

Health Promotion through Self-Management Education

Exploring the Availability and Utility of Community
Programming in Integrated Health Care

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Partners in Care Foundation

Changing the Shape of Healthcare

Our mission is to shape the evolving health system by developing and spreading high value models of community-based care and self management

Partners in Care Foundation

Changes we want to see

- Integration of medical care and social services
- Enhanced self-management/empowerment of consumers
- Integration of behavioral health
- Evidence-based interventions
- Community agencies forming into regional delivery systems/networks

Partners in Care Foundation

Technical Assistance Center

Supported by:



Learning Goals for Today

- Understand evidence-based wellness programs
 - Context
 - Structure
- Identify applications for health self-management education
- Connect people with community programs

Understanding the Context

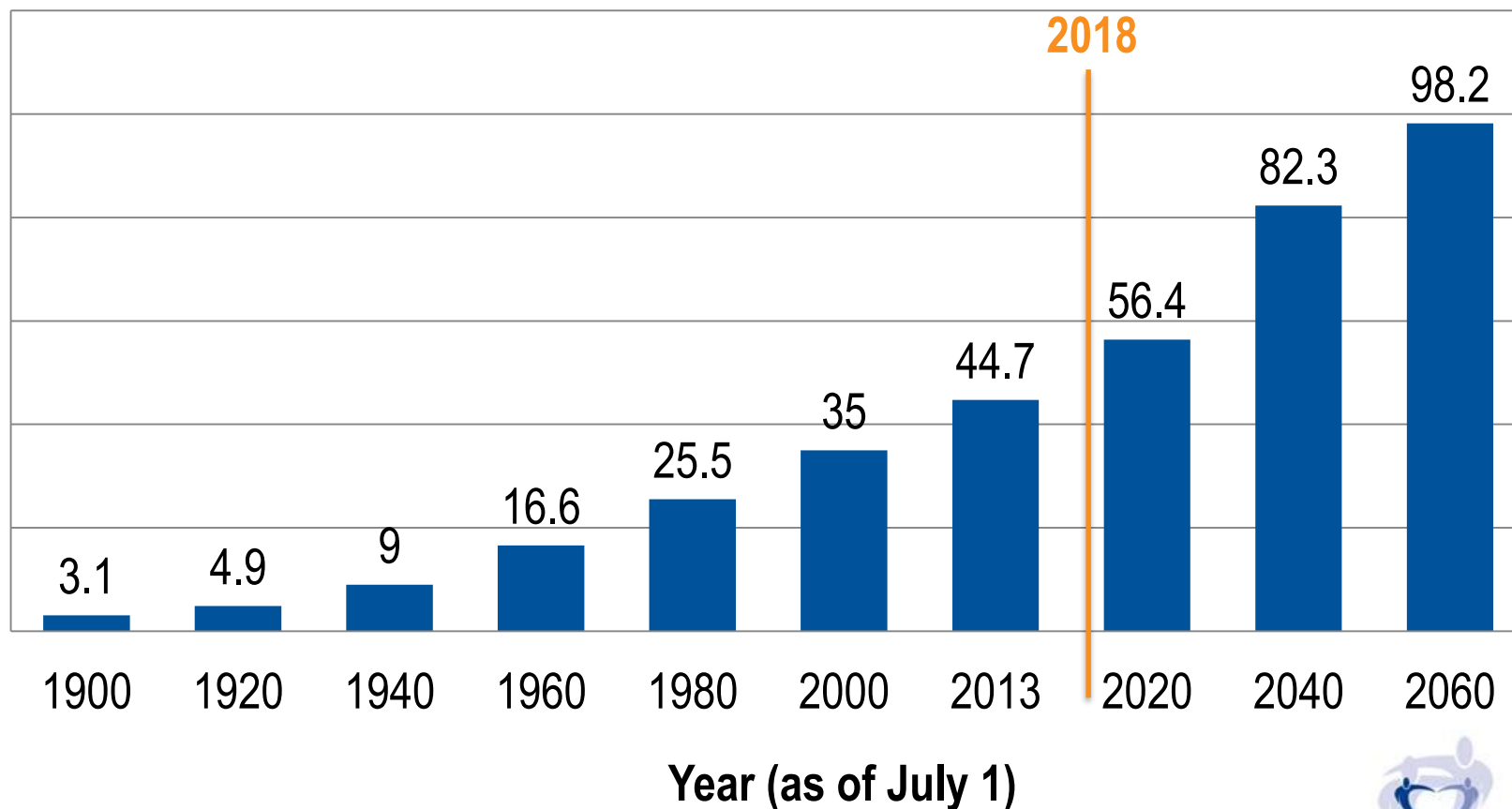
Older Adults, 65+

One in Five by 2030



Number of Persons 65+

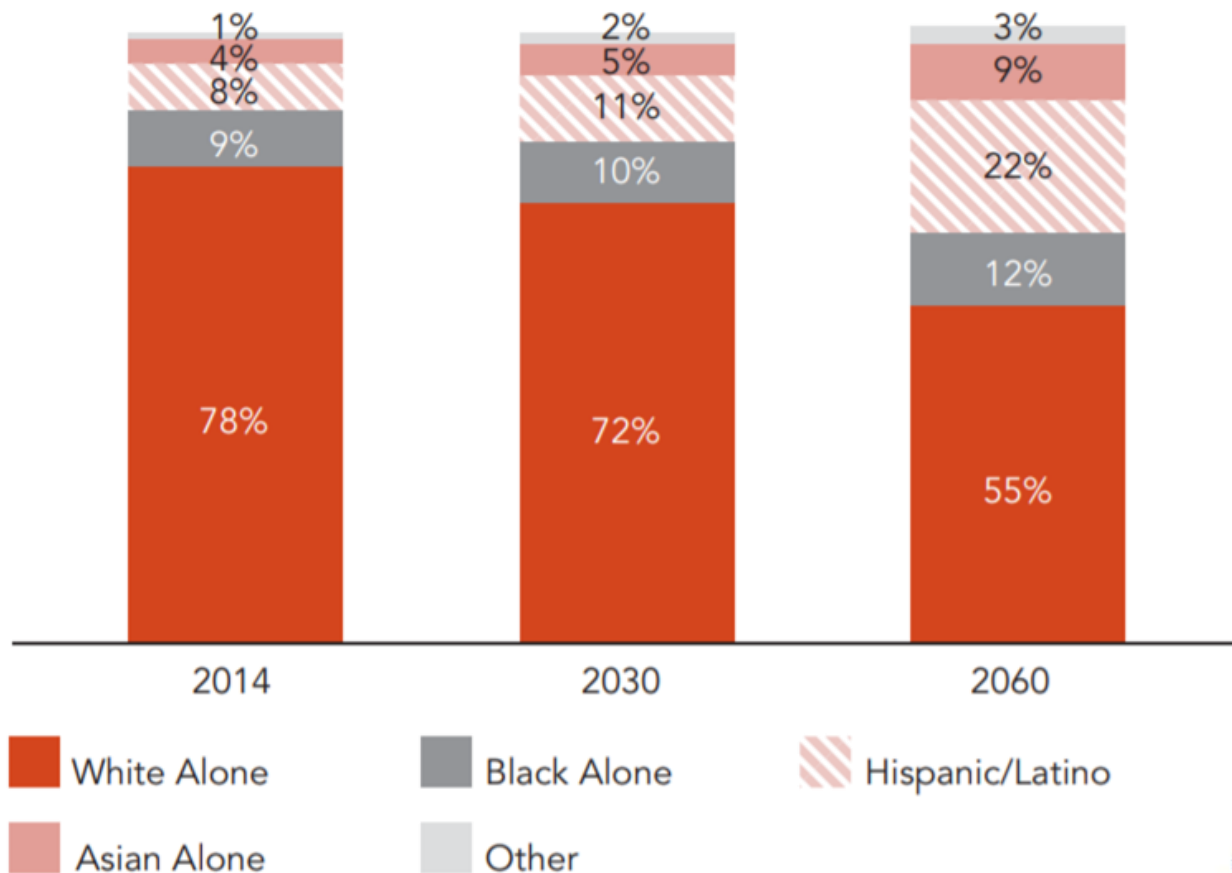
1900 to 2060 (numbers in millions)



Source: Profile of Older Americans,
2014

Increases in Minority Groups

Percent Distribution of Population Ages 65 and Older by Race/Ethnicity, 2014, 2030, and 2060



Source: Population Reference
Bureau, Population Bulletin Vol. 7, #2,
December 2015

By 2030...

The number of African Americans 65+ will increase by



170%

By 2030...

American Indians and Alaska Natives 65+ will increase by



171%

By 2030...

The number of Asian Americans 65+ will increase by



180%

By 2030...

