



Aging and Disability **BUSINESS INSTITUTE**

Connecting Communities and Health Care



advocacy | action | answers on aging



Using Evidence-Based Programs to Promote Age-Friendly Health Systems

Part of the Aging and Disability Business Institute Series- a collaboration of n4a and ASA

The “Business Institute”

The mission of the Aging and Disability Business Institute (Business Institute) is to successfully build and strengthen partnerships between community-based organizations (CBOs) and the health care system so older adults and people with disabilities will have access to services and supports that will enable them to live with dignity and independence in their homes and communities as long as possible.

www.n4a.org/businessinstitute

Partners and Funders

Partners:

- National Association of Area Agencies on Aging
- Independent Living Research Utilization/National Center for Aging and Disability
- American Society on Aging
- Partners in Care Foundation
- Elder Services of the Merrimack Valley/Healthy Living Center of Excellence

Funders:

- Administration for Community Living
- The John A. Hartford Foundation
- The SCAN Foundation
- The Gary and Mary West Foundation
- The Colorado Health Foundation
- The Marin Community Foundation

Today's Objectives

- Describe the age-friendly health systems initiative
- Describe the emergence of the 4Ms to measure impact of initiative
- Explain what evidence-based programs (EBPs) are
- Demonstrate how you can translate/crosswalk EBP programs to make them fit within the 4Ms framework, and
- Describe how you can use the EBPs to achieve the 4Ms in practice

Age-Friendly Health Systems Initiative

- Funded by The John A. Hartford Foundation
- Led by the Institute for Healthcare Improvement
- In partnership with
 - American Hospital Association
 - Catholic Health Association of the United States

