MOVING ON UP! OAA Title IIIID Funds

Disease Prevention and Health Promotion
Webinar on the Evidence-Based Requirement
June 4, 2014
Welcome

Speakers:

• Greg Case, Director, Office of Supportive and Caregiver Services, AoA, ACL

• Laura Trejo, General Manager, City of Los Angeles Department of Aging

• Laura Lawrence, Director, Office of Nutrition and Health Promotion Programs, AoA, ACL

• Robert Hornyak, Director, Office of Performance and Evaluation, ACL
OAA Title IIID - Disease Prevention and Health Promotion (DPHP) Services

Title IIID webpage: http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Title_IIID/index.aspx

ACL Aging and Disability Evidence-Based Programs and Practices (ADEPP): http://www.acl.gov/Programs/CDAP/OPE/ADEPP.aspx
Current and Future Status of OAA Title IID

• Appropriations
  – FY-2012 Congressional Appropriations (http://www.gpo.gov/fdsys/pkg/PLAW-112publ74/html/PLAW-112publ74.htm) included an evidenced-based requirement:
    • For carrying out, to the extent not otherwise provided, the Older Americans Act of 1965 (“OAA”), section 398 and title XXIX of the PHS Act, section 119 of the Medicare Improvements for Patients and Providers Act of 2008, $1,473,703,000: Provided, that amounts appropriated under this heading may be used for grants to States under section 361 of the OAA only for disease prevention and health promotion programs and activities which have been demonstrated through rigorous evaluation to be evidence-based and effective.

• Reauthorization
  – The evidence-based requirement is here to stay
OAA Reauthorization

- Bill Text 113th Congress (2013-2014) S.1562.IS
  http://thomas.loc.gov/cgi-bin/query/F?c113:1:./temp/~c1131tClf1:e5204
State Innovation in Evidence-Based Program Review

### Evidence-Based Requirement Checklist

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<tr>
<th>PSA</th>
<th>Name of Proposed Service</th>
<th>Service approved</th>
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<tbody>
<tr>
<td>Contract</td>
<td>Proposed Service Code</td>
<td>Yes</td>
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<tr>
<th>DOEIA</th>
<th>Reviewed By</th>
<th>Only</th>
<th>Approved By</th>
<th>Date</th>
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#### Part I: Service Description
1. Does proposed service meet the description of the proposed service code as written in the Department of Elder Affairs programs and Services Handbook?
   - Yes [ ] No [ ] (if yes, proceed to next section)
   - Comments:

#### Part II: Supporting Documentation
1. Did provider submit a detailed description of the proposed service?
   - Yes [ ] No [ ] (if yes, proceed to next question)
2. Did the provider submit sufficient back up documentation to determine if program is evidence-based?
   - Yes [ ] No [ ] (if yes, proceed to next question)
3. Did the provider submit an article from a peer-reviewed journal?
   - Yes [ ] No [ ] (if yes, program maybe intermediate or high level) (proceed to next section)
   - Comments:

#### Part III: Evaluation review
1. Does the evaluation demonstrates that that proposed service is effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults?
   - Yes [ ] No [ ] (if yes, proceed to next question)
2. Does program description match back-up documentation provided?
   - Yes [ ] No [ ] (if yes, proceed to next question)
3. Please select the type of evaluation that supports the proposed service
   - Case Study
   - Pre-Post Test
   - Adapting research-tested intervention programs
   - Experimental/Quasi-Experimental Design
   - (If this one is selected program may be highest level) (please proceed to next section)
   - Comments:

#### Part VI: Dissemination Review
1. Is proposed program delivered by credentialed practitioner?
   - Yes [ ] No [ ] (if yes, proceed to next question)
2. Did provider submit back documentation of the practitioner’s credentials?
   - Yes [ ] No [ ] (if yes, proceed to next question)
3. Program dissemination materials available
   - Yes [ ] No [ ] (if yes, program may be intermediate or high level)
Mission:
To improve the quality of life, independence, health and dignity of the City's older population by managing community based senior programs that are comprehensive, coordinated and accessible, and to advocate for the needs of older citizens and their family caregivers.