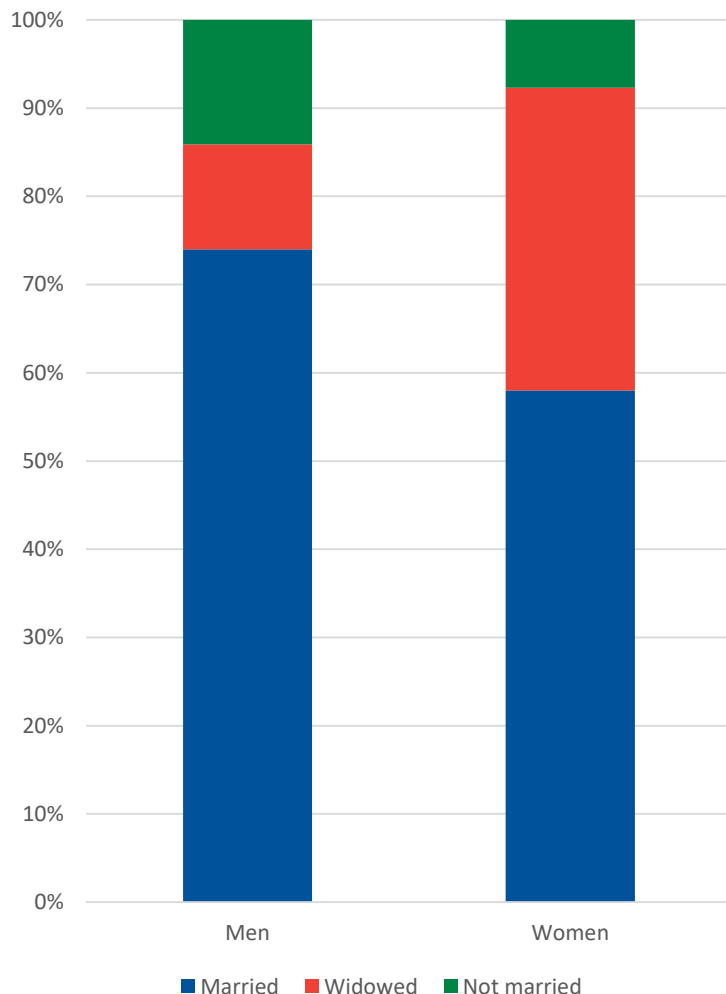
The number of Hispanic Americans 65+ will increase by



209%

Aging is a Women's Issue

Marital Status of Older Adults



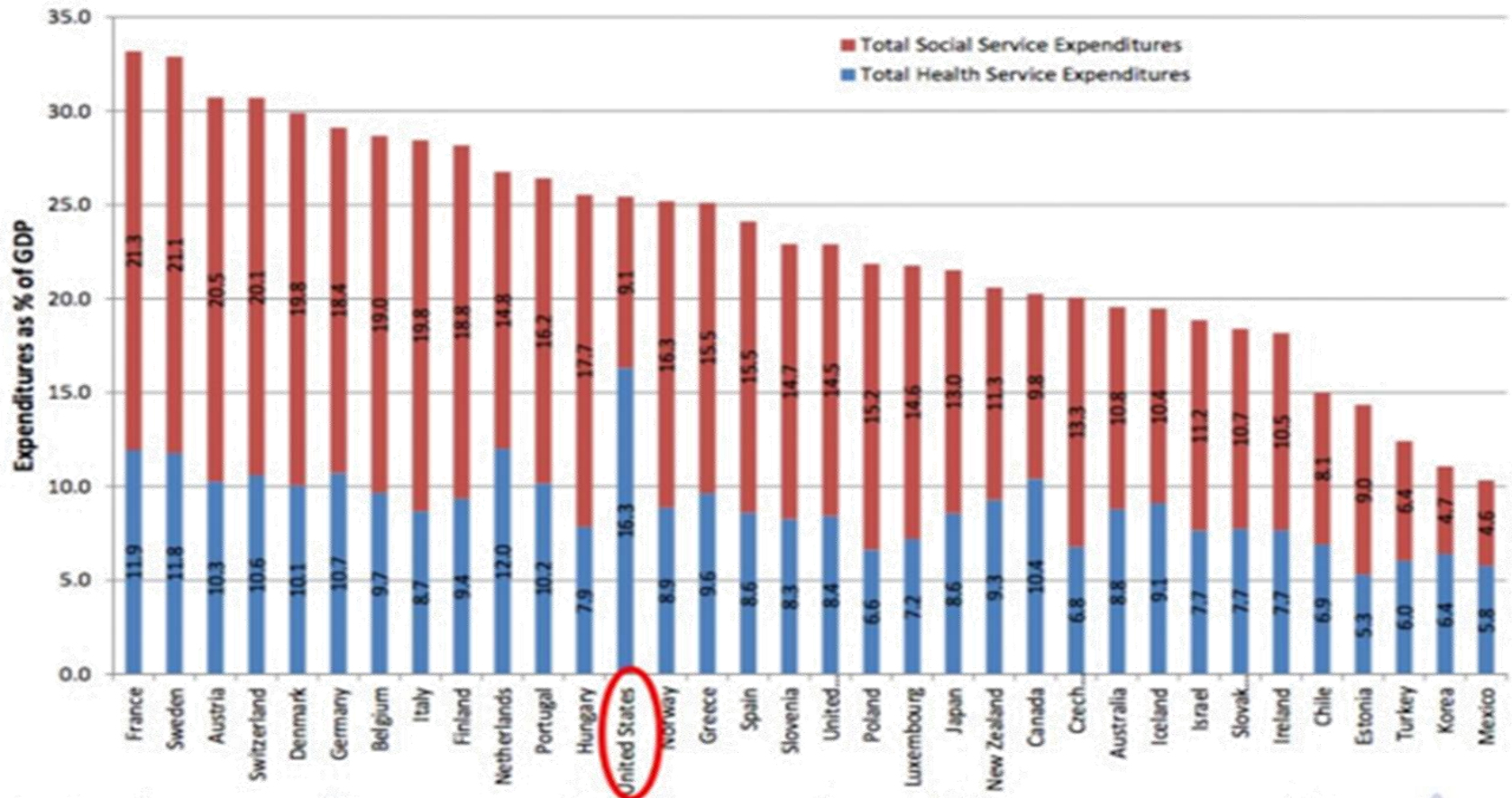
- Older women outnumber older men
- Older women are less likely to be married
- Older women are more likely to be widowed

