Beyond Community Programs: Evidence Based Interventions for Home Bound Participants
Session Agenda

- HLCE Overview
- Benefits for in home programming
- 1:1 intervention coach Model
- Program successes: Falls
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.
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

- Senior Centers, 32%
- Housing, 31%
- YMCA, 9%
- Multicultural, 8%
- Clinical, 6%
- other, 7%

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey
the healthy living Center of Excellence
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

- In Home Falls Assessment
- Healthy IDEAS
- Enhanced Wellness
- Community EBP resource
- Better Choices Better Health

Better Choices Better Health
In Home Interventions

• In Home Falls Assessment

• Healthy IDEAS

• Enhance Wellness

• Better Choices, Better Health
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
Thank you to our Partners
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BEYOND COMMUNITY PROGRAMS: TRAINING TO REACH HOMEBOUND CLIENTS

L. CARTER FLORENCE
A national leadership organization supporting the 5,000+ local, community-based Meals on Wheels programs across the country through advocacy, education, research, and national partnerships and campaigns.
Our nation’s senior population is growing exponentially, outpacing available resources and leaving more and more Americans at risk of facing hunger, falling, and isolation.

Falls among seniors result in $50 billion in healthcare costs each year.  

1 IN 4 seniors live alone.
SO MUCH MORE THAN JUST A MEAL

SOCIALIZATION
Providing social interaction that contributes to overall physical and emotional well-being

SAFETY
Helping at-risk seniors feel safe and more secure in their own homes

NUTRITION
Meeting the nutritional needs of at-risk seniors

Serving as the “eyes and ears” in the home to monitor client change in condition and connect seniors to needed services in the community
IN-HOME SAFETY & FALL PREVENTION
THROUGH MEALS ON WHEELS AMERICA

- Education & training
- Research
- Partnership & thought leadership
- Advocacy
SUPPORTING THE NETWORK

EDUCATION & TRAINING

• In-person training
  • Annual Conference

• Web-based training
  • Webinars
  • Communities of practice
  • Peer-to-peer learning
UNDERSTANDING THE NETWORK

RESEARCH

- White papers
- Pilot projects
  - e.g., CAPABLE
- More Than a Meal® body of research
  - Pilot Research Study, Medicare Claims Analysis and more.
EQUIPPING THE NETWORK

PARTNERSHIP & THOUGHT LEADERSHIP

• Partnerships
  • Corporate
  • Private
• Convenings
LEVERAGING THE NETWORK

ADVOCACY

• Equip Member programs with tools and support for advocating locally, in their state and on Capitol Hill
  • E.g., #SaveLunch, March for Meals
WHAT’S AHEAD

Increasing In-Home Safety. Building upon knowledge from external stakeholders and our Member programs to leverage what we know works, and share that throughout the network and wider aging communities.

Preventing Falls. Implementing proven models in Meals on Wheels settings, and continuing to raise awareness and supports for preventing falls.
CALL TO ACTION

Let’s stay in touch and perhaps do lunch.

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