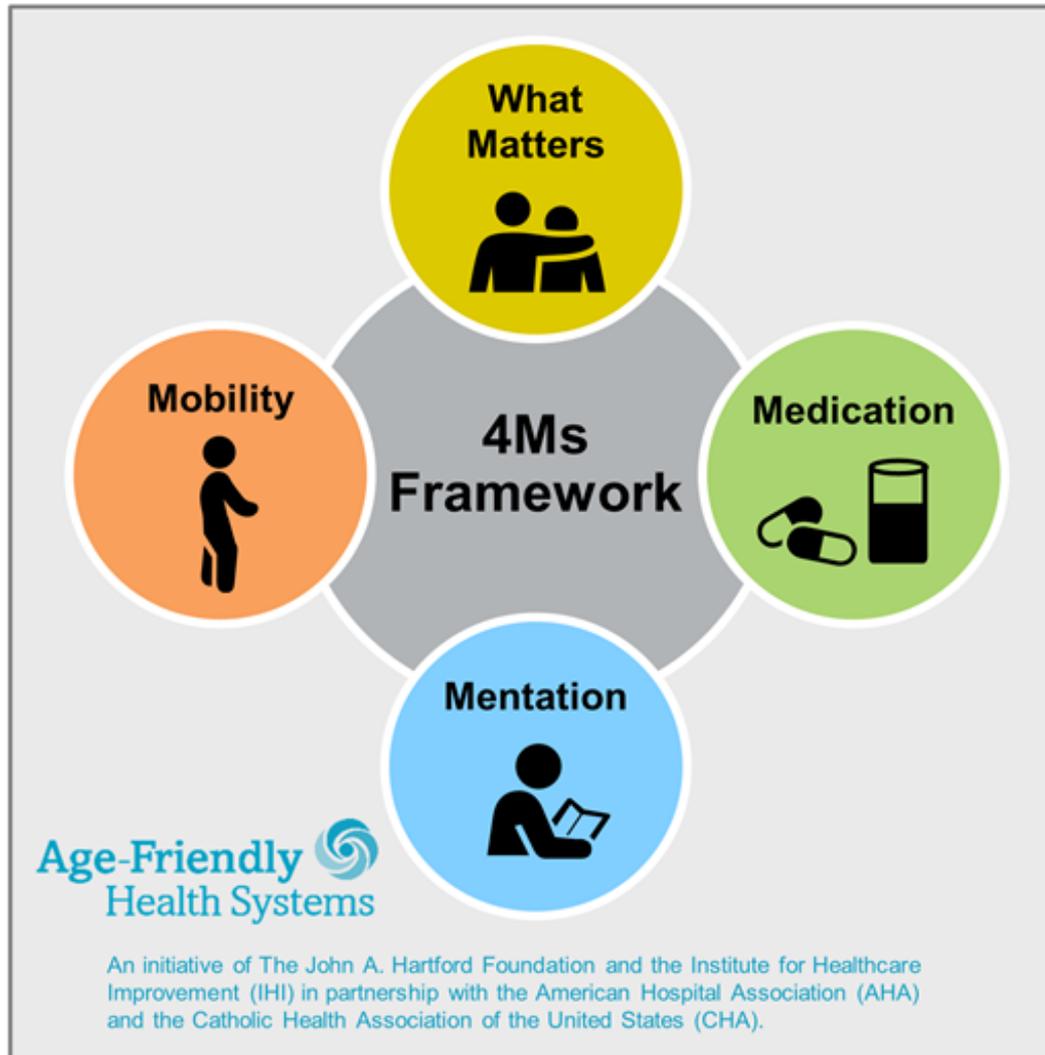
Age-Friendly Health Systems

- An Age-Friendly Health System is one where every older adult:
 - Gets the best care possible
 - Experiences no health-care related harms
 - Is satisfied with the health care they receive
- Value is optimized for patients, families, caregivers, health care providers, and the overall system
- Network has identified four overarching constructs (4Ms) to guide their work

4Ms Framework

- The essential elements of an Age-Friendly Health System
- What **M**atters
 - Know and align care with each older adult's specific health outcome goals and care preference
- **M**entation
 - Prevent, identify, treat, manage dementia, depression, delirium across settings
- **M**obility
 - Ensure older adults *move* safely every day to maintain function and What Matters
- **M**edication
 - Use medications that do not interfere with What Matters, Mobility, or Mentation across settings of care

4Ms Framework



Evidence-Based Programs

- Have been rigorously tested in controlled settings
- Proven effective
- Translated into practical models
- Widely available to community-based organizations
- Have been peer-reviewed, or evaluated by experts in the field
- Helpful resource:
 - http://www.eblcprograms.org/docs/pdfs/EBPs_101.pdf

Evidence-Based Leadership Collaborative

- EBLC consists of 11 directors representing EBP administrators, community-based delivery organizations, healthcare and research institutions
- Committed to increasing delivery of ebps that measurably improve the health and well-being of diverse adult populations

EBLC Programs

- Programs fall into 3 categories targeting:
 - Chronic Disease and Medication Management
 - Depression
 - Falls Management/ Physical Activity
- *All* EBLC programs meet the Administration for Community Living's criteria for highest level of evidence

Chronic Disease and Medication Management Programs

- CDSMP
- Disease Specific Self-Management
- EnhanceWellness
- HomeMeds
- Online Disease Self-Management
- Tomando Control de Su Salud



Depression Programs

- Healthy IDEAS
- PEARLS

Healthy
IDEAS



Falls Management/ Physical Activity Programs

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



EBLC Crosswalk

- EBLC evaluated its programs using the 4Ms framework
- Crosswalk materials are available on Aging and Disability Business Institute and EBLC websites
 - <https://www.aginganddisabilitybusinessinstitute.org/wp-content/uploads/2018/07/Crosswalk-4Ms-508.pdf>

Examples applying the 4Ms framework

Fit & Strong! Crosswalk

- ***What Matters***

- Fit & Strong! targets older adults with osteoarthritis (OA) who have painful lower extremity joints that prevent their engagement in physical activity (PA).
- The program helps individuals who are de-activated and sedentary to become re-activated using a personalized PA routine.



Fit & Strong! Crosswalk

- ***Mentation***

- Program participants have also shown a reduction in anxiety/depression at two months (end of program) that was maintained at 18 months.



Fit & Strong! Crosswalk

- ***Mobility***

- The original efficacy trial found significant improvements in self efficacy for exercise, PA engagement, lower extremity stiffness and pain at two months that were maintained at six and 12 months.
- A follow-up effectiveness study found significant gains in PA engagement, lower extremity joint pain and function, and improved lower extremity strength and mobility at two months that were maintained at 18 months.



