

JUNIPER[®]
Your Health. Your Community.

Learning Objectives

By the end of our webinar today, participants will be able to:

- Identify benefits of Juniper program
- Explain how Juniper is serving patients in primary care and public health settings
- Describe how to become a part of the Juniper network



Juniper: Presenters



Mark Cullen, MPA

Vice President of Strategy and Operations at
Innovations for Aging



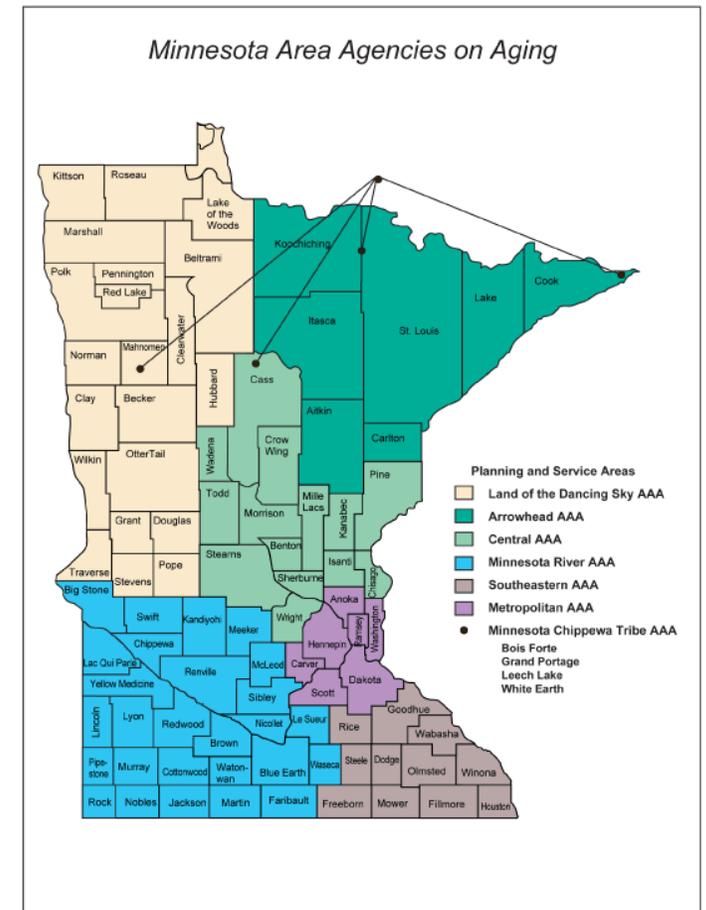
Sara Lindquist, MD

Director of Healthcare Integration at
Innovations for Aging



Juniper: Built by Minnesotans for Minnesotans

- Juniper was created by Minnesota's Area Agencies on Aging in partnership with our provider community
- Juniper leverages the Older Americans Act Title III-D network of providers across Minnesota
- This structure creates opportunity to provide wrap around support for patients' health and social needs