Health Status



- 80% of older adults have at least 1 chronic condition
- 36% of older adults have a disability
- Every 11 seconds an older adult is treated in the ER for a fall
- 1 in 4 older adults experiences some mental disorder

Social + Medical = Health



Source: Bradley E, et al. Health and social services expenditures: associations with health outcomes. BMJ Quality & Safety, 2011 March 20.
Updated using OECD Health Data 2014; OECD Social Expenditure Dataset 2014.

Public Health & Aging Approaches

Life course approach to prevention

- Predicts survival in older ages and the health with which people enter older ages

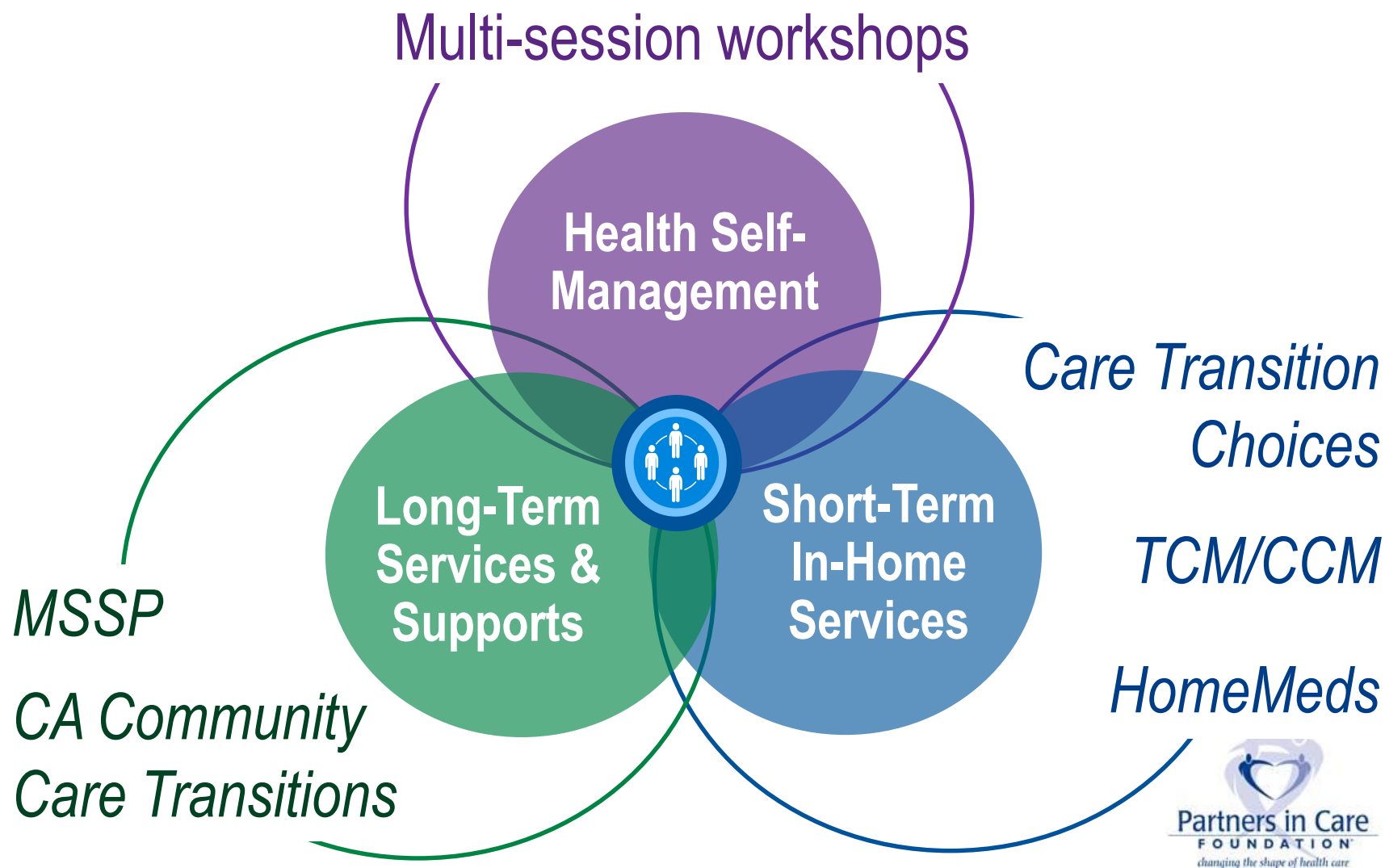
Life-span developmental approach

- Investments in education
- Access to preventive and medical care
- Socioeconomic and environmental effects shape health in later years and predict the development of health disparities
- Focus on risk reduction

