

COLLAGE Integration Within *Orchard Cove*



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Orchard Cove
Hebrew SeniorLife

Orchard Cove Hebrew Senior Life (HSL)

Orchard Cove, CCRC in Canton, MA

- 227 Independent Living Apartments
- 28 Assistance in Living Studios
- 45 Skilled Nursing Beds



Sponsored by Hebrew SeniorLife

The largest provider of elder
care in the Boston metropolitan area.

The COLLAGE Interview

- One interviewer per site
- All questions are now asked one-on-one
- Initiated 2009, utilized in Independent Living
- Resident interview
 - During month of birth for current residents
 - Completed annually or with change in health/wellbeing
- Voluntary

COLLAGE Assessment Tool

- Evidence-based
- Comprehensive – over 20 health/wellness areas
- Focused on individual
 - Needs
 - Interests
 - Experiences
 - Preferences
 - Challenges



Interview Outcomes within Domains of Wellness

- **Vocational/Occupational:** using unique gifts and talents
- **Spiritual:** search for meaning and purpose
- **Physical:** physical activity
healthy nutrition
mental balance
- **Intellectual:** creative, stimulating
mental activities
- **Social:** interdependence
between people
- **Emotional:** managing and
accepting feelings



Data Use and Program Development

Individual Residents

- Medical risks
- Fitness needs
- Social Work/Chaplaincy
- Support groups
- Targeted activities
- Self management groups



Data Use and Program Development (con't)



Community Wide

- Target self management support groups
- Develop evidence-based programs
- Target thematic classes
- Identify external resources
- Plan use of physical space

COLLAGE Data and Wellness Planning

- Identify/compare
 - Top ten diagnosis
 - Healthy aging trends
 - Fitness data



Tracking and Measuring

- Formal: COLLAGE Reports
 - JasperServer
 - Benchmark through Consortium of Organizations
- Informal: Coach Tabulation
 - Track Indicated Needs
 - Track Individuals Interested in Activities and Services



Program Development

- Self Management Programs
 - Chronic Disease Self-Management Program: “My Life, My Health”
- Evidence-based Programs
 - *Healthy Eating for Healthy Aging*
 - *Matter of Balance*
- Support Groups
 - *Low Vision*
 - *Care Giving*
 - *Bereavement*



Targeted Data Questions

- Short Term Memory Problem
- Hearing
- Falls
- Pain
- Adequate Sleep
- Close Friend in Community
- Primary Caregiver
- Depressed Due to Recent Loss

Program Development (cont')

Social Activities:

- Chorus resumed with two annual performances
- Croquet, not Bocce
- Memoir Writing, not Genealogy
- Weekend Trips to Beaches,
Farms, Vineyards, Cultural
Events



Program Development (cont')

Special Presentations

- “Eye Care As We Age”
- “What Every Man Should Know About His Overall Health”
- “You and Your Back”
- “Cardiac Wellness as We Age”



Orchard Cove has utilized COLLAGE as the base to support a comprehensive wellness initiative.

