUARY 11, 2016

PREPARED FOR
TUFTS HEALTH PLAN



ABOUT ETHOS



Started in 1973 with a staff of 4 and funding for 1 meal site.



Currently employs 125 with \$20 million annual budget



Utilizes over 500 volunteers.

- Dedicated to promoting independence, dignity, and well-being among elderly and disabled
- Provides Home Care for Southwest Boston
- SCO contracts with Tufts, CCA, BMC and others
- Largest Health & Wellness program of any elder services organization in Boston

ETHOS PROGRAMS



HOME CARE



GSSC (SCOs)



NUTRITION



MONEY MANAGEMENT



HEALTH & WELLNESS



SHINE

HEALTH & WELLNESS PROGRAMS



FALLS PREVENTION

- Tai Chi: Movement for Better Balance
- Tai Chi for Healthy Aging
- Tai Chi Clubs
- A Matter of Balance



CHRONIC CONDITIONS

- My Life, My Health, Chronic Disease Self-Management (CDSMP)
- Tomando (CDSMP Spanish)
- Diabetes Self-Management
- Chronic Pain Self-Management
- Positive Self-Management for HIV



WELLNESS

- Healthy Eating
- Powerful Tools for Caregivers
- Healthy IDEAS
- Stay Sharp (memory training)

WHAT ARE EBP PROGRAMS?

- **Solid Research:**
 - EBPs are based on rigorous study of the effects or outcomes of specific interventions or model programs.
 - They demonstrate reliable and consistently positive changes in important health-related and functional measures.
- **Packaged Programs:**
 - Tested model programs are translated into practical, effective community-based programs.
 - They are implemented with a packaged program with a variety of supportive materials.
 - The program's content and fidelity is consistent in all settings, and it is easy to deliver.
 - Leaders are specially trained and receive implementation manuals.

FALLS PREVENTION

COSTS OF FALLS AMONG OLDER ADULTS

- Each year, **one out of three** adults, aged 65 and older, falls.
- Falls are the **leading cause of death from injury** among people 65 and older.
- Elders that fall and are hospitalized stay twice as long as persons admitted for other reasons
- In 2013, direct medical costs for falls (what patients and insurance companies pay) totaled **\$34 billion**.¹
- **One-fourth** of seniors who fracture a hip from a fall will die within six months

How Are Costs Calculated?

- Direct medical costs include fees for hospital and nursing home care, doctors and other professional services, rehabilitation, community-based services, use of medical equipment, prescription drugs, and insurance processing.
- Direct costs do not account for the long-term effects of these injuries such as disability, dependence on others, lost time from work and household duties, and reduced quality of life.

References

- Stevens JA, Corso PS, Finkelstein EA, Miller TR. The costs of fatal and nonfatal falls among older adults. *Injury Prevention* 2006a;12:290–5.
- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. [Web-based Injury Statistics Query and Reporting System \(WISQARS\)](#) [online]. Accessed August 15, 2013.
- Carroll, N. V., Slattum, P. W., & Cox, F. M. (2005). The cost of falls among the community-dwelling elderly. *J Manag Care Pharm*, 11(4), 307-16.

A MATTER OF BALANCE

- Emphasizes practical strategies to reduce the fear of falling and increase activity levels.
- Participants learn:
 - to view falls and fear of falling as controllable
 - set realistic goals to increase activity; change their environment to reduce fall risk factors
 - and exercise to increase strength and balance.
- Participants see increased confidence in walking, climbing stairs and carrying bundles without falling.