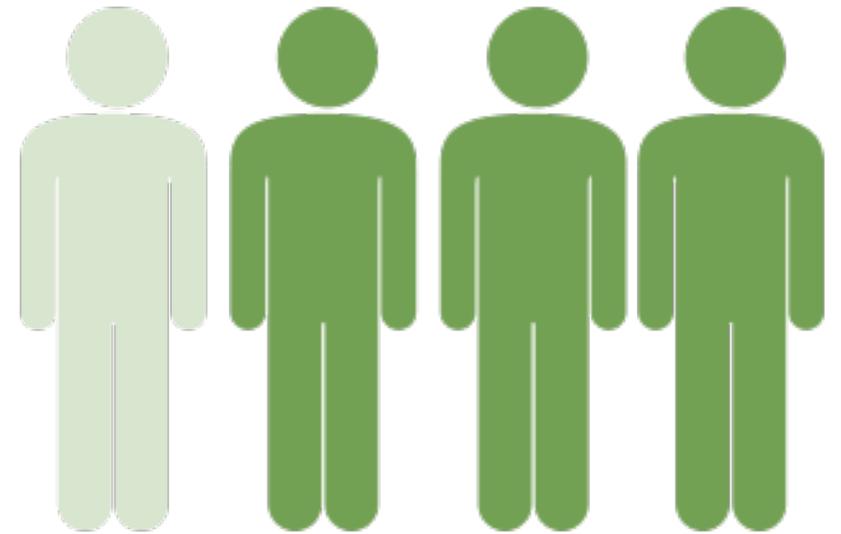


Chronic Disease

The Epidemic of Our Lifetime

1 in 4

Americans live with
multiple chronic conditions

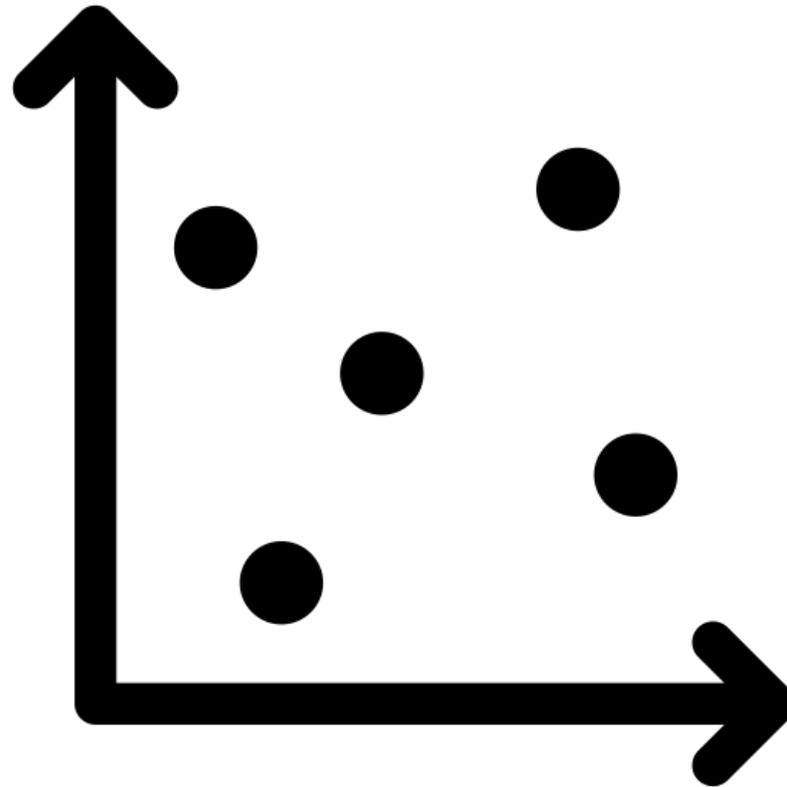


Falls

The leading
cause of fatal
injury among
older adults



Health Literacy and Patient Activation



Evidence-Based Health Promotion Programs

- Manage chronic conditions, prevent falls, foster well-being
- Provide education and fitness instruction
- Build self-management skills
- Improve health
- Engage people in small group workshops
- Does not replace standard medical care

Evidence-Based Self-Management Programs

Two Core Types

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graph TD; A[Two Core Types] --- B[Chronic Disease Self-Management Education]; A --- C[Fall Prevention Programs]
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Chronic Disease
Self-Management
Education

Fall
Prevention
Programs

Chronic Disease Self-Management Education



- 6 week program
- Lay Led, Trained Volunteers
- Follows a specific Methodology

www.selfmanagementresource.com



Fall Prevention



*Moving for
Better Balance®*



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



**Stay Active
& Independent
for Life (SAIL)**

a strength, balance, and fitness class for adults 65+

Stepping  On

© Clemson & Swann (2017)