Fit & Strong! Crosswalk

- ***Medications***

- While medication management is not part of Fit & Strong!, the program does address non-pharmaceutical strategies for managing arthritis pain.
- Has demonstrated significant reductions in lower extremity joint pain at two months that have been maintained at 18 months.
- Anecdotal evidence suggests program participants decrease their use of pain medications, and may cease taking blood pressure medication if their blood pressure improves as a result of PA engagement.



Fit & Strong! Crosswalk

- Medications



“Fit and strong has helped me mentally and physically. I am walking better, looking better, and eating better. **No more knee shots for me.** My blood pressure has dropped significantly!”

-Participant at Coppin Community Center; Chicago, IL

“I decided to try the class and see if it would help me with my pain. After a couple of months I was running up stairs and I was walking. **I have not needed the yearly cortisone shot in my hip** to calm the arthritis pain there.

-Participant at Senior Services Associates; Crystal Lake, IL

Fit & Strong! – New Developments

- We developed a new PA and weight loss version
- Same format (24 sessions) with PA followed by group problem solving
 - Removed redundant material on OA
 - Replaced it with new material on diet and weight loss
- Compared it in a randomized trial to customary Fit & Strong!



Fit & Strong! Plus



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Intervention Research

Fit & Strong! Plus Trial Outcomes for Obese Older Adults with Osteoarthritis

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Fit & Strong! Plus Findings

- Diet and weight outcomes
 - Plus group experiences modest, but significant, benefits on weight, BMI, and waist circumference at 2 months (end of intervention) that were maintained at 6 months
- Lower extremity pain and function
 - Plus group had significantly better outcomes on pain and function at 2 months that were maintained at 6 months and were *clinically significant*
- Outcomes at 12 and 18 months are in review



EnhanceFitness Crosswalk

- ***What Matters***

- Program focuses on improving the overall functional fitness and well-being of older adults. The ongoing nature of class provides social engagement and purposeful structure.
- A 2013 CMS retrospective study found that EF participation was associated with:
 - an estimated total annual medical cost savings of \$945
 - a decrease in the number of unplanned hospitalizations
 - a decreased mortality rate among participants



EnhanceFitness Crosswalk

- ***Mentation***

- The ongoing nature of the class structure creates a socially enduring unit that is supportive of consistent physical activity and peer interaction benefits.
- The original research study showed a 52% improvement in depression and 13% improvement in social function



EnhanceFitness Crosswalk

- ***Mobility***

- EF supports individual goal setting with baseline and regularly scheduled fitness assessments in an ongoing group exercise class.
- Research studies have shown:
 - Improvement among program participants in physical functioning, improved muscle strength, agility/balance and blood pressure
 - Improved physical performance fitness assessments, high satisfaction and high confidence to exercise regularly
 - Consistent attendance associated with 20-30% reduction in risk of a medical fall



EnhanceFitness Crosswalk

- ***Medications***

- Anecdotal evidence suggests that program participants may decrease their use of pain and blood pressure medication if they experience improvement as a result of physical activity engagement.
- Of note: Following a promising pilot, multi-year pain management study set to begin in mid-2019



Implications

- You can download the complete Crosswalk of all programs at your convenience
 - <http://www.eblcprograms.org/docs/pdfs/7-29-Crosswalk-4Ms.pdf>
- Select a program that addresses the needs of your older adult clients
- Go to the EBLC locator and determine if the program is provided in your area
- If program is already provided, you can refer clients to it
- If program is not provided- contact the program developer and learn how to set up the program in your organization/community

How Can I Find an EBP?

- ACL, CDC and NCOA websites are resources for information about ebps
- State/Regional Websites may have locator or listing
- Use the EBLC National Program Locator at eblcprograms.org
 - Searchable map of many programs
 - Click on the EBLC website
 - Click on Map of Licensed Organizations
 - More programs to be added in coming months!