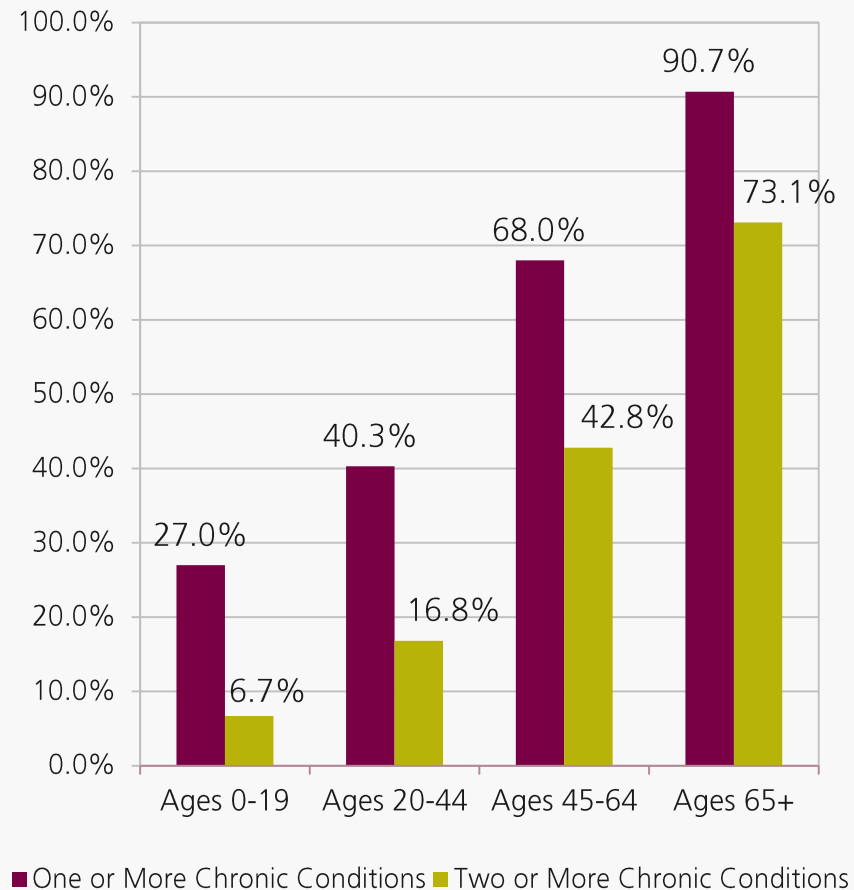
TAI CHI FOR BETTER BALANCE



- Focuses on preventing falls and improving balance through regular practice of Tai Chi
- Participants will learn **eight Tai Chi forms**, derived from the traditional 24-form Yang Style Tai Chi
- Tailored to older adults who wish to improve balance and mobility and consequently, reduce the risk of falling
- This workshop is conducted in one-hour sessions, twice weekly, for 12 consecutive weeks
- Practicing Tai Chi can help reduce the risk of falling by as much as **55%**

MANAGING CHRONIC CONDITIONS

- **7 in 10** - Seven in 10 deaths are caused by chronic disease each year in the U.S.
- **133 Million** - About 133 million Americans – nearly 1 in 2 adults live with at least one chronic illness.
- **75%** - Chronic diseases account for 75% of the money our nation spends on health care
- **\$2.8 Trillion** - The cost of chronic disease is estimated to be \$2.8 trillion (2011).
- **1 in 4** - Approximately one-fourth of persons living with a chronic illness experience significant limitations in daily activities.



Source: NCOA Medical Expenditure Panel Survey, 2006

MY LIFE, MY HEALTH

CHRONIC DISEASE SELF-MANAGEMENT



- Developed in the early 1990s by the Stanford Center for Research in Patient Education
- Based on a successful arthritis self-management program.
- A credible, “evidence-based” program with broad experience and demonstrated results in a variety of settings, populations, and chronic conditions.
- Now used internationally in 15 countries and over 39 U.S. states.



ABOUT CDSMP WORKSHOPS

- The format addresses specific problems and goals for people with ongoing health problems.
- It is not a drop-in support group.
- The workshops are not prescriptive.
- Participants choose their own goals and track their own progress toward success.
- Trained peer leaders offer guidance and support, but participants find practical solutions individually and together.



MY LIFE, MY HEALTH WORKSHOP

CODMAN SQUARE HEALTH CENTER, 8/25/2015



DEPRESSION MANAGEMENT



NEARLY 1 in 5 AMERICANS 65 OR OLDER EXPERIENCES SYMPTOMS OF DEPRESSION

Healthy IDEAS: Identifying Depression, Empowering Activities for Seniors

Program Components:

- **Screening** for symptoms of depression and assessing their severity
- **Educating** older adults and caregivers about depression
- **Linking** older adults to primary care and mental health providers
- **Empowering** older adults to manage their depression by encouraging involvement in meaningful activities

BENEFITS OF HEALTHY IDEAS

BENEFITS TO PARTICIPANTS

- **Reduction** in severity of depressive symptoms
- **Reduction** of self-reported pain
- **Increased** knowledge of how to get help for depression
- **Increased** level of activity
- **Increased** knowledge of how to manage depressive symptoms

