



Using Data to Advance Healthy Aging - BeWell

Denise Dickinsen, Vice President, Planned Growth & Development



South Carolina Care Continuum



§ *Active Lifestyle*

§ *Assisted Living*

§ *Skilled Nursing &
Rehabilitation*

§ *Memory Support Care*

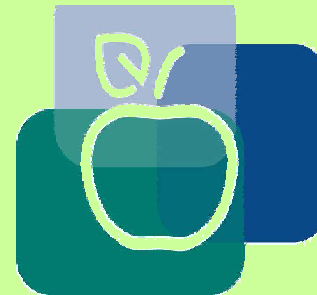
- Assisted & Skilled

§ *End of Life Care*

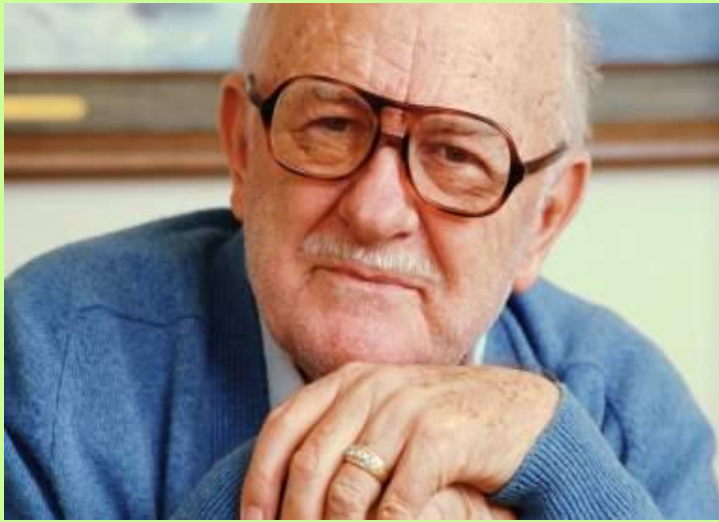
§ *Non-medical*

In-home

Services



Operational Goals



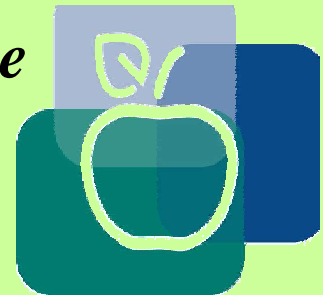
§ Achieve strategic plan goals for mission critical activities and operational objectives:

§ The Wellness Initiative

§ Improve process for resident entry and transition within CCRC by utilizing standardized scientific assessment tools