Evidence-Based Programs

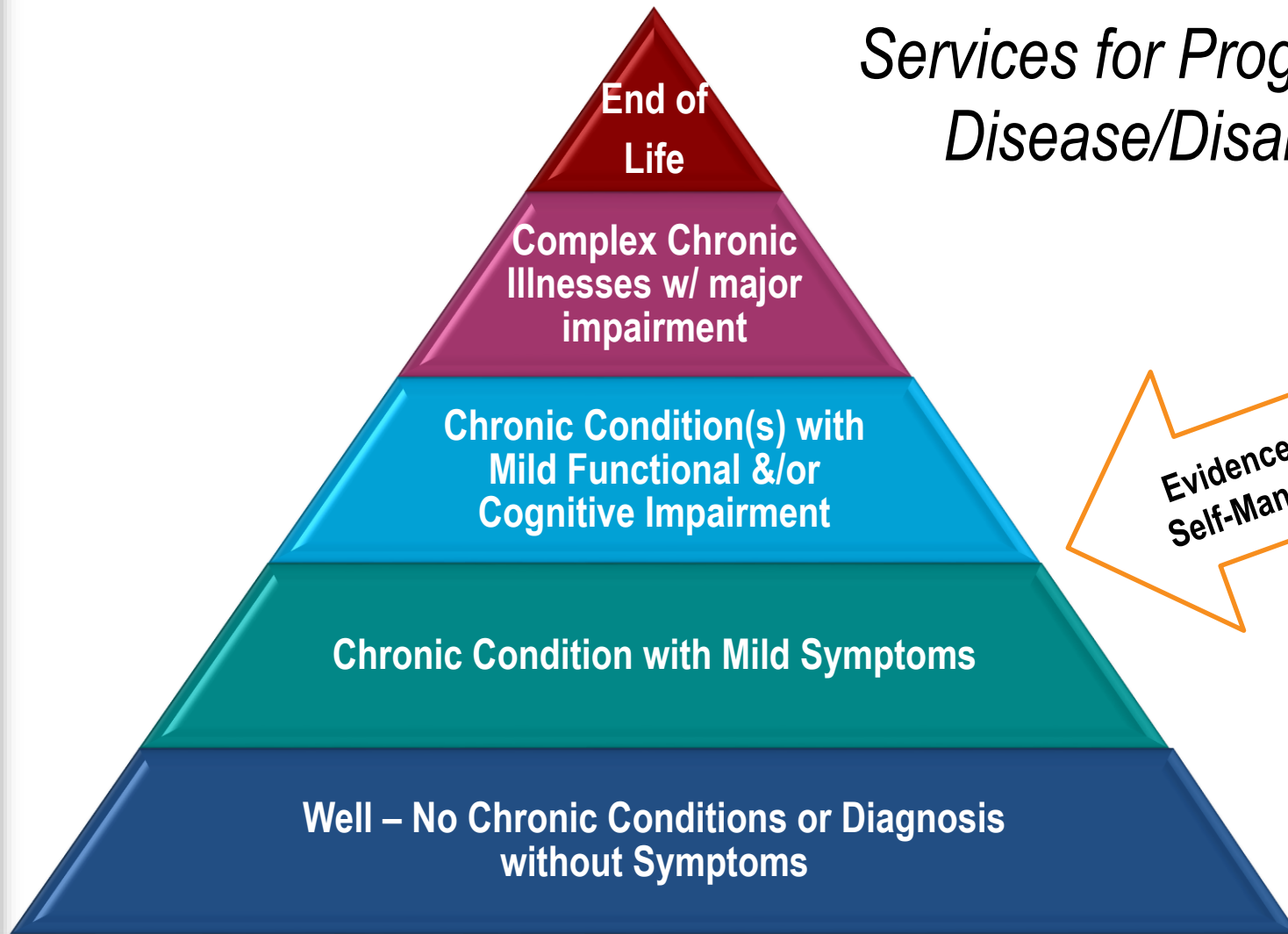
Health Self-management

Evidence-Based Programs & Services



Targeted Patient Population Management

*Services for Progressing
Disease/Disability*



**Evidence Based
Self-Management**

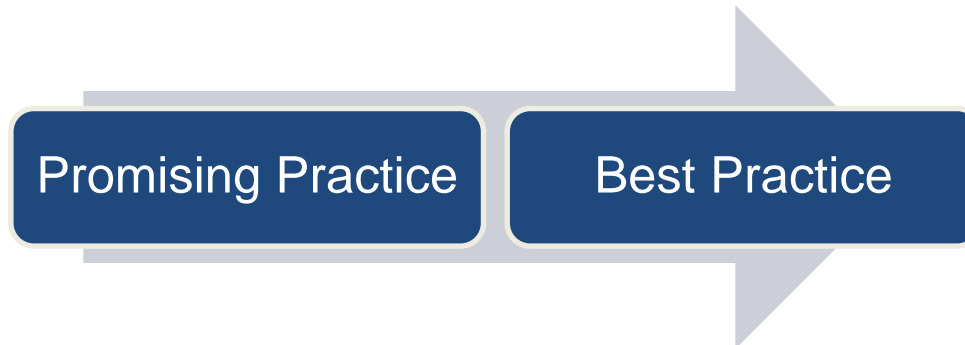
Evidence-Based Programs

Involve a process of planning, implementing, and evaluating programs adapted from *tested models or interventions*

Use an *epidemiologic perspective* that focuses on populations rather than individuals

Emphasize both prevention and treatment.

Evidence-Based Programs



- Supported by extensive research (RCT)
- Measurable, proven outcomes to achieve specific goals
- Clear, structured, detailed program
- Peer-reviewed & endorsed by a federal agency
- Replicable in many settings

Some Evidence-Based Programs

CHRONIC DISEASE SELF-MANAGEMENT

- Chronic Disease Self-Management
- Tomando Control de su Salud
- Chronic Pain Self-Management
- Diabetes Self-Management Program

PHYSICAL ACTIVITY

- Enhanced Fitness & Enhanced Wellness
- Healthy Moves
- Fit & Strong
- Arthritis Foundation Exercise Program
- Arthritis Foundation Walk With Ease Program
- Active Start
- Active Living Every Day

MEDICATION MANAGEMENT

- HomeMeds

FALL RISK REDUCTION

- Stepping On
- Tai Chi Moving for Better Balance