PROGRAM OUTCOMES

According to a 2007 study published in the **Journal of Applied Gerontology**, within six months of being involved in the program:

- **93%** of Healthy IDEAS participants knew how to get help for depression
- **89%** reported that increasing activity helped them feel better
- **45%** reported they had reduced pain

WORKSHOP COMPLETER INCENTIVES

Some incentives are available for participants who complete a complete a workshop cycle

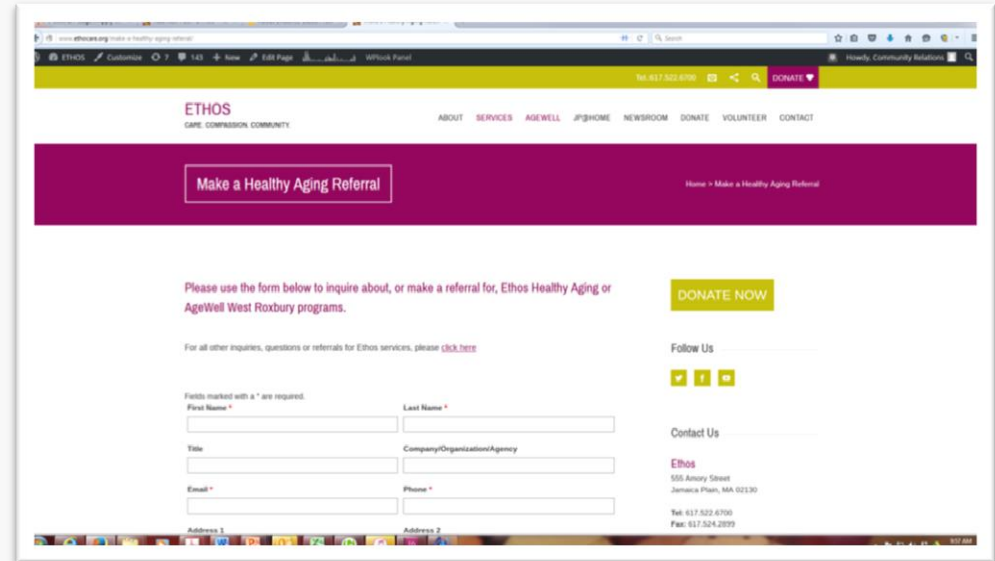
- **Number of classes to be considered complete depends on the workshop**
 - My Life, My Health – 4 out of 6
 - A Matter of Balance – 6 out of 8:
 - Tai Chi for Better Balance – 12 out of 16
- **Incentives:**
 - \$25-\$50 grocery store gift cards
 - Up to \$25 in taxi vouchers (optional)
- **Must receive their primary care at one of the following:**
 - [Codman Square Health Center](#)
 - [Dimock Health Center](#)
 - [Dorchester House Health Center](#) (DotWell)
 - [Geiger Gibson Community Health Center](#)
 - [Neponset Health Center](#)
 - [Harvard Street Neighborhood Health Center](#)
 - [Whittier Street Health Center](#)



HOW TO MAKE A REFERRAL

Refer members to the following free evidence-based health and wellness programs:

- A Matter of Balance: Managing Concerns about Falls
- Tai Chi: Moving for Better Balance
- My Life, My Health – Chronic Disease Self-Management (English and Spanish)
- Diabetes Self-Management
- Chronic Pain Self-Management
- Healthy Eating for Successful Living in Older Adults
- Healthy IDEAS, an in-home depression management program

A screenshot of the Ethos website's 'Make a Healthy Aging Referral' form. The page has a purple header with the Ethos logo and navigation links. Below the header is a purple banner with the text 'Make a Healthy Aging Referral'. The main content area is white and contains a form with the following fields: 'First Name *', 'Last Name *', 'Title', 'Company/Organization/Agency', 'Email *', and 'Phone *'. There are also two address fields labeled 'Address 1' and 'Address 2'. To the right of the form is a yellow 'DONATE NOW' button and a 'Follow Us' section with social media icons. At the bottom right, there is contact information for Ethos: '555 Amory Street, Jamaica Plain, MA 02130', 'Tel: 617.522.6700', and 'Fax: 617.524.2039'.

Refer on-line

<http://www.ethocare.org/make-a-healthy-aging-referral/>

Contact Ann Glora

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