§ Maintain status as premier provider of with innovative wellness programming

§ Enhance care delivery systems



Where We are Going

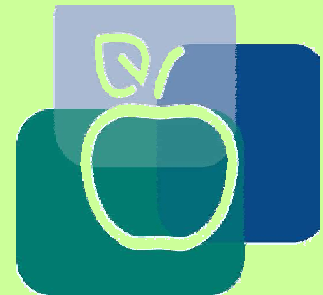
§ *Person-centered vs. Programmed*

§ *Wellness vs. Illness*

§ *Social Model vs. Medical Model*

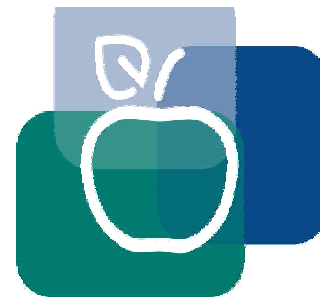
§ *Custom vs. Institutional*

§ *Personal Services vs. “Private Duty”*





An innovative program by
Lutheran Homes of South Carolina



Conceptual Framework

PREVENT

*Avoid disease &
disability*

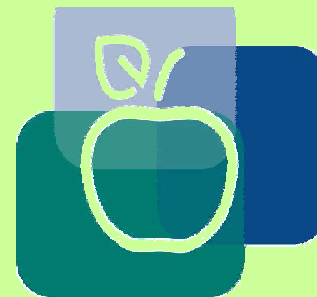
MAINTAIN

*High physical
& mental
functioning*

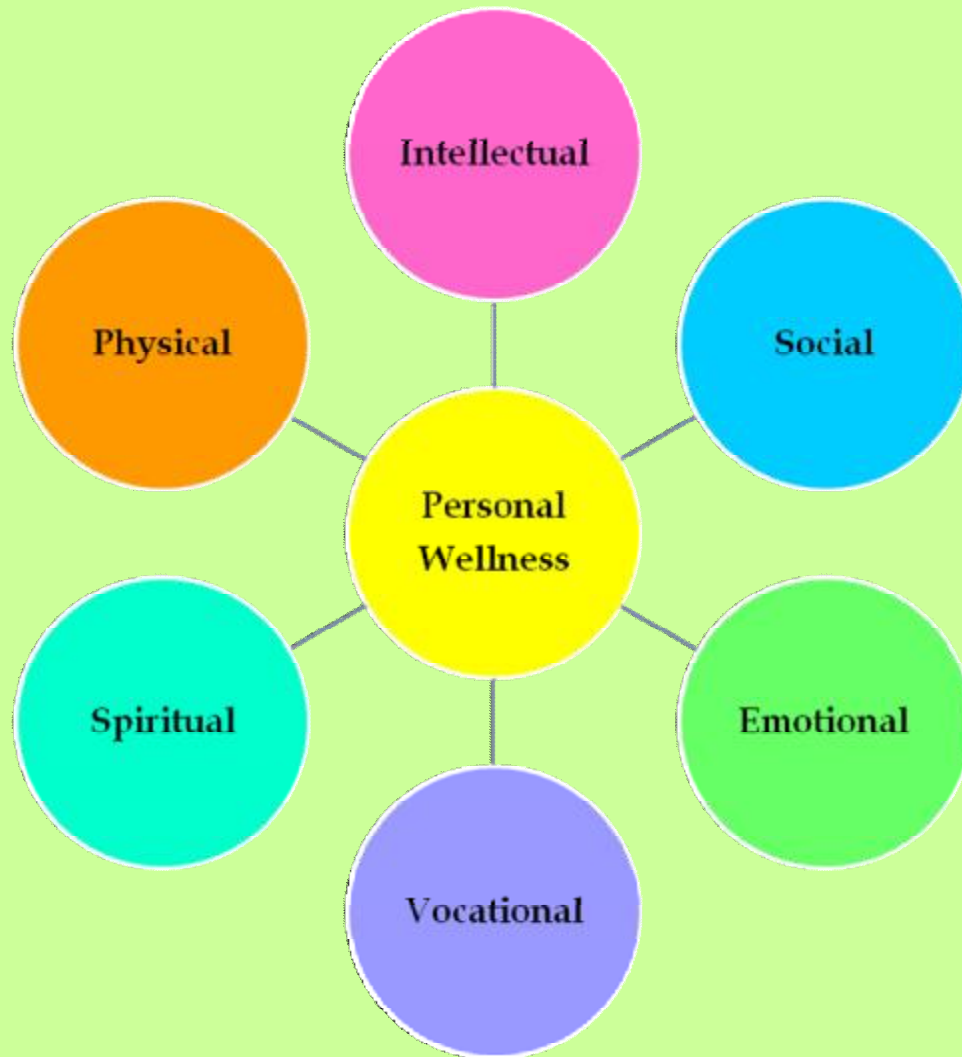
ENGAGE

*Continue to
engage with life*

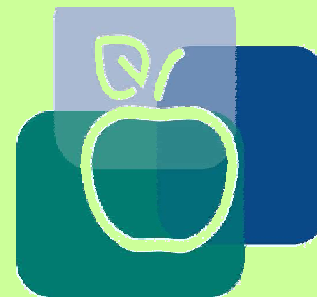
*The MacArthur Foundation
Study of Successful Aging*



Conceptual Framework



*National
Wellness
Institute's
Six
Dimensions
of Wellness*





National Wellness Institute

Six Dimensions of Wellness

1. *Intellectual*

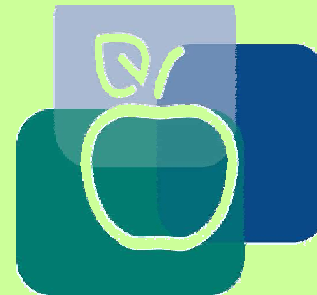
- Promotes expansion of knowledge through resources and cultural activities

2. *Social*

- Fosters creation and maintenance of healthy relationships
- Fosters positive interaction within the CCRC to improve the welfare of residents

3. *Emotional*

- Emphasizes awareness and acceptance of one's feelings.
- Reflects the degree to which persons feel positive and enthusiastic about life





Six Dimensions of Wellness

4. Vocational

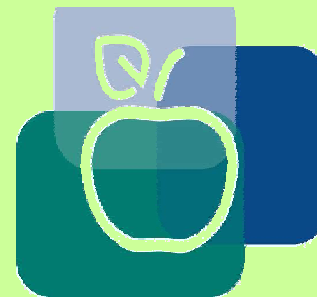
- Encourages development of new skills through meaningful activities