Laura Trejo, MSG, MPA, General Manager, City of Los Angeles Department of Aging www.aging.lacity.org
Los Angeles

The City of Los Angeles is the second most populous city in the United States, residents 60+ number an estimated 620,326.

- Largest number of persons 65 years and older
- Largest number of boomers.
- Older ethnic/racial populations represent 43%

LADOA Needs Assessment Survey

Health

- 36% have a disability
- 26% reported a fall within last twelve months
- 85% reported taking at least one daily prescription medication
- 89% have a primary care doctor

2013 The United States of Aging Survey

Health Preparedness

- 70% of seniors in Los Angeles report having two or more chronic health conditions
- 57% of Los Angeles seniors with chronic health conditions say they do not experience any barriers in managing their health
- 48% of seniors in Los Angeles have not set any goals to help manage their health in the past 12 months
How Did We Get Here?

- 2003 ActiveStart in collaboration with OASIS Institute, funded as part of AoA EBHP programs initiative
- 2007 Falls Prevention Coalition in collaboration with USC Center of Excellence in Falls Prevention
- 2009 convened providers to discuss how we could take to scale EBHP programs citywide
- 2010 created a partnership with the Los Angeles Unified School District – Older Adult Education Program
- 2011 began citywide implementation of EBHP programs through the Los Angeles Wellness Centers network
Los Angeles Wellness Centers Network
2012 N4A Aging Achievement Award

In 2010, the Los Angeles Wellness Centers Network is created to tap emerging opportunities to improve the health and decrease social isolation of older adults that Evidence Based Health Promotion (EBHP) Programs offer.

- Led by the LADOA
- Los Angeles Unified School District - Older Adults Program
- Partners in Care Foundation (Statewide Technical Office for EBHP)
- Aging Network service providers
- Kaiser Permanent Health Systems
- Trained volunteers
- Academic Partnership with College of the Canyons and UCLA

Outcomes:
- Directed III-D, local general funds and block grant funding to EBHP programs
- Protected 25 full time LAUSD Instructors worth over $3 million in staff support
- Trained 100+ new leaders
- Improved the impact of services by using proven strategies to improve health outcomes
- Four-fold increase in the number of clients served.

Amelia L, 65: “I move faster, I’m slimmer, I don’t feel all the pains that I was feeling before. I’m more energetic.”
Process and Structure

Process
- Convening Providers
- Capacity Assessment
- Six-month transition
- First Contract Year

Deliverables
- Provide a minimum of one EBP from each category
- Offer the program at least 2 times per year
- Have a minimum of 228 “completers” over the year

Completers
- FY 2011-12 640
- FY 2012-13 2,194
- FY 2013-14 2,500+

Workshop Retention Rate
- 60-80%

Approved Programs

Self-Management
- Healthier Living: Chronic Disease Self-Management
- Tomando Control de su Salud

Physical Activity
- Matter of Balance
- Arthritis Foundation Exercise Program
- Arthritis Foundation Walk With Ease Program
- Active Start

Caregiver, Memory and Medication Monitoring
- Powerful Tools for Caregivers
- Savvy Caregiver
- UCLA Memory Training
- HomeMeds
Los Angeles Senior Taking Control of their Health
Active Start
A program of LADOA and OASIS Institute designed for older adults aged 50 plus who reside in the community and are relatively sedentary due to chronic conditions or lifestyle choices

**Goals:**
- To increase physical activity and improve functional fitness levels among sedentary, underserved older adults by offering the program in easily accessible sites within the greater Los Angeles area.
- Develop a cost effective program that can be easily replicated.
- Provide opportunities for older persons to take charge of their health and lifestyle choices.

**Outcomes:**
- Participants showed improvements in:
  - functional fitness levels
  - self-efficacy
  - social support
- 90+ percent of participants stated that their expectations for the program were either met or exceeded.
- Continued benefits three months after completion, included: eating healthier and being more motivated to exercise.
- All participants reported that they would recommend the program to others.