EBLC Program Locator



(747) 236-1199 eblc@ebclprograms.org [Affiliate Log In](#)

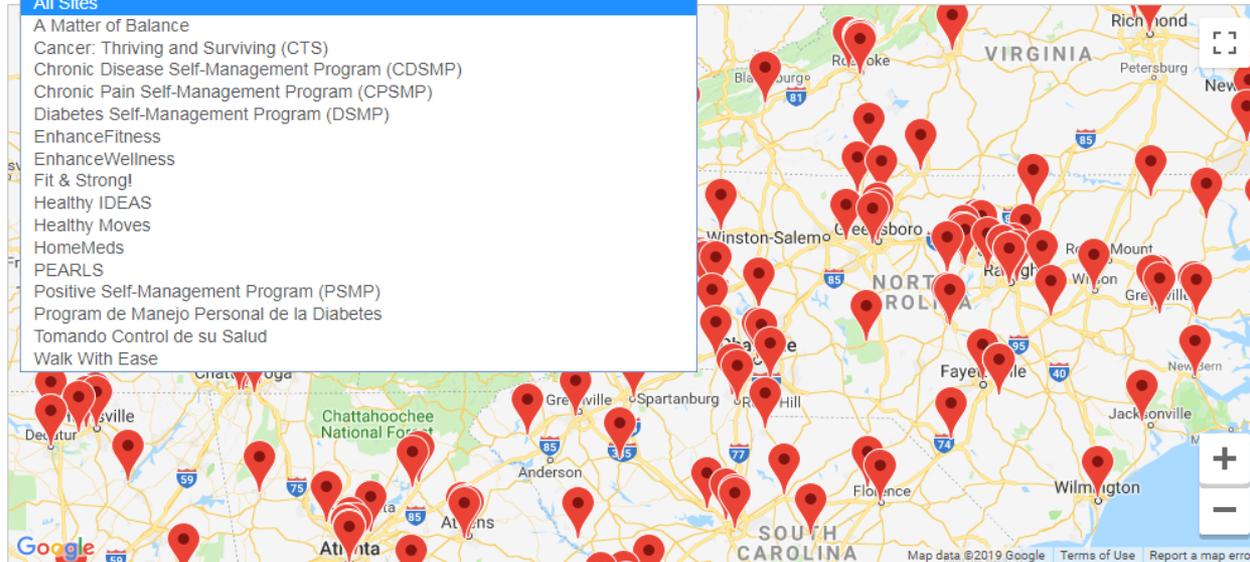
[Map of Licensed Organizations](#)

Navigation menu: About Us, Evidence-Based Programs, Consulting & TA, Getting Started, Moving Forward, Measuring Progress

FIND A SITE: Enter City, State, Zip or Country; Enter Site Name; Reset

FILTER BY PROGRAM

- All Sites
- All Sites
- A Matter of Balance
- Cancer: Thriving and Surviving (CTS)
- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- EnhanceFitness
- EnhanceWellness
- Fit & Strong!
- Healthy IDEAS
- Healthy Moves
- HomeMeds
- PEARLS
- Positive Self-Management Program (PSMP)
- Program de Manejo Personal de la Diabetes
- Tomando Control de su Salud
- Walk With Ease



ACL List

- Administration for Community Living list of currently approved programs can be accessed here:
 - <https://acl.gov/programs/strengthening-aging-and-disability-networks/aging-and-disability-evidence-based-programs>
- NCOA Center for Healthy Aging Resource Center
 - <https://www.ncoa.org/center-for-healthy-aging/cdsme-resource-center/>
 - <https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/>

Thanks!

- For more info re Fit & Strong! contact Sue Hughes at shughes@uic.edu
- For more info re Project Enhance programs contact Paige Denison at paiged@soundgenerations.org
- For more info about EBLC contact eblc@eblcprograms.org

Questions & Answers: Please Submit Using the “Questions” Box



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Please join us for future webinars in the Aging and Disability Business Institute Series

***“Building and Financing Sustainable
Partnerships between Healthcare and
Community-based Organizations” - June 19***

Learn more and pre-register here:

<http://www.asaging.org/series/109/aging-and-disability-business-institute-series>



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