Benefits of EBHP Programs

Chronic Disease Self-Management Education Programs

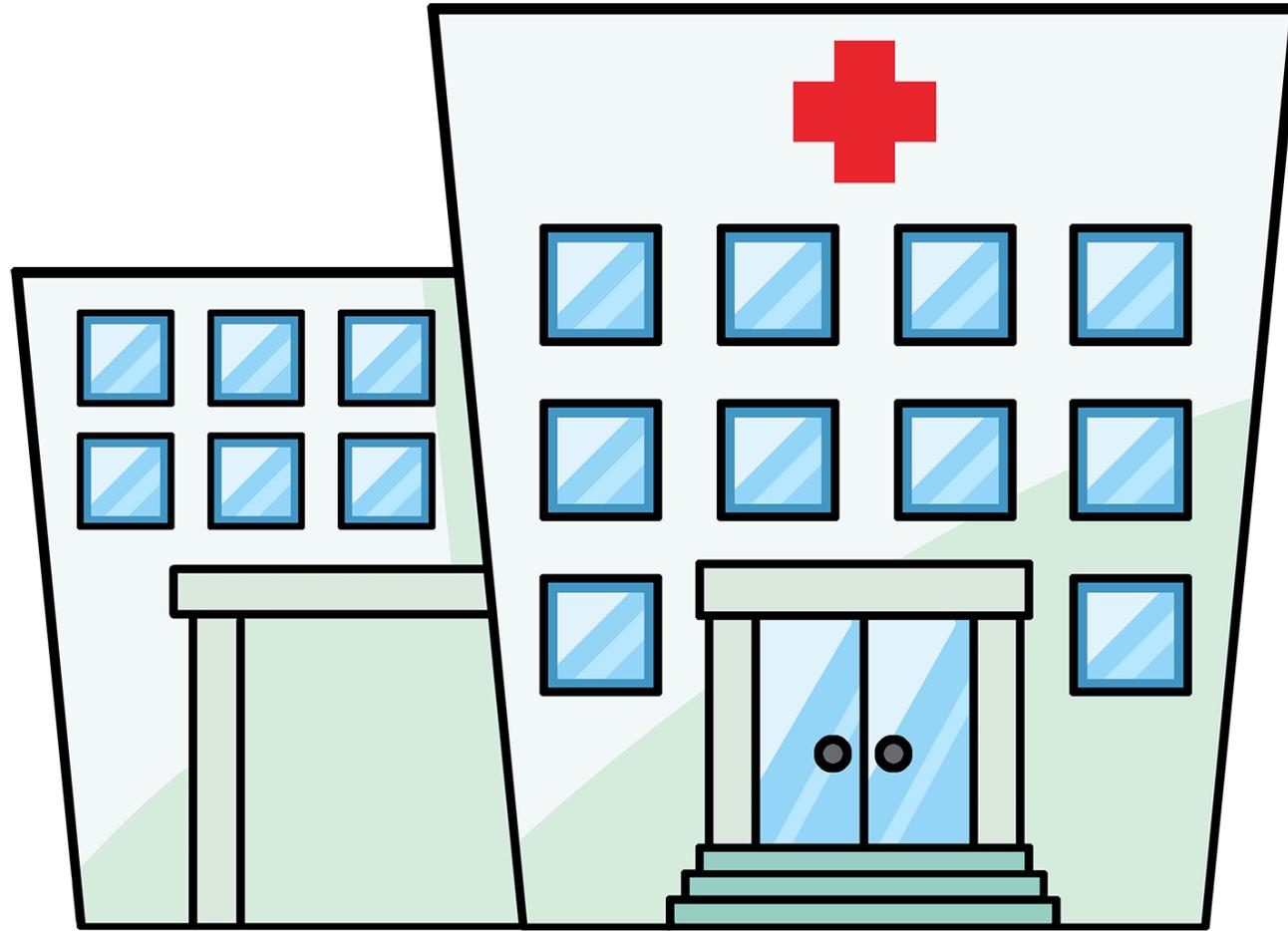
- Improves symptom management
- Improves communication with physicians
- Improves medication adherence
- Improves social activities
- Improves self-reported health

Fall Prevention Programs

- Reduces fear of falling
- Reduces fall rates
- Reduces risk of multiple falls
- Improves balance

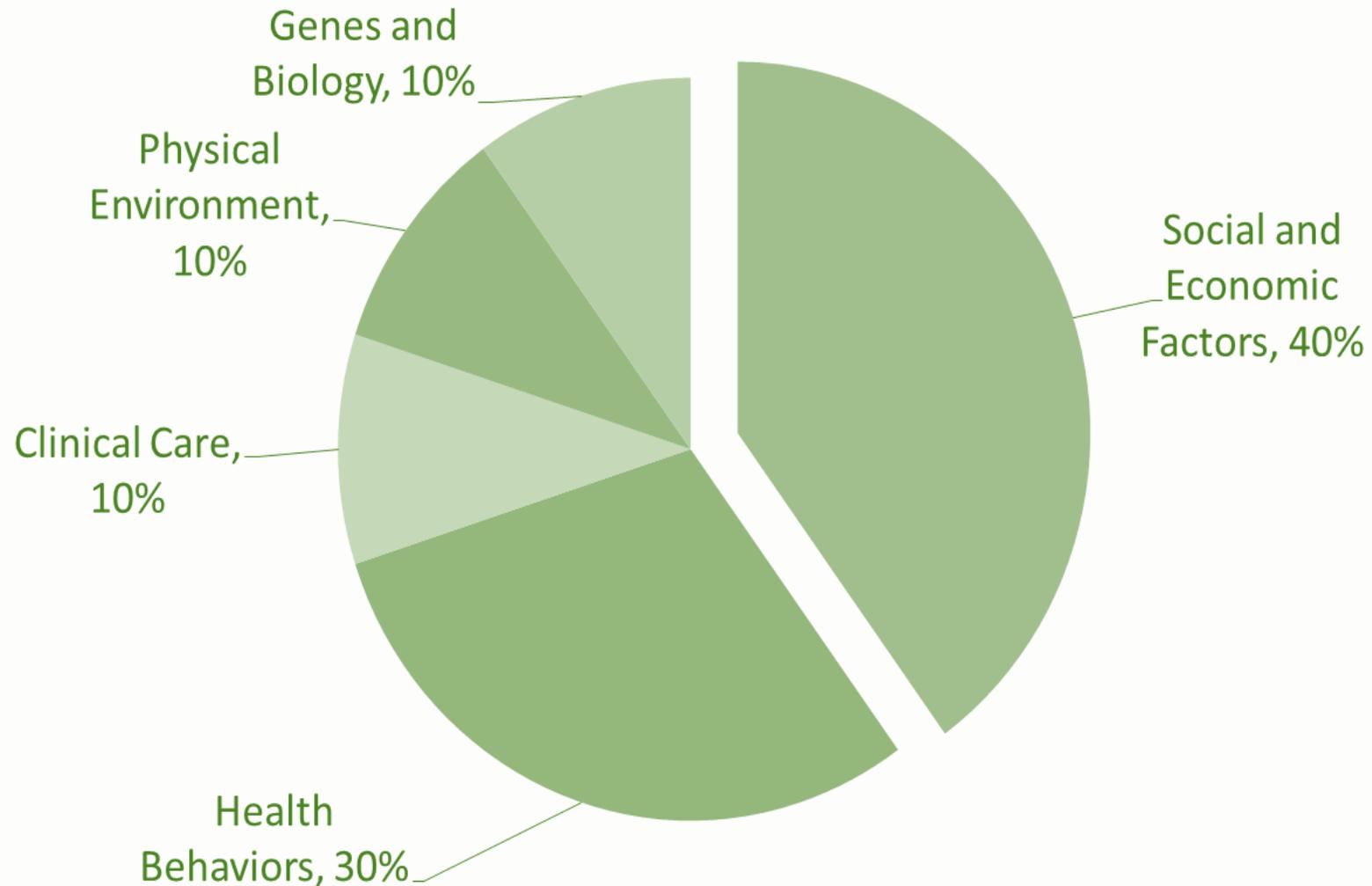
Impact of EBHP Programs

- CDSMP *BMC Public Health* 2013;13:1141
 - Significant reductions in ER visits at 6 and 12-month follow-up
 - Reduction in hospitalizations at 6 months
 - Potential net savings of \$364 per participant
 - Potential national savings of \$3.3 billion if 5% of adults with ≥ 1 chronic condition reached
- DMSP *Journal of Medical Internet Research* 2018;vol.20;iss.6
 - Direct cost savings of \$815
- A Matter of Balance *CMS report to Congress* 2013
 - \$938 in savings per participator with respect to unplanned hospitalization, skilled nursing facilities and home health costs



Most suitable for acutely ill individuals,
not those facing ongoing, chronic issues

What Really Drives Health?



Tarlov AR. Public policy frameworks for improving population health. *Ann N Y Acad Sci* 1999; 896: 281-93.



The Challenge



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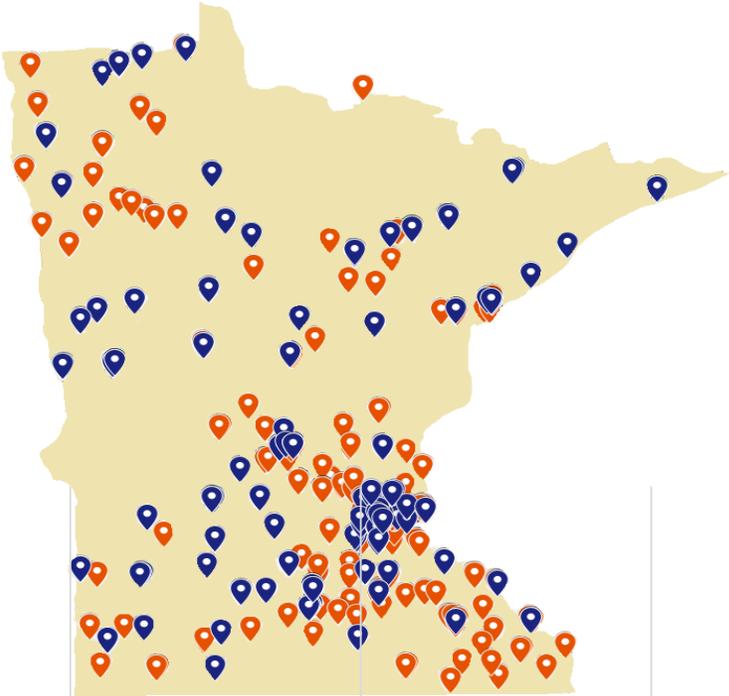
Juniper Data

Number of Network Partners:

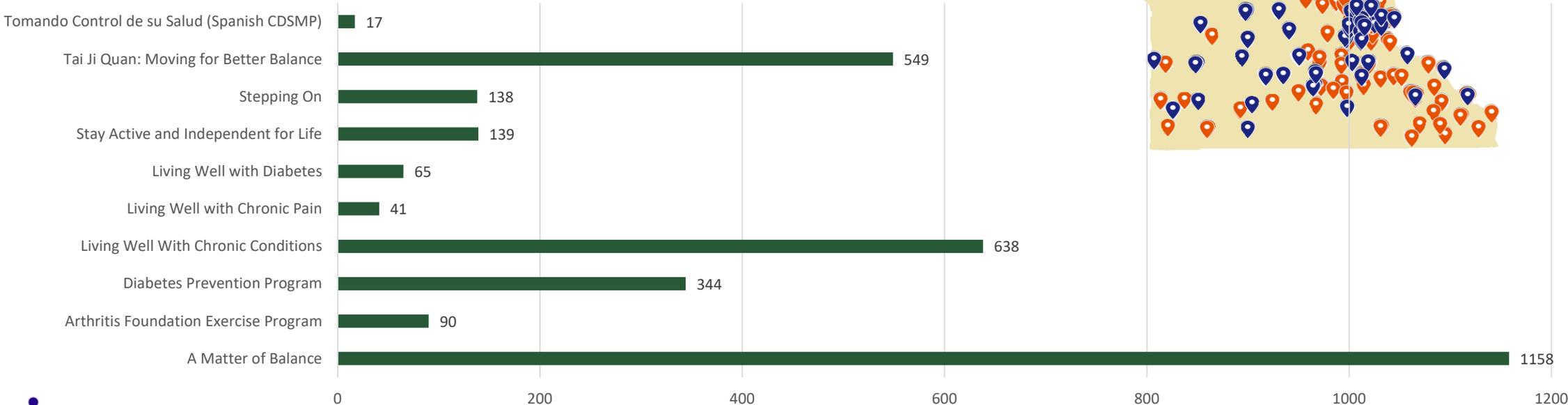
150+

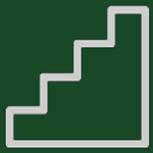
Number of Healthcare Sector Partners:

45



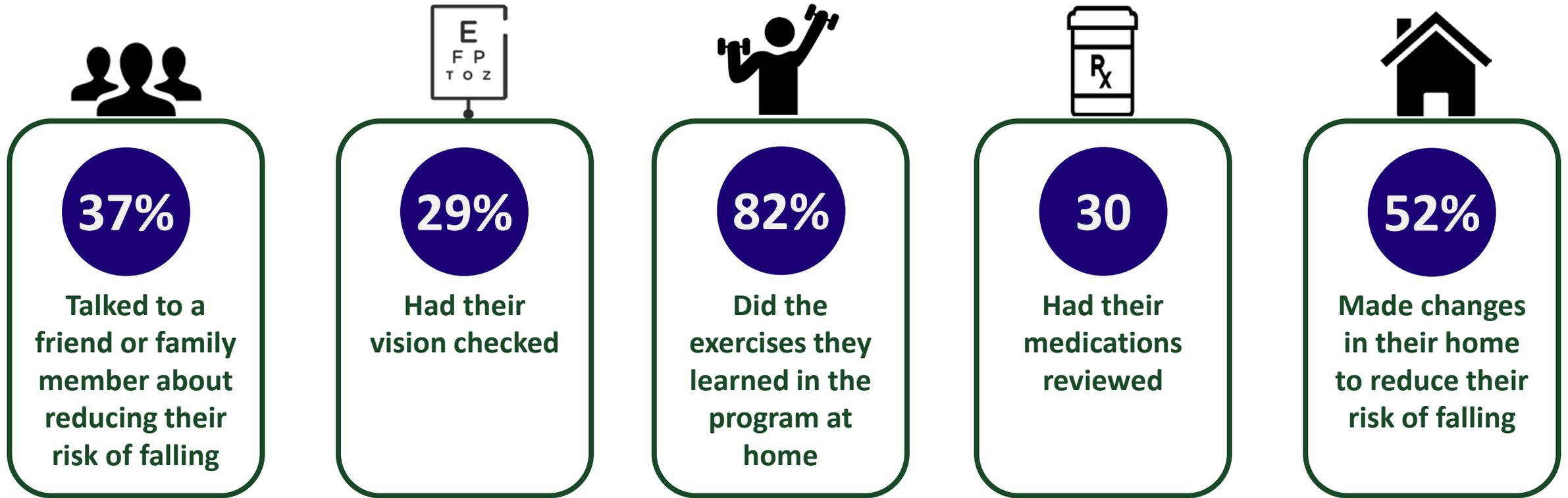
Juniper Completers by Program





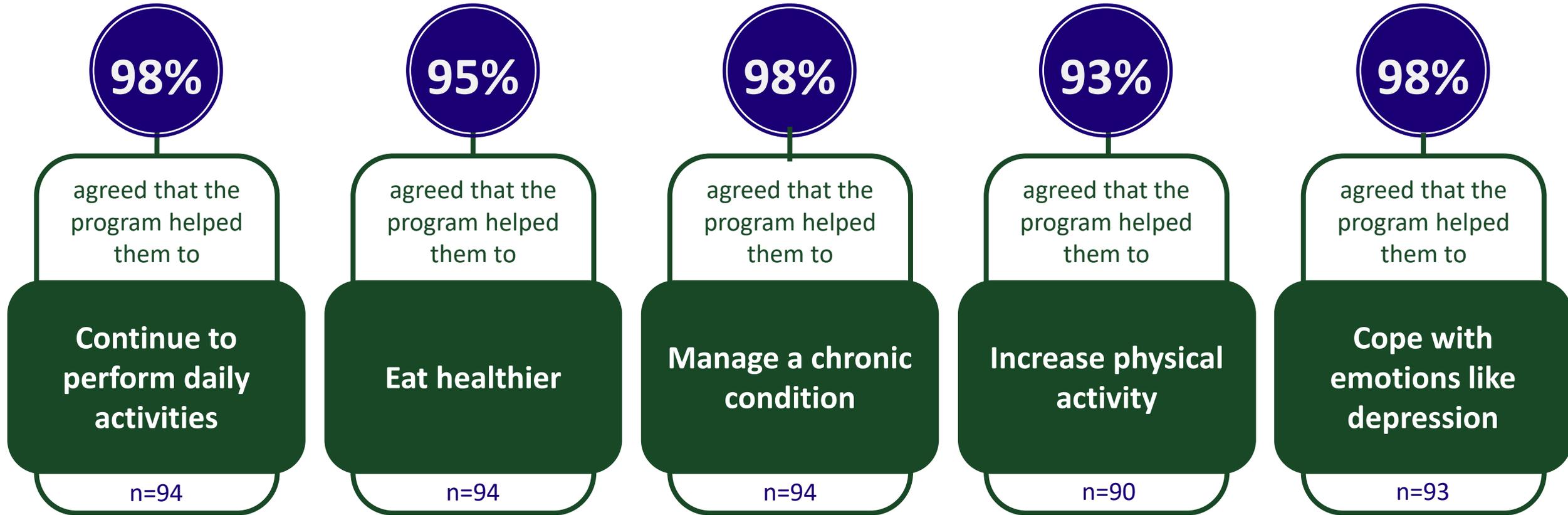
Impact Beyond the Program

After taking a fall prevention class, many participants reported taking steps to reduce their risk of falls





Impact Beyond the Program



Join Us!

- Refer patients
 - Optimize patients for surgical intervention
 - Identify patients most likely to benefit
 - Cost of class is generally free
 - Beginning 1.1.19, classes offered to BCBS and HealthPartners MSHO members for free
 - Work with health plans to identify patients most likely to benefit from programs
 - Example: Blue Cross and Blue Shield of Minnesota in the Willmar area
 - Offer classes in your clinic or community based setting and become a provider in the Juniper network!
-



Website Demo



The screenshot shows the Juniper website homepage. At the top left is the Juniper logo with the tagline "Your Health. Your Community." To the right are navigation links: "Contact Us | Login", "About", "Programs", "Make a Referral", "For Healthcare Providers", and "For Class Leaders". Below the navigation is a search bar with "FIND A CLASS" and "NEAR MY LOCATION" buttons, and input fields for "select class" and "enter zip code". A "SEARCH" button is on the right. The main banner features a photo of people in a community center with the text "Your Health. Your Community." Below the banner is a section titled "Juniper is improving health and wellness in communities across Minnesota" with a "LEARN MORE" button. To the right is a "Features" section with two articles: "Preventing Falls: Just the Latest Obstacle for Ken Hobbins" and "Community-Based Organizations: The Backbone of the Juniper Network".

JUNIPER
Your Health. Your Community.

Contact Us | Login

About Programs Make a Referral For Healthcare Providers For Class Leaders

FIND A CLASS ▶ select class NEAR MY LOCATION ▶ enter zip code SEARCH

Your Health. Your Community.

Juniper is improving health and wellness in communities across Minnesota

Through a network of local leaders, community organizations and health systems, Juniper delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being. If you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, Juniper can support your efforts to live life as fully and independently as possible.

[LEARN MORE ▶](#)

Features

Preventing Falls: Just the Latest Obstacle for Ken Hobbins
Ken Hobbins knows a lot about overcoming obstacles. He was diagnosed with a malignant brain tumor at the age of [...]

Community-Based Organizations: The Backbone of the Juniper Network
The Juniper network is an innovative approach for disseminating health

Website Demo



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[LEARN MORE](#)

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Website Demo

Make a Referral

Do you know someone who could benefit from one of Juniper's health promotion classes? Whether you are a friend, a relative, or a health professional, it's easy to make a referral. When you refer someone to one of Juniper's classes, they will be contacted by a representative in their area within three business days. The representative will help them find a class that best fits their needs.

Please fill out the form completely. For more information about Juniper classes, please call us toll free at 1-855-215-2174.

*Required

Name of Person Being Referred

First *

Last *

Date of Birth

Phone *

Email

Doctor

Health system of person being referred *

Address Line 1

Address Line 2



Continue the Discussion Online

Connect with your peers on the LMS Discussion Board! Log into the MDH LMS, click Browse Training, and click Communities icon (left menu) to join. Reply to this question or start a new topic!

What suggestions do you have for identifying and engaging patients who would benefit from participating in the Juniper program?



Contacts & Resources

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www.metroaging.org

Sara Lindquist, MD, Innovations for Aging

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www.metroaging.org

Juniper: A Resource for Chronic Disease Management, Falls Prevention and Community Health

www.health.state.mn.us/healthreform/homes/collaborative/lms.html

