Massachusetts Healthy Aging Collaborative Update and Vision

Walter Leutz, Ph.D.
Associate Professor

Nicole, Schneider, M.S.W., M.A.
Ph.D. Candidate

Heller School of Social Policy and Management
Brandeis University
The Talk

• The collaborative’s model of healthy aging
• Progress and current status
• A practical model for going forward
• Reflections on where we’ve come
Ingredients of Healthy Aging

Older adults will
- Lead meaningful lives
- Be pro-active about health
- Be socially engaged
- Be physically active
- Feel safe and secure
- Have good diets

And... Communities will support older adults to achieve these goals
Issue Brief 3

Questions:
• What's happened in MA with HA in last 3 years?
• What is the “collaborative”?
• How do we move forward?

Methods:
• Review of minutes, reports, proposals, policies
• 14 interviews
What’s happened in 3 years?

- Meetings: Steering committee and subcommittees
  - Communities
  - Evidence-based programs
  - Public awareness
- Leadership: State agencies, THPF, providers, advocates, and others
- Broad and loyal participation
- Funding: key federal grants
Healthy Living Center of Excellence

- Hebrew Senior Life & Elder Services of Merrimack Valley
- Statewide network of Evidence-based HA programs
- Key support from EOEA
  - Aging network agencies organize and host classes
  - 2,784 CDSM participants in ARRA grant
  - New ACL(AoA) funding through 2015
Healthy aging communities activities

• DPH leadership and restructuring to support healthy communities
  • New Division of Prevention and Wellness
  • Grants from CDC and others support Mass in Motion in 52 communities

• Local healthy communities models
  • Brookline CAN
  • Boston Moves for Health
A two-part practical model to move forward

1. A statewide system of evidence-based programs
2. A model for fostering healthy communities
A Model for a System of Evidence-Based Healthy Aging Programs

Healthy Living Center of Excellence
- Statewide infrastructure
- Training, TA, marketing, contracts, billing, QA, schedules & enrollment on website

Regional Lead Agencies & local EB Program Providers
- Organization & agencies varies by region, e.g. COAs, Y’s, ASAPs, coalition

Other Referrals
- Self
- ADRC
- AGE-INFO line

Health Care Providers
- Medical care, ASAPs
- Refer, pay(?)
- Welcome empowered patients

State Agencies - EOEA & DPH
- Funding
- Policy support
A Model for Healthy Aging Communities

Public agencies
- Council on Aging
- ASAP/AAA
- Health Department
- Schools, police, etc.

Private organizations
- Faith communities
- Service providers
- Recreation & culture
- Advocacy/service organizations

Outside HA funding & programs
- State & federal
- Foundations
- Purchase of services

Healthy community components
- Exercise
- Safe sidewalks
- Healthy food
- Accessible services
- EB programs
- Purposeful engagement
- Lifelong/all ages alliances

Community involvement
- Advocacy
- Civic engagement
- Support networks

MA HA Collaborative
- Website
- HA Report Card
- Meetings
Reflections on questions from Issue Brief 1

• Question 1: Will the partners in this system collaborate?

• Answer: Yes
  • Not through making a unified plan and getting funds
  • Yes through meeting, sharing, proposing, building pieces, finding funding, and commitment to the vision
Reflections

• Question 2: Will the health care system pay?

• Answer: Not yet, but that’s OK for now
Question 3: Can the Aging Network maintain this infrastructure?