“The outcomes of this evaluation were stunning”
Kathleen Wilber Ph.D., Principal Evaluator
Mary Pickford Foundation Professor of Gerontology and Professor of Health Services Administration
University of Southern California

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Yan, Wilber, Aguirre and Trejo. “Do Sedentary Older Adults Benefit From Community-Based Exercise? Results From the Active Start Program.” The Gerontologist, 2009

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2006 U.S. Department of Health and Human Services Innovation in Prevention Award
2008 L.A City Quality and Productivity Commission Award for Enhancing Quality of Life
The Exergamers Wellness Club is a program to empower older persons adopt healthy behaviors, improve health status, manage chronic conditions better, reduce social isolation and track their health status over time by building on the Los Angeles Wellness Centers Network that supports dissemination of EBHP programs citywide.

- Led by LADOA
- Microsoft Corporation
- Partners in Care Foundation
- St Barnabas Senior Services
- Get Real Consulting 13

This public-private partnership was designed to showcase the transformative power of technology, specifically in its use of Microsoft Kinect for Xbox 360 to enrich exercises and Microsoft HealthVault to monitor personal health information in combination with our EBHP and wellness programs. A specially developed geriatric personal health application designed for this program to provide an easy way for seniors to upload their personal health data such as blood pressure and glucose readings into HealthVault using off-the-shelf meters. This tool enables providers to screen and monitor health indicators such as diabetes, depression, memory function, vision, hearing, flexibility and strength in addition to key measures such as blood pressure and weight.

**What Seniors are saying:**

Luis M., 67: “Before, I had wishful thinking; I was just hoping my blood pressure would improve. This program offers control. That brings me joy ... I used to just sit and watch TV .... Now, I’m always laughing and playing with my grandchildren. My son says I look younger. He wants to know what I’m doing at the center.”

Orlando E., 77: “I’ve graduated. I went from a wheelchair to a walker to double canes to, now, a walking stick just for balance.”

**Outcomes**

As evident by pre and post blood pressure, four functional fitness measures, attendance and retention in a yearlong series of EBHP; qualitative measures of mood, social integration, participant interviews.

- Improvements of enhanced physical, mental, and emotional health, mood, and social integration.
- Now at all 16 Multi-Purpose senior centers citywide.
- Wide interest in adopting this program. Now in NYC!
- Exergamers Wellness Club, The Journal on Active Aging July/August 2012.
Dr. Scott Kaiser, a geriatric doctor and health media fellow at UCLA, teamed with the City of Los Angeles Department of Aging’s “Aging Well in LA” hosted by actor Paul Petersen, (“The Donna Reed Show”) to co-host a new docu-reality television series, “On The Move.” The program follows the lives of twelve older adults aged 66 plus, as they take on new challenges to become active and get fit.

See it on YouTube http://www.youtube.com/channel/UCYiSOVddAlx61Krfvjk9ZA

“I now see that I am responsible for my health,” says contestant David Epstein who lost more than 15lbs from the program. “I always wanted to be the guy who took the steps instead of the elevator, now I am. I live in a four-story building and I walk up and down the steps. I only use the elevator when I take my laundry to the basement. Believe me, I would not be doing this, if it wasn’t for the program.”

A project of the UCLA Los Angeles Community Academic Partnership for Research in Aging, the series is produced by the City of Los Angeles Department of Aging with assistance from the Partners in Care Foundation.

Special guests included:
- Dr. Walter Bortz, Stanford Physician and Author
- Elaine LaLanne, Television Personality and wife of the late Jack LaLanne
- Dr. Gary Small, UCLA Physician and Author
- Collin Miller, President, International Council on Active Aging
- Patricia Bragg, Nutritional Pioneer
- Tom LaBonge, City of Los Angeles Councilman
Evidence Based Health Promotion Programs are the result of growing body of research in the social and behavioral sciences demonstrating that certain approaches and strategies for working with youth, older adults and families can positively impact important problems such as energy, motivation, depression, falls, and management of chronic health conditions.

Los Angeles has embraced these state-of-the-art approaches to staying healthy and is implementing this approved list of programs citywide (specific program offerings vary by area).

**CDSMP - Healthier Living / Tomando Control de su Salud**
Chronic Disease Self Management Program (CDSMP) is a program developed for people with chronic health conditions, participants learn practical skills for managing their chronic health problems such as tools to communicate effectively with family, friends, and health professionals, problem solving and relaxation techniques which result in improved health status and proper utilization of the health care system. (3)

**Tomando Control de su Salud** is the Spanish version of the Chronic Disease Self-Management Program, designed in Spanish for Spanish- speakers. Though similar to the English version, it was developed to be culturally appropriate. Participants learn to self manage their chronic condition through the similar tools as the English version to obtain the same health outcomes. (3)

**Physical Activity / Fall Prevention**
Active Start combines Active Living Every Day - a behavior change discussion class and ExerStart - a beginning level exercise class, to help introduce physical activity into lives of seniors. (3)

A Matter of Balance is a program for people who have fallen in the past, have a risk of falling and who may be reducing their activities due to a fear of falling. Participants learn to view falls and the 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. (3)

**Arthritis Foundation Exercise Program** is a developed specifically for people with arthritis but beneficial to those without, this exercise program uses gentle activities to help increase joint flexibility and range of motion and help maintain muscle strength. Different classes are available to fit each individuals fitness level – with exercises done while sitting, standing or on the floor. (3)

**Arthritis Foundation Walk with Ease Program** is a program developed to help individuals create and implement a walking plan to meet their particular needs. This program will help participants to stay motivated, manage their pain and learn to exercise safely to keep muscles strong and joints stable. Walk With Ease was created in order to help boost participant energy, reduce stress and control weight. (3)

**Caregiving / Memory/Medications Management**
UCLA Memory Training is a course that provides an innovative educational program for people with age-related memory concerns. Participants learn in small groups, through a combination of presentations with group discussions, memory quizzes, and skill-building exercises. This program focuses on teaching new skills in a low stress, fun environment.

**Powerful Tools for Caregivers** is a workshop for caregivers to develop self-care tools to help them manage and reduce stress, communicate their needs to family members and healthcare providers, deal with difficult emotions, and make tough caregiving decisions. This workshop has been shown to significantly improve the caregiver’s emotions, including reduced anger, guilt and depression. (3)

**Savvy Caregiver** is a workshop intended to train families and others for the unfamiliar role they face as Caregiver for a relative or friend with Alzheimer’s disease or another form of dementia. The program focuses on helping caregivers think about their situation objectively and providing them with the knowledge, skills, and attitudes they need to manage stress and carry out the caregiving role effectively. (3)

**HomeMeds** is an evidence-based, technology-enabled intervention that addresses medication safety among older adults by connecting homecare and other community-based services to health care providers. HomeMeds addresses major gaps in care that leave home-dwelling older adults at risk for adverse medication effects, providing unique information not typically available to prescribers, such as adverse effects, patients' use of over-the-counter medications, duplications resulting from multiple prescribers or hospital stays, and adherence problems. (3)

The Administration on Aging ‘s has categorized programs into three levels of demonstrated evidence: minimal(1), intermediate(2) and highest (3). Programs listed below indicate the level assigned to them.
Launched in Fall 2013
80+ community based partners and counting!

GOAL:
To improve population health in the Los Angeles region by making proven and effective health and chronic disease self management education programs more accessible to our diverse population, with the intention of a robust community-wide impact.
Contact

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Current Title IIID Evidence-Based Definition

**Highest-level Criteria**
- Proven effective with older adult population, using Experimental or Quasi-Experimental Design; and
- Fully translated in one or more community site(s); and
- Includes developed dissemination products that are available to the public.

**Intermediate Criteria**
- Published in a peer-review journal; and
- Proven effective with older adult population, using some form of a control condition (e.g. pre-post study, case control design, etc.); and
- Some basis in translation for implementation by community level organization.

**Minimal Criteria**
- Demonstrated through evaluation to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults; and
- Ready for translation, implementation and/or broad dissemination by community-based organizations using appropriately credentialed practitioners.

Upcoming Changes to the Title IIDD Evidence-Based Definition

**Highest-level Evidence-Based Criteria**
- Proven effective with older adult population, using Experimental or Quasi-Experimental Design; *and*
- Fully translated in one or more community site(s); *and*
- Includes developed dissemination products that are available to the public.

**Intermediate Criteria**
- Published in a peer-review journal; *and*
- Proven effective with older adult population, using some form of a control condition (e.g. pre-post study, case control design, etc.); *and*
- Some basis in translation for implementation by community level organization.

**Minimal Criteria**
- Demonstrated through evaluation to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults; *and*
- Ready for translation, implementation and/or broad dissemination by community-based organizations using appropriately credentialed practitioners.
Future Title IIID Evidence-Based Definition

Evidence-Based Criteria

• Demonstrated through evaluation to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults; and

• Proven effective with older adult population, using Experimental or Quasi-Experimental Design;* and

• Research results published in a peer-review journal; and

• Fully translated in one or more community site(s); and

• Includes developed dissemination products that are available to the public.

Title IIID Evidence-Based Disease Prevention and Health Promotion Programs Cost Chart

Who We Serve:

The Aging Network Serves Nearly 1 in 5 Older Adults

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<th>US Population</th>
<th>OAA Clients</th>
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<tbody>
<tr>
<td>60+</td>
<td>57.8 million</td>
<td>11 million*</td>
</tr>
<tr>
<td>Poverty</td>
<td>9.30%</td>
<td>30%</td>
</tr>
<tr>
<td>Near Poor**</td>
<td>15-20%</td>
<td>73-85%</td>
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*3 million OAA clients receive intense services such as case management, home-delivered nutrition and personal care services.

**Near poor is defined as below 150% of poverty.
### Who We Serve:

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<th>US Population 60+</th>
<th>OAA Clients (In Home Service)*</th>
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<tbody>
<tr>
<td>Lives Alone</td>
<td>27%</td>
<td>55% - 69%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>22%</td>
<td>26% - 35%</td>
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<tr>
<td>Heart Condition</td>
<td>29%</td>
<td>43% - 53%</td>
</tr>
<tr>
<td>Minority**</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td>Rural**</td>
<td>13%</td>
<td>37%</td>
</tr>
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* Includes such services as case management, home-delivered nutrition and personal care services.

**US Minority & Rural figure is for the 65+ population
Who We Serve:

OAA Clients are at risk for ER visits & Hospitalization:
- Over 90% of OAA Clients have Multiple Chronic Conditions
  - Compared to 73% of general older adult population (age = 65+)
- 69% of Case Management Clients take 5 or more medications daily

OAA Clients are at Risk for Nursing Home Admission:
- 35% of Home-Delivered Nutrition Clients have 3+ ADL Impairments
- 69% of Home-Delivered Nutrition Clients have 3+ IADL Impairment
Aging and Disability Evidence-Based Programs and Practices (ADEPP)

- The interventions selected for an ADEPP review have already been tested through randomized-controlled trials (RCTs) or quasi-experimental studies, and the results published in peer-reviewed journals.
- ADEPP consists of a rigorous review process involving two panels of independent expert reviewers. One set of reviewers assess and rate the quality of research; the other reviewers rate the program on readiness for dissemination.
- The final review summaries provide key information including a description of the intervention, costs associated with the intervention, other citations, and translational work.

- ADEPP inclusion does not constitute an ACL endorsement of specific interventions.
Aging and Disability Evidence-Based Programs and Practices (ADEPP)

Examples:

- EnhanceFitness
- HomeMeds
- Improving Mood—Promoting Access to Collaborative Treatment (IMPACT)
- Programa de Manejo Personal de la Diabetes (Spanish language version of Chronic Disease Self Management)
- Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)
- Tai Chi: Moving for Better Balance
- Wellness Initiative for Senior Education (WISE)
- Program of All-Inclusive Care for the Elderly (PACE)
SEND YOUR COMMENTS by THE END OF JULY to:

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