5.. Spiritual

- Involves development of personal values and ethics.
- Promotes the seeking of meaning and purpose in human experience.
- This area is self-determined

6. Physical

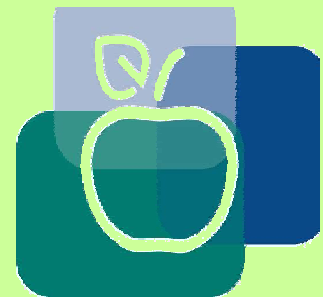
- Promotes activities to increase
 - Ø muscular strengthening
 - Ø cardiovascular endurance
 - Ø flexibility
- Encourages healthy lifestyle habits





COLLAGE

The Art & Science of Healthy Aging



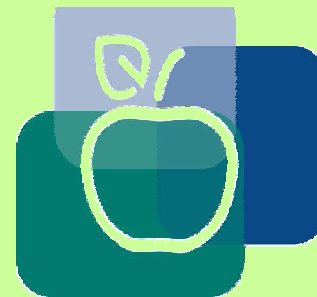
Wellness: The Collage Definition

§ Wellness-

The active process of becoming more aware of, and making choices toward, a higher level of well-being.

§ Wellness

exists in the presence of disability, illness, frailty and cognitive limitations at any level of service, and involves adaptation along the health and wellness continuum.



Getting Started

§ *Activate the membership*

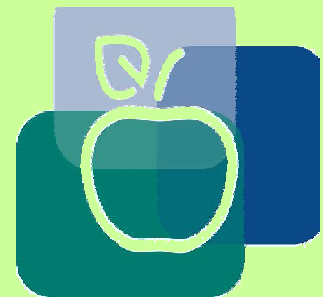
§ *Top Priority*

- Strategic plan

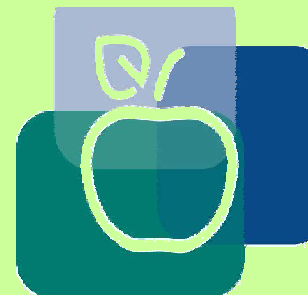
§ *Training, Training & more Training*

§ *Encouragement vs Mandatory Resident Participation*

§ *Assessment due dates*



Share and Share Alike



Can We Talk?



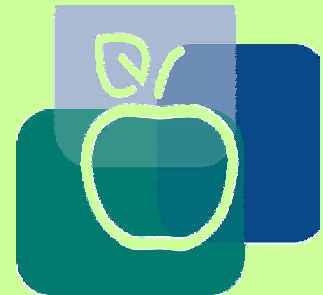
*Framework for
“listening”*

§ 700+ conversations

- *Getting to know you*

§ Record information

§ Initiate
collaborative goal
setting

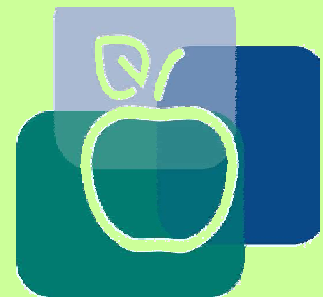


The COLLAGE Assessment Suite

- 1. Well Elderly – independent living*
 - 2. Home Care*
 - 3. Assisted Living*
- ...and more*

§ *Community Health Assessment aka CHA*

- Ø identifies health risks & services needed
- Ø facilitates appropriate entry & transition within CCRC



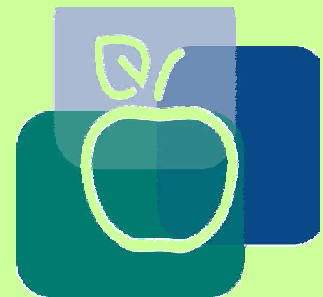
Domains in the Community Health Assessment (CHA) and Supplements

- § *Cognition*
- § *Communication*
- § *Vision*
- § *Mood and behavior*
- § *Social functioning*
- § *ADLs/IADL function*
- § *Continence*
- § *Current disease diagnoses*
- § *Health Conditions*
- § *Preventive health measures*
- § *Nutrition and hydration*
- § *Oral/dental status*
- § *Skin condition*
- § *Informal social support*
- § *Environmental/home safety*
- § *Service utilization*
- § *Medications*
- § *Socio-demographics*



What are CAPs?

