# Area Agencies on Aging Opportunities for Partnership

# SHIP and Evidence-Based Programs

**The Health Care Strategy**

- Community Clinical Linkages
- Create a referral & follow-up system to Evidence Based Programs

# What are Evidence-Based Programs?

- Developed and evaluated at a research institute
- Proven to be effective in scientific research studies
- Meet highest standards of evidence and fidelity
- Supported by a replicable training structure and curriculum

# Benefits to Community-Based and Health Care Organizations:

- Efficient use of resources
- Facilitation community/clinical linkages
- Better health outcomes
- Fewer hospital and doctor visits and lower costs
- Ease of replicating and spreading programs
- Greater opportunity for varied funding sources

*www.ncoa.org*

Powerful Tools FOR Caregivers

ARTHRITIS FOUNDATION®
Take Control. We Can Help.™

tai ji quan
Moving for Better Balance

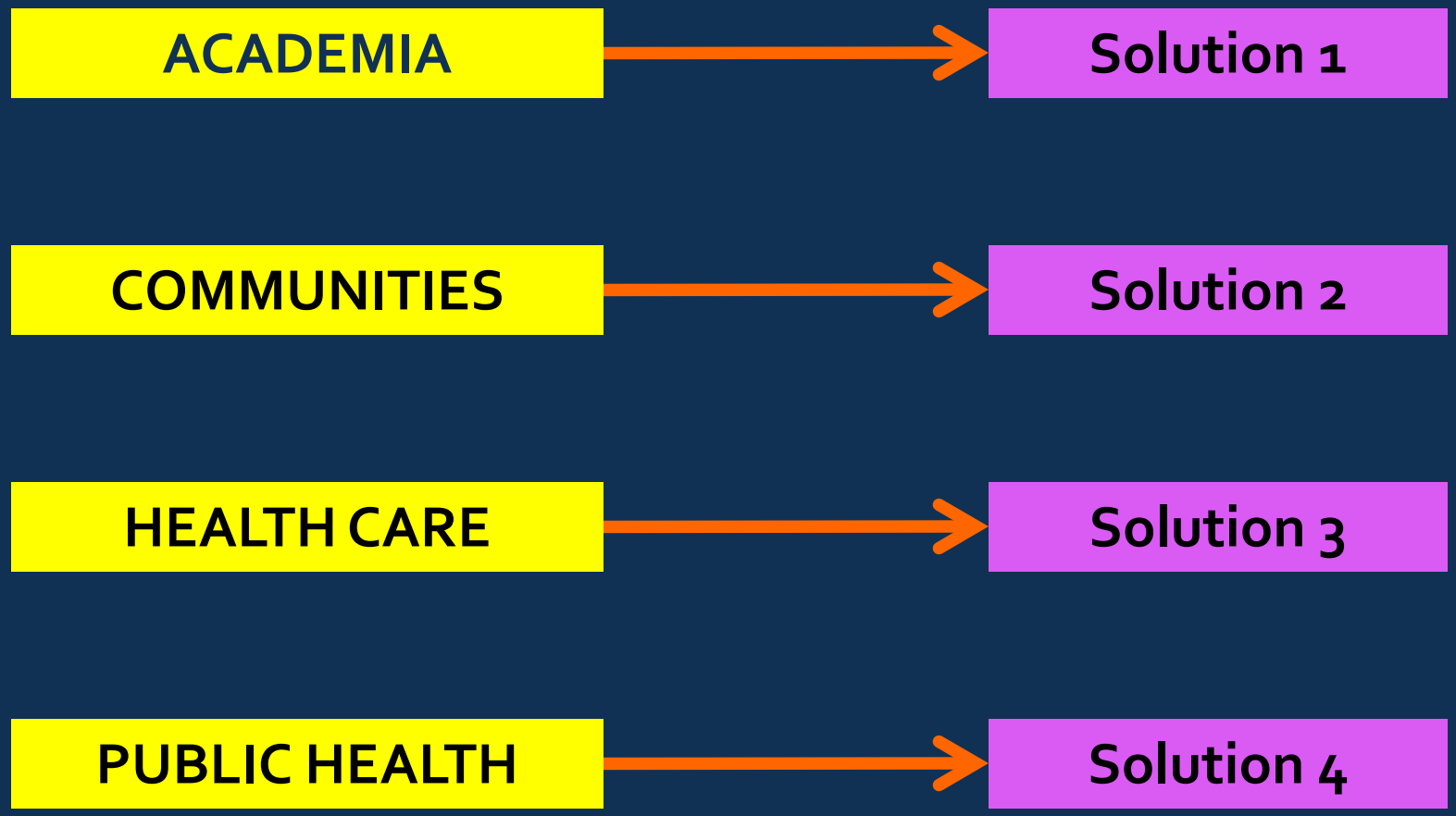
Steps to Healthier Living™

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

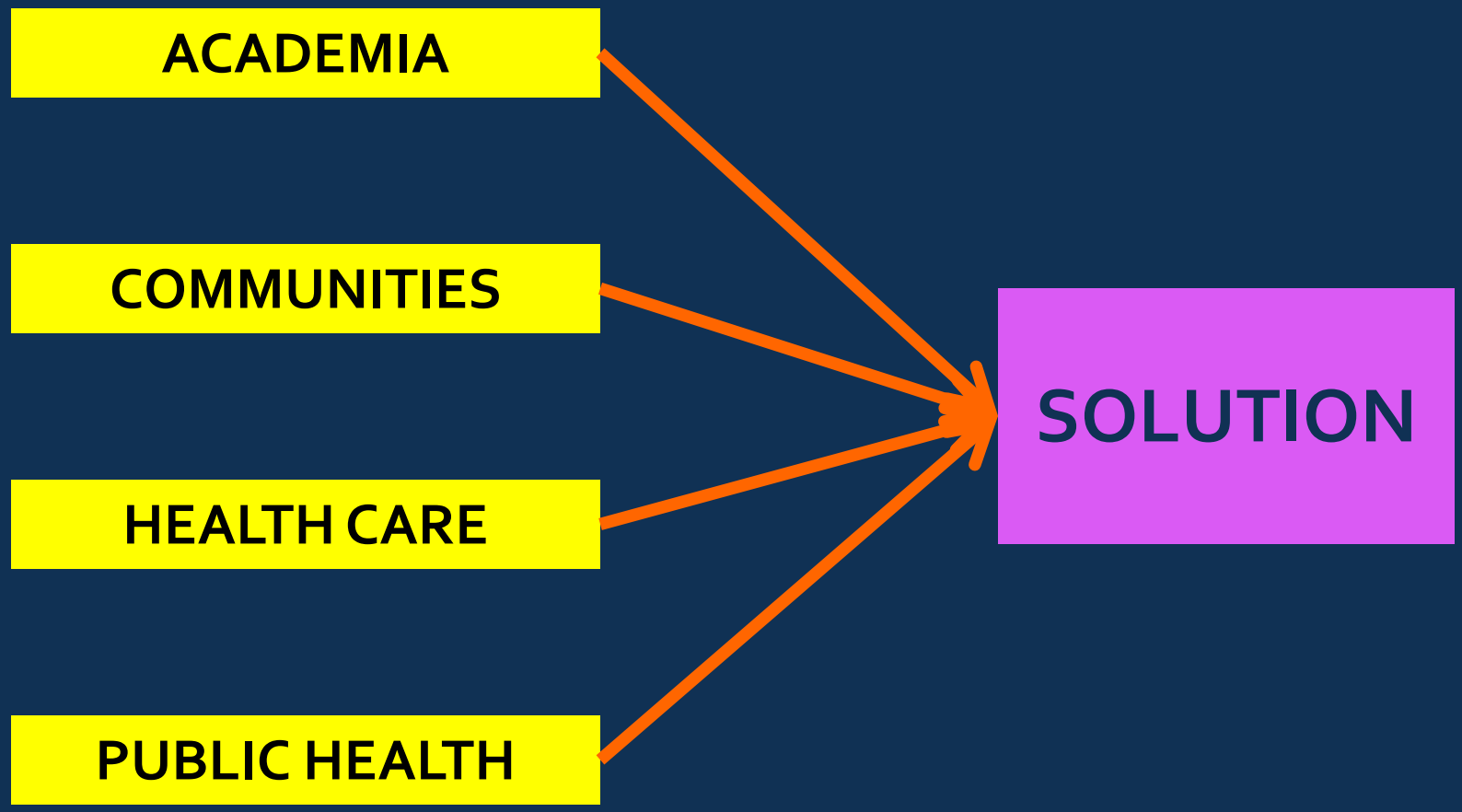
NATIONAL Diabetes PREVENTION PROGRAM

Stepping On

# Solving Problems



# Solving Problems



# Evidence-Based Programs

- Matter of Balance
- Stay Active and Independent for Life (SAIL)
- Tai Ji Quan: Moving for Better Balance
- Arthritis Foundation Exercise Program
- Stepping On

