

Background and Purpose

A. Goal:

The goal of the project is to measure the effectiveness of LifeCare Alliance’s “one-stop-shop” model as an innovation in nutrition programming for older adults by partnering. By partnering with local fire/EMS departments to gather referrals of “frequent flyers”, LifeCare Alliance will provide home-delivered meals and Registered Dietitian consultation services, thus reducing expensive healthcare utilization and institutional care.

B. Objectives:

The objectives include:

- 1) Maintain and establish new partnerships with local townships and healthcare conglomerates who can refer residents for services and thus improve access to care for individuals that rely too heavily on emergency services.
- 2) Use a signed Business Associate Agreement (BAA) with our partners to share HIPAA-protected information about clients.
- 3) Intervene for referred clients with range of services LifeCare Alliance offers.
- 4) Gather and publish data to demonstrate the replicable benefit of the model that ultimately costs taxpayers less money.

C. Overview of Project:

LifeCare Alliance received a 2019 Administration for Community Living Nutrition Innovations Grant to create and test nutrition innovations designed to improve health outcomes for older adults. In partnership with Dr. Lisa Juckett with The Ohio State University and Dr. Govind Hariharan, the Agency focused on three key innovations – 1) building and formalizing partnerships with local fire/EMS departments; 2) combining Registered Dietitian consultation services with home-delivered meals; and 3) implementing the Home Care Frailty Scale (HCFS) to measure changes across a broad spectrum of functional and health domains.

D. Project Results:

Figure 1 depicts the downward trend (i.e. improvement) in all five frailty domains of function, mobility, cognition and communication, social interaction, and nutritional status in 1,736 home-delivered meal clients assessed over time

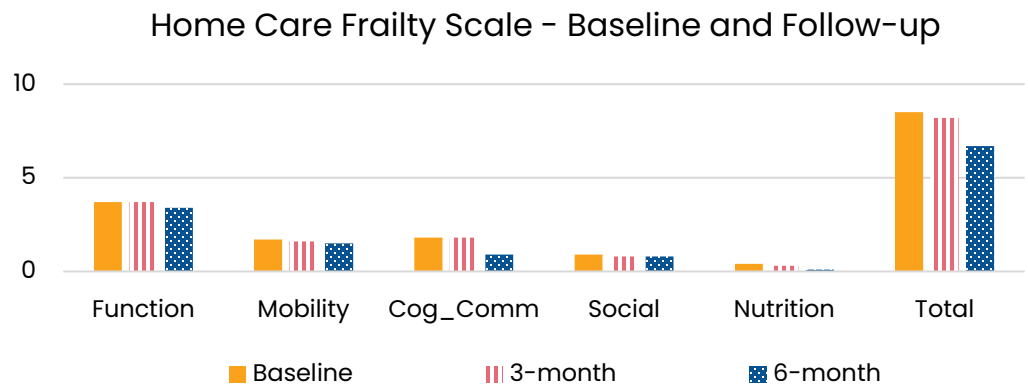


Figure 1. Baseline, 3-month, and 6-month trends in individual HCFS domains

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