- § *Clinical Assessment Protocols*
- § *Identify possible needs for additional assessment or intervention*
- § *Cover issues that are common to older adults or pose a severe risk*
- § *Help both clinicians and participants to focus on key issues*
- § *Not intended to automate service planning!*



CAPs in the CHA

§ *Functional Performance*

- ADL rehab potential
- IADLs
- Health promotion
- Institutional risk

§ *Sensory Performance*

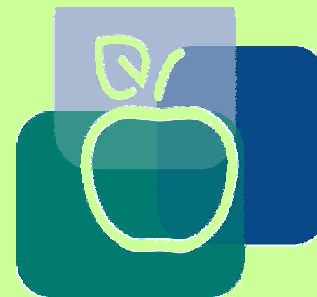
- Communication disorders
- Visual function

§ *Continence*

- Bladder management
- Urinary incontinence

§ *Mental Health*

- Alcohol dependence, hazardous drinking
- Cognition
- Behavior
- Depression and anxiety
- Elder abuse
- Social function



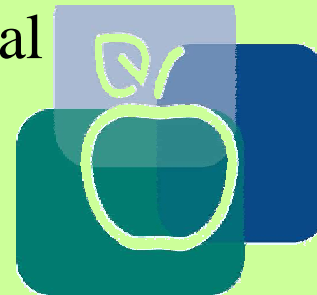
CAPs in the CHA

§ Health problems & syndromes

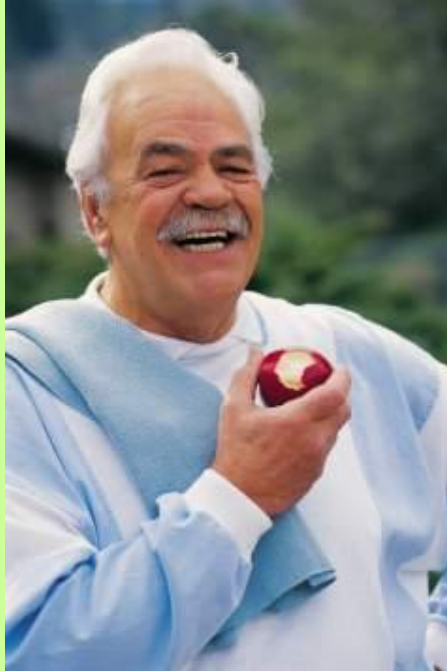
- Cardio-respiratory
- Dehydration
- Falls
- Nutrition
- Oral health
- Pain
- Pressure ulcers
- Skin and foot conditions

§ Service oversight

- Adherence
- Brittle support systems
- Medication management
- Palliative care
- Preventive health measures
- Psychotropic drugs
- Reduction in formal services
- Environmental assessment

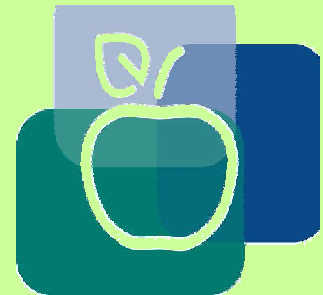


Wellness Assessment



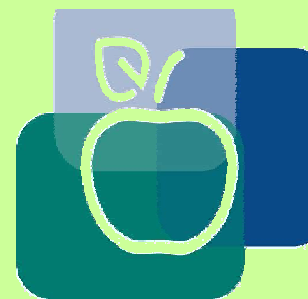
*Looks at wellness
from the perspective
of the person being
assessed*

- § *Pilot, in 1st revision*
- § *Good candidate for self-assessment*
- § *Will add CAPS and further correlate with the CHA*



Domains in the Wellness Assessment

- § *Exercise*
- § *Recreation*
- § *Practices*
- § *Nutrition*
- § *Sleep*
- § *Relationships*
- § *Emotional*
- § *Memory*
- § *Spiritual*
- § *Wellness Goals*

