

# Healthy Aging in the Commonwealth: Pathways to Lifelong Wellness The HSL Perspective

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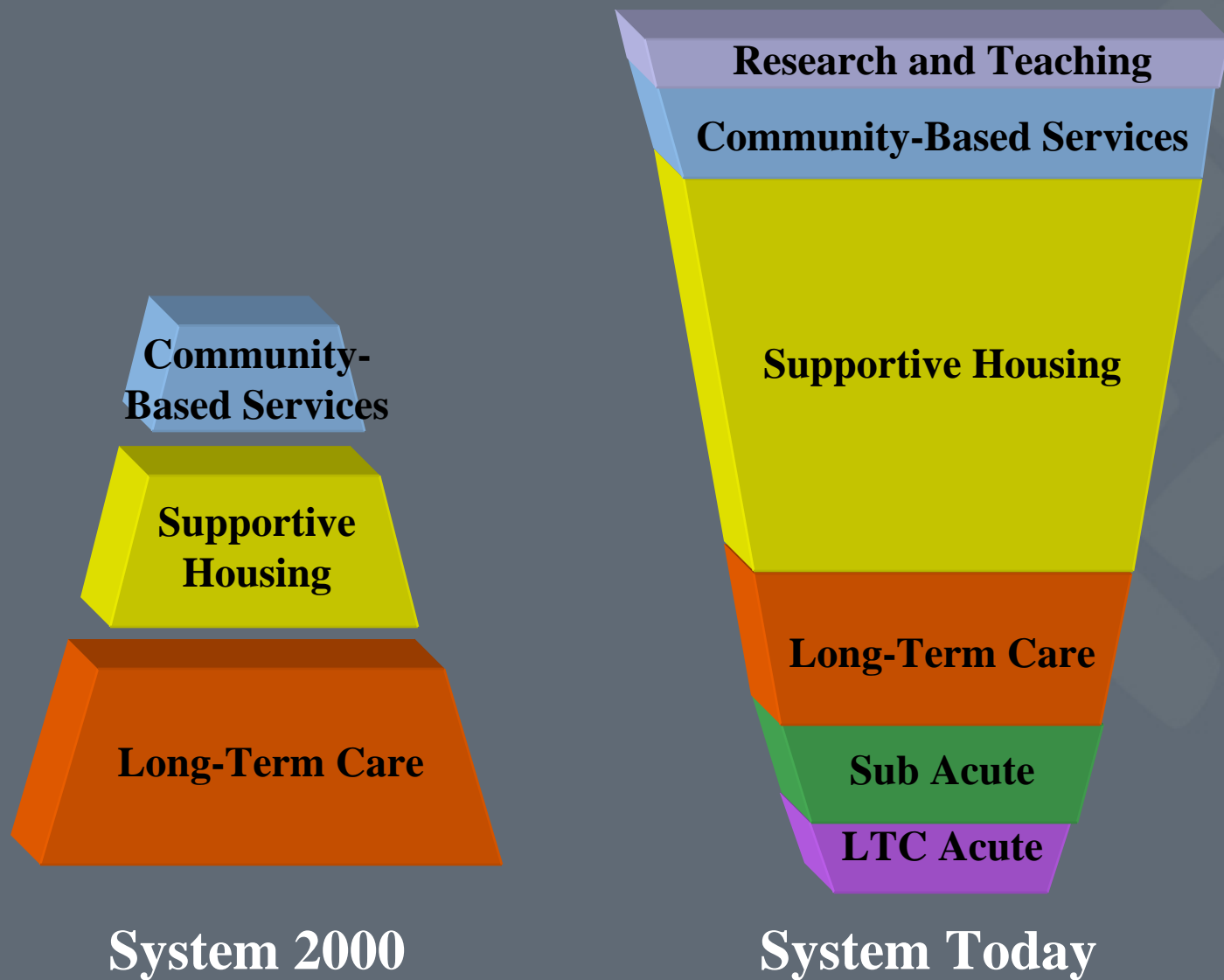
# Hebrew SeniorLife System

- Integrated 8 site system of senior housing & health care.
- Serving more than 4,500 seniors annually in the Greater Boston area—of all faiths, races and creeds.
- Largest provider-based geriatric research facility in the United States.
- Outstanding staff of geriatricians – teaching affiliate of Harvard Medical School.
- HQ for Harvard Medical School Geriatric Fellowship program.
- Teach over 750+ students annually



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# A new paradigm of senior care



# Chronic Care Model



# Barriers Connecting with Health Care Providers

- Clinicians are very busy and are hard to engage
- Clinician behavior is regarded as relatively hard to influence and practice styles vary
- Changing clinician behavior requires understanding how physicians prescribe, refer and communicate

# Seek to Understand the Health Care Provider

- Measurement and scientific method is the rule
- Evidence-based decision making is the “standard of care” for health care providers
- Outcomes are critically important to demonstrate value and effectiveness
- Evidenced-based approaches and initiatives have been lacking in the vast majority of CBO

# Breaking Down Silos between Medical and Aging Service Network Providers

- Develop an understanding of what is needed by medical care community to help them succeed
- Develop programs that are well-established, accessible and on going
- Need to find physician champion(s)-opinion leader
- Feedback to the providers of medical care the outcomes that occur
- Develop coalitions focusing on healthy aging initiatives- invite medical care providers
- Build programs and they will come

# CBOS Engaging Physicians with Evidenced-Based Programs

- Marketing programs smartly
  - Keep it simple
  - Available and accessible
- Be Prepared to Answer
  - “What is the evidence”?
  - “Will it really work for my patients”??
  - “What is in it for me” (WIIFM)?