- Matter of Balance

DEPRESSION MANAGEMENT

- Healthy Ideas
- PEARLS

CAREGIVER PROGRAMS

- Powerful Tools for Caregivers
- Savvy Caregiver

NUTRITION

- Healthy Eating

DRUG AND ALCOHOL

- Prevention Management of Alcohol Problems

Linking Mental and Physical Health

- Depression is linked to chronic illness
- Schizophrenia and depression are related to an increased risk of heart disease
- Emotions are one of the 3 major concerns for people with chronic illness
- Depression is associated with poor adherence to medication and other health behaviors

What is self-management?



- Engaging in activities that protect and promote health
- Monitoring and managing the symptoms and signs of illness
- Managing the impact of illness on functioning emotions and interpersonal relationships
- Adhering to treatment regimes

Chronic Disease Self-Management



Chronic Disease Self-Management

- Chronic Disease Self-Management Program*
- Tomando Control de su Salud (Spanish)
- Diabetes Self-Management
- Chronic Pain Self-Management

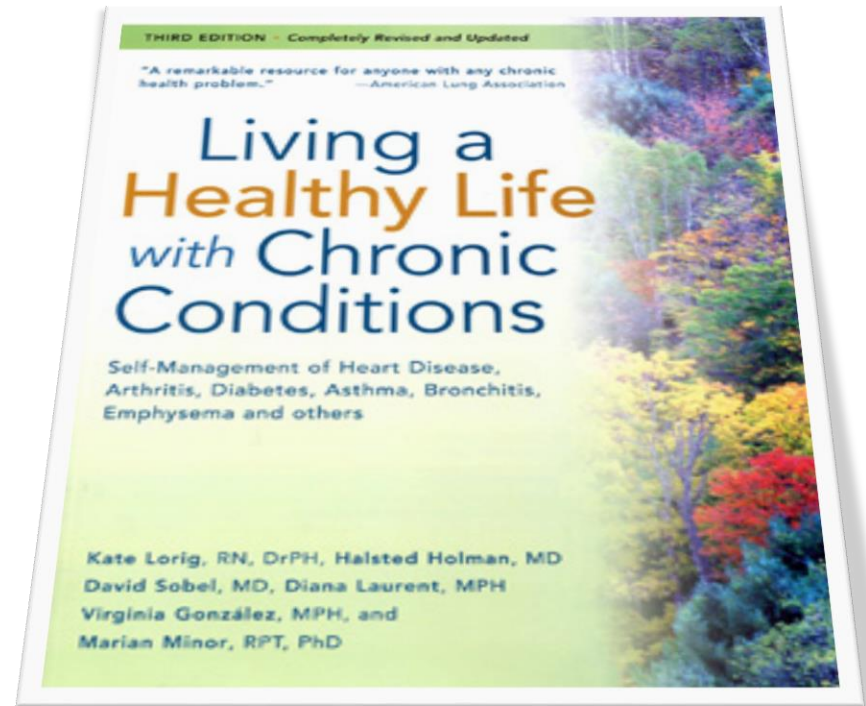


*Leader manual available in Arabic, Bengali, Chinese, Dutch, French, German, Greek, Hindi, Italian, Japanese, Korean, Khmer, Norwegian, Punjabi, Russian, Somali, Swedish, Tagalog, Tamil, Turkish, Vietnamese