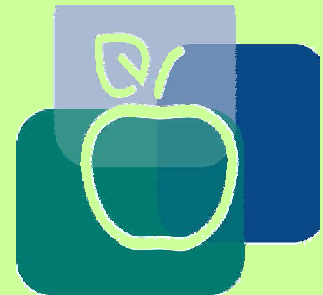


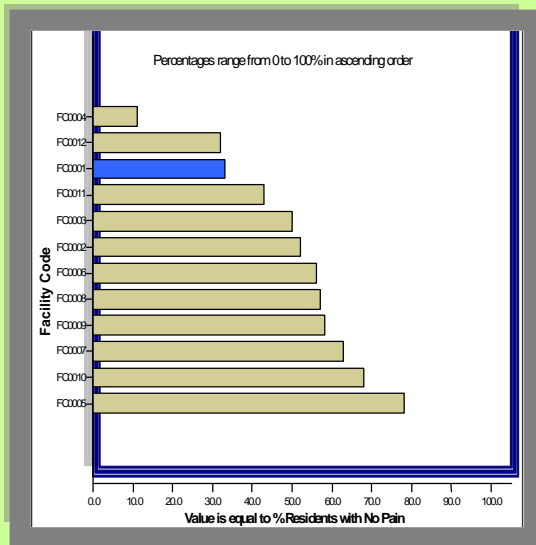
Do the Cha Cha Cha

§ *Review data*

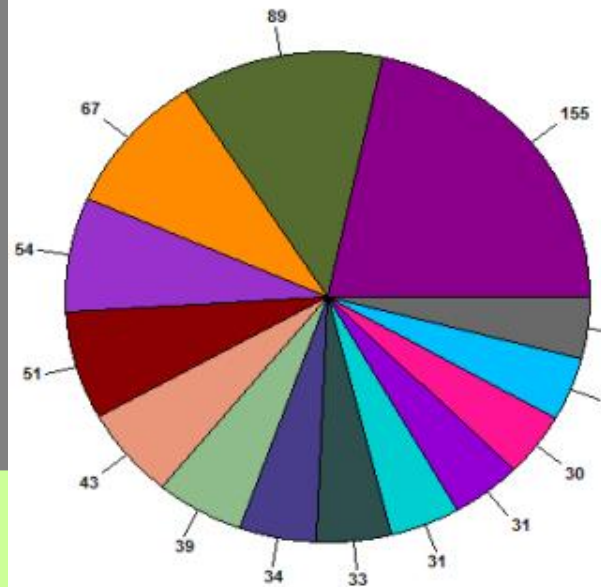
§ *Identity opportunities for programming*

§ *Creative minds, compassionate hearts, and skilled hands*





Aggregate Report - CHA Medications (Based on 321 current asses



My Healthy Aging Plan has identified the following areas where improvement might be possible. I will work with my health care professionals in the coming year to look for ways to improve those areas that have been marked "Yes".

Possible Areas for Improvement		Comments
Hearing	Yes No	
Vision	Yes No	
Hats and Balance	Yes No	
Pain Symptoms and Control	Yes No	
Tobacco	Yes No	
Alcohol	Yes No	
Bladder Continence	Yes No	
Preventative Treatments and Procedures		Comments
You have not had the following preventative procedures and treatments within the recommended time period.		
Blood pressure measurement in last year	Yes No	
Colonoscopy test in last 5 years	Yes No	
Dental exam in last year	Yes No	
Eye exam in last year	Yes No	
Hearing exam in last 2 years	Yes No	
Influenza vaccine in last year	Yes No	
Mammogram or breast exam in last 2 years	Yes No	
Pneumovax vaccine in last 5 years	Yes No	
Clinical Assessment Protocols (CAPs)		Comments
Physical activity promotion	Yes No	
Mood	Yes No	
Social relationships	Yes No	
Dehydration	Yes No	

§ Individual

§ Aggregate or group

§ Group comparative

National Repository

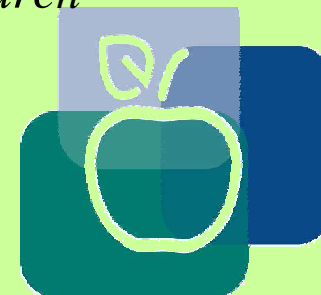
HEALTH/MENTAL HEALTH STATUS			
Item	Member	Consortium	Comparison
Health Promotion/Maintenance			
Blood Pressure measured in last year	93%	97%	92%
Colonoscopy Exam in last 5 years	61	67	59
Dental Exam in last year	85	88	78
Eye Exam in last year	79	85	77
Influenza Vaccine in last year	85	91	72
Mammogram in last year (for women)	46	48	18
Pneumovax Vaccine in last 5 years	65	69	52
Health Issues			
Falls: two or more in last 90 days.	13%	14%	31%
Pain: one or more periods of pain each day over last three days.	15	23	51
Weight Loss: either 5% unintended weight loss in last 30 days or 10% in last 180 days.	5	4	9
Bladder Incontinence: daily episodes of incontinence with some control, e.g., during the day, or always incontinent.	7	7	18
Indicators of Depression			
Where behavior was exhibited at least once in last thirty days prior to assessment			
Feeling Sad or Depressed	8%	9%	20%
Persistent Anger	4	5	9
Repetitive Complaints	2	3	8

§ *Rich source of information for learning about outcomes*