# Talking Points to the Medical Community and Physicians

- National initiative AoA, CDC, AHRQ, CMS
- State governments agencies are leading this change
- Improve quality of care and satisfaction
- Increase demand for provider's services
- PQRI \$ now attached to medical care practice
- Posting of outcomes of providers by payers

# Chronic Care Model for Healthy Aging at HSL

Upstream ↔ Midstream ↔ Downstream

Independent Living

Assisted Living

Long Term Care

Primary Care

Acute & Post-acute

Long-term

Wellness, EBP  
Collage, Prevention

EBP & care, Medical  
Home, Transitions

Palliative Care/EOL

Institute for Aging Research - Informs and changes our practice  
Educate the next generation of providers, our patients and families

# Upstream Approach at HSL for Healthy Aging

- Collage
- Evidence-Based Programs
  - Healthy Eating for Successful Living
  - CDSM
  - Matter of Balance
  - Fit for Your Life Program

# What are the Goals of <sup>tm</sup> Collage?

- Establish a well elderly data repository<sup>tm</sup> to develop evidence-based wellness and intervention programs for staying independent longer
- Provide recommendations to residents for reducing the effects of diseases or disabilities
- Expand residents' involvement in their health care planning
- Improve health care outcomes for older adults
- Us of Community Health Assessment Tool

# Measuring Impact of Wellness Program: Collage

- A system using standardized assessment tools and data-driven reports to improve service provision and facilitate quality improvement and service planning
- An industry-led venture sponsored by:
  - Hebrew SeniorLife/Institute for Aging Research
  - Kendal Outreach, LLC
  - With collaboration by *interRAI*
    - An international organization of clinicians and researchers
    - Holds copyright to assessment tools ([www.interRAI.org](http://www.interRAI.org))
- A national consortium of cutting-edge service providers



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# Community Health Assessment as Basis for an Individualized Wellness Program

Ideal vehicle for creating partnership between older adult and community-based staff to develop individualized plan of wellness-care:

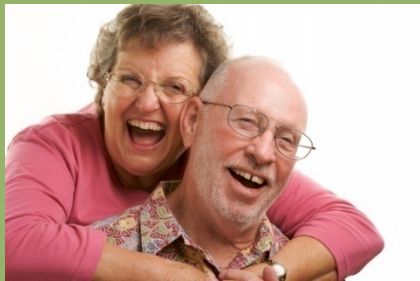
- Clinical Assessment Protocols (CAPs) provide evidence-based recommendations for maintaining health and function
- Community staff can act as “health coach”
  - negotiating realistic goals
  - eliminating barriers
  - incorporating preferences and unique history in tailoring a plan consistent with the needs and preferences of the older adult

# The Healthy Eating™ Workshop



Evidence-based model program sponsored by the National Council on the Aging (NCOA)

Developed in Massachusetts with funding from John A. Hartford Foundation in 2005



Led by two trained lay leaders following a scripted text



Weekly interactive sessions for six weeks with 8 to 14 participants per class

Supported by Nutritionist or Dietician

*Healthy Eating for Successful Living in Older Adults*

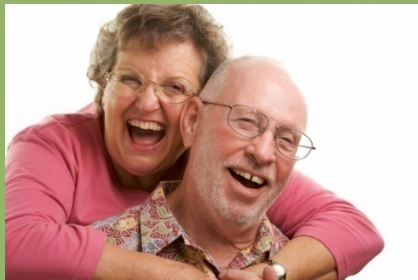


# Main Components



## ■ Nutrition and Health Education

- MyPyramid™
- Label Reading and Portion Control
- Importance of Physical Activity
- Availability of Community Resources



## ■ Behavior Change Techniques

- Goal setting
- Problem-solving



## ■ Self assessment

## ■ Socialization and Group Interaction

*Healthy Eating for Successful Living in Older Adults*





# The Healthy Eating™ Workshop



Week 1: Introduction to MyPyramid, Label Reading, Portion Control & Exercise

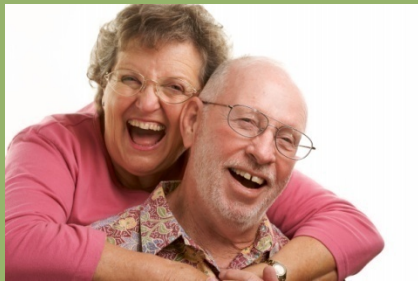
Week 2: Grains, Vegetables, Fruits, Water & Exercise

Week 3: Meat, Eggs, Legumes, Milk & Exercise

Week 4: Fats, Sweets & Exercise

Week 5: Skills Practice - Grocery Shopping

Week 6: Skills Practice - Meal Preparation or Cooking Demonstration



Healthy Eating Luncheon (Optional)



*Healthy Eating for Successful Living in Older Adults*



# Participant Objectives



- Learn how to incorporate heart and bone healthy choices into their life
- Understand the importance of physical activity at any level



- Practice incremental behavior change by setting reasonable long and short term goals to improve health
- Utilize self management techniques and community resources to solve problems related to common nutrition issues (cost, transportation, availability)

*Healthy Eating for Successful Living in Older Adults*



# Participant Benefits



## Upon Completion of the Program ....

**80% of participants changed their diet or behavior to make “healthy” food choices or include physical exercise in your daily routine**

87% of participants used MyPyramid to help manage their nutrition

87% of participants used behavior change techniques (goal setting and problem-solving) to help manage their nutrition

57% of participants made exercise changes as a result of the Healthy Eating™ program



# Four Tenets For Optimal Healthy Aging

- State of the art evidenced-based healthcare and chronic disease management:
  - safe, accessible, timely, effective, equitable, patient centered
- Personal Responsibility and self management
- Supportive environment
- Purpose in life, value perceived