Chronic Disease Self-Management

- 12 -16 participants
- Two Trained Leaders
- 6 weeks - 2.5 hours, 1 day/week
- Includes:
 - Group discussions
 - Activities
 - Short lectures



Skills to Manage Chronic Illness

Physical Activity

Problem-Solving

Medications

Using Your Mind

Decision Making

Sleep

Action Planning

Communication

Breathing Techniques

Healthy Eating

Understanding Emotions

Weight Management

Working with Health Professionals

Action Plan



- Something YOU want or decide to do
- Achievable
- Action-specific

Action Plan

- What (specific action)
- How much (time, distance, amount)
- When (time of day, days of the week)
- How often (number of days in the week)
- Confidence level: 1 - 10 (7+)

Fall Prevention Programs



A Matter of Balance

- 2 trained leaders
- 8 weeks - 2 hours, 1 day/week
- Strategies to reduce the fear and risk of falling:
 - Viewing falls & fear of falling as controllable
 - Setting realistic goals for increasing activity
 - Changing the environment to reduce fall risk factors
 - Exercising to increase strength and balance



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



Tai Chi for Arthritis

- 1 certified leader
- 8+ weeks, 1 hour, 2 days/week
- Includes:
 - Warm up and cool down exercises
 - Progressive learning of movements (6 basic and 6 advanced)
 - Breathing techniques
 - Principles to improve physical and mental balance



Exercise Programs



Arthritis Foundation Exercise Program

- 1 trained leader
- 6 weeks - 1 hour, 2 days/week
- Range-of-motion exercises
- Endurance-building activities
- Relaxation techniques
- Health education topics



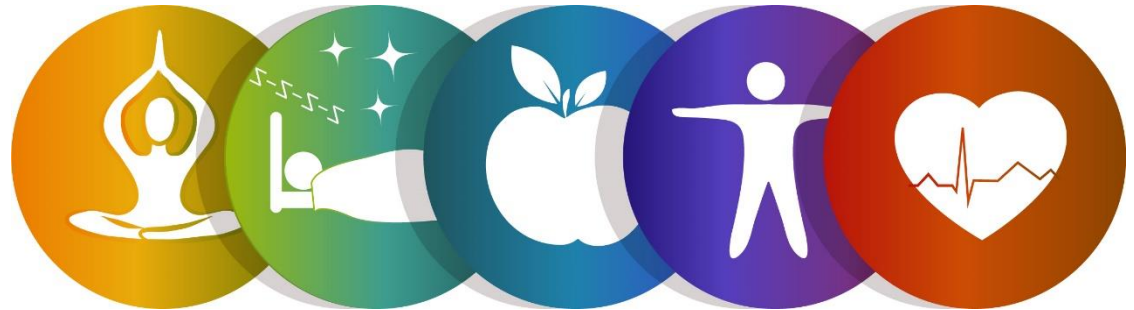
Outcomes and Applications

Building evidence every day

Program Outcomes

Chronic Disease Self-Management Program

- Increased:
 - Self-rated health
 - Minutes of aerobic exercise per week
 - Minutes of stretching and strength exercise per week
- Decreased:
 - BMI
 - A1C
 - Systolic BP
 - Pain



Participant Testimonials

*“Because I have been afflicted with Parkinson’s for over 20 years, I have suffered a great deal of depression. **The skills you’ve taught me in maintaining positive thinking and combating depression have really helped to improve my condition.**”*



Program Outcomes

Diabetes Self-Management Program

- Increased completion of suggested lab tests for diabetes
- Decreased HbA1c by same amount as expected by taking metformin (those with HbA1c ≥ 9)
- 75% improved at least one of the following:
 - Depression
 - Adherence to medications
 - Hypoglycemia
 - Minutes of exercise

Program Outcomes

Chronic Pain Self-Management Program

- Improved confidence in keeping certain symptoms from interfering with the things they want to do:
 - Fatigue
 - Physical discomfort, and
 - Emotional stress
- More confidence in doing things outside of seeing their doctor or taking medication to reduce the effect pain has on their everyday lives

Participant Testimonials

*“The workshop **put me back in charge of my life**, and I feel great. I only wish I had done this sooner.”*



Program Outcomes

Arthritis Foundation Exercise Program

- Improved
 - Functional ability
 - Confidence in one's ability to exercise
- Decreased
 - Depression
 - Pain and fatigue
- Improvements in physical symptoms sustained at 6 months

Participant Testimonials

*“I found the interaction with the other students in the class to be most enlightening. I realized that although I have a chronic illness **I am not alone**. Thank you for all the lessons in helping me to deal with this.”*



Program Outcomes

Tai Chi for Arthritis

- Improved:
 - Self-reported overall wellness
 - Balance
 - Ability to manage daily living
- Decreased pain and stiffness
- At one year, improvements in pain fatigue, stiffness and helplessness were maintained

Participant Testimonials

“It helped me be more conscious of my emotions – I’m meditating now. The workshop led me to that and brought me to the point where I’m not on my anti-depressants any more. It was the catalyst for so many different things for me.”