# Evidence-Based Programs

- Living Well with Chronic Conditions / CDSMP
- Tomando Control de su Salud (Spanish CDSMP)
- Chronic Pain Self-Management Program
- Living Well with Diabetes / DSMP
- National Diabetes Prevention Program (DPP)

# The Stanford Suite: Living Well with Chronic Conditions

- Group workshop for adults 18+ with one or more chronic conditions
- Designed to increase confidence & and utilization of self-management tools
- 6 weeks with one 2.5 hr. class per week
- Classes facilitated by a pair of trained leaders

# The Stanford Suite

- Tomando Control de su Salud (Spanish CDSMP)
- Living Well with Diabetes
  - For adults living with Type 2 Diabetes
- Chronic Pain Self-Management Program
- Same structure
  - 6 weeks with one 2.5 hr. class per week
  - Classes facilitated by a pair of trained leaders

# Diabetes Prevention Program
# ICAN Prevent Diabetes

- Group workshop for adults with pre-diabetes
- Designed as a lifestyle change program offering prevention education and support
- 16 Week Class with 8 Monthly Post-core Maintenance Curriculum
- Classes led by a certified lifestyle coach

# Arthritis Foundation Exercise Program

- Group exercise class for seniors with arthritis, chronic pain, or stiff muscles and joints
- Designed to reduce pain and decrease stiffness through gentle range-of-motion exercises, balance and strength exercises.
- On-going, with two 30-minute classes per week
- Classes led by a certified instructor

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Treatment costs of chronic diseases in Minnesota are estimated at $5 billion annually[2]

In 2010, chronic diseases accounted for the seven leading causes of death and 57% of potential years of life lost in MN[1]

Lost productivity from chronic illness adds $17 billion in costs to Minnesota businesses[2]

Community Health and Needs Assessments consistently identify chronic disease management as an area of priority

[1]Minnesota Center for Health Statistics, 2012
[2]Milken Institute, 2007

# Fall Prevention: Matter of Balance

- Group workshop for seniors 60+ who have concerns about falls
- Designed to reduce the fear of falling and increase the activity levels of older adults
- Eight 2-hour sessions offered 1x or 2x per week
- Classes facilitated by a pair of trained leaders

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

# Fall Prevention: Stepping On

- Group workshop for seniors 60+ who have concerns about falls
- Designed to increase participants' confidence in their ability to manage health behaviors that reduce the risk of falling.
- Seven 2-hour sessions offered 1x per week
- Classes facilitated by a pair of trained leaders

# Fall Prevention: Tai Ji Quan Moving For Better Balance

- Group exercise class for seniors 60+ who have concerns about falls
- Designed to help improve balance and reduce the likelihood of falling.
- 12 weeks with two 1-hour classes per week
- Classes led by a certified instructor

# Fall Prevention: Stay Active and Independent for Life (SAIL)

- Group exercise class for seniors 60+ who have concerns about falls
- Designed to reduce the risk of falling by teaching exercises that improve strength and balance
- Ongoing, with three 1-hour classes per week
- Classes led by a certified instructor

# Why Fall Prevention

- Falls are the leading cause of injuries requiring hospitalization and injury-related deaths in Minnesota.
- Older Minnesotans experienced more than 32,000 falls in 2010, causing 690 fatalities and estimated medical costs of more than $275 million.
- By 2020, the national annual cost of fall injuries is expected to reach $54.9 billion.

**Source: "Falls Among Minnesota Adults", Aug, 2012, MN Department of Health*

# Exciting New Initiatives

- Healthy Living as You Age
  - Statewide AAA Grant
  - Opportunities for development and expansion
  - Aims to engage health care providers and insurers in sharing in the cost of the programs
  - Creation of an easy-to-use, online listing of all available Healthy Living classes by type, date and location.

# WellConnect

The Southeast MN Partnership For Community-based Health Promotion

Mission: To facilitate and maintain sustainable clinical-community linkages to evidence-based health promotion programs

# WellConnect

- Clinic-Community Partnerships in SE MN
- SHIP plays a key role
- Integrate referrals to community-based programs into routine primary care practice

*Pooling of resources*

*Alignment of agendas*

*Breaking down of silos*

# Thank you!

We will take questions and discussions after the next speakers

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