Program Outcomes

A Matter of Balance

- Increased
 - Falls efficacy
 - Falls management
 - Falls control
 - Exercise level
- Decreased self-reported falls
- 99% plan to continue exercising
- Cost reduction in unplanned hospitalization

Connecting people to programs

Clients, customers, patients, or participants

California Healthier Living

- Hosts listings and online registration for top-tiered evidence-based workshops across California
- Provides resources for training and marketing
- Serves as an online portal for referring patients/clients into evidence-based programs

Become a Leader



Partners in Care
FOUNDATION
changing the shape of health care

Host a Program



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changing the shape of health care

Refer Your Clients



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FOUNDATION
changing the shape of health care

How to make a referral

- Step 1: Gather information
 - What type of program does your client want?
 - What county and zip code do they live in?
 - How far are they willing/able to travel?



Health Self-Management
Helping yourself to better health



Physical Activity & Fall Prevention
Let's get moving!




Caregiver & Memory Programs
Helping you help them

How to make a referral

Search:

- County - ▾

Enter address or zip code 

Search in radius **0** miles

Select ... ▾

Search



How to make a referral

- Step 2: Decide on a workshop
 - Workshop type
 - Distance from home
 - Start date (some are wait listed)

Chronic Disease Self-Management Program

Address: *LA Public Library Venice Branch, 501 Venice Blvd, Los Angeles, California, USA 90027*

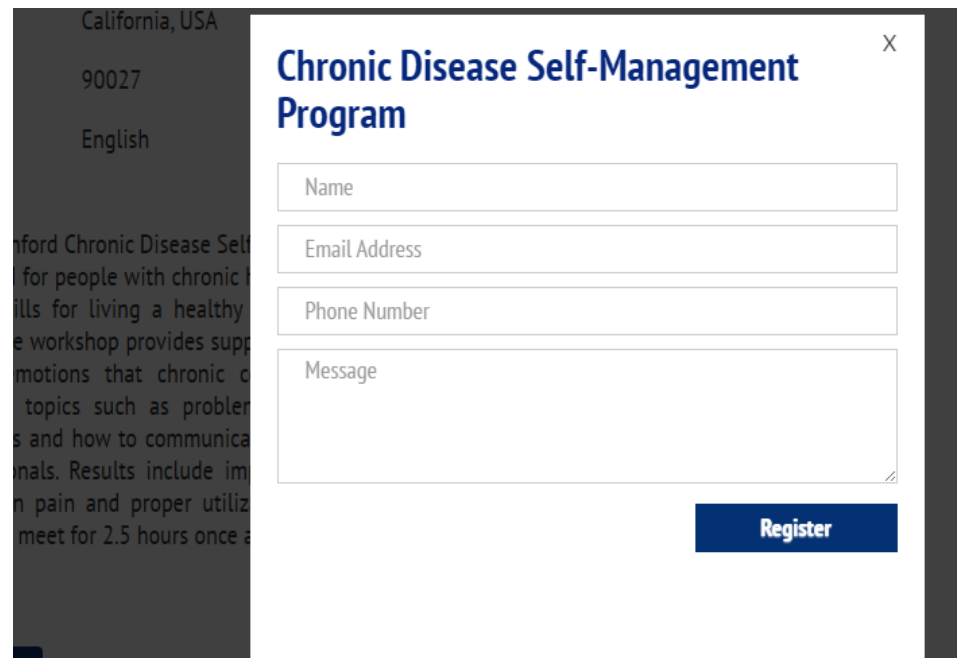
WorkshopDate: July 28, 2016 - September 1, 2016

County: Los Angeles

[Read More](#)

How to make a referral

- Step 3: Input your client's information
 - Name
 - Email address
 - Phone number



The screenshot shows a web form titled "Chronic Disease Self-Management Program" with a close button (X) in the top right corner. The form includes four input fields: "Name", "Email Address", "Phone Number", and a larger "Message" field. A blue "Register" button is located at the bottom right of the form. To the left of the form, there is a dark sidebar with text that is partially obscured but includes "California, USA", "90027", and "English". Below this, there is a paragraph of text starting with "nford Chronic Disease Self..." and ending with "...meet for 2.5 hours once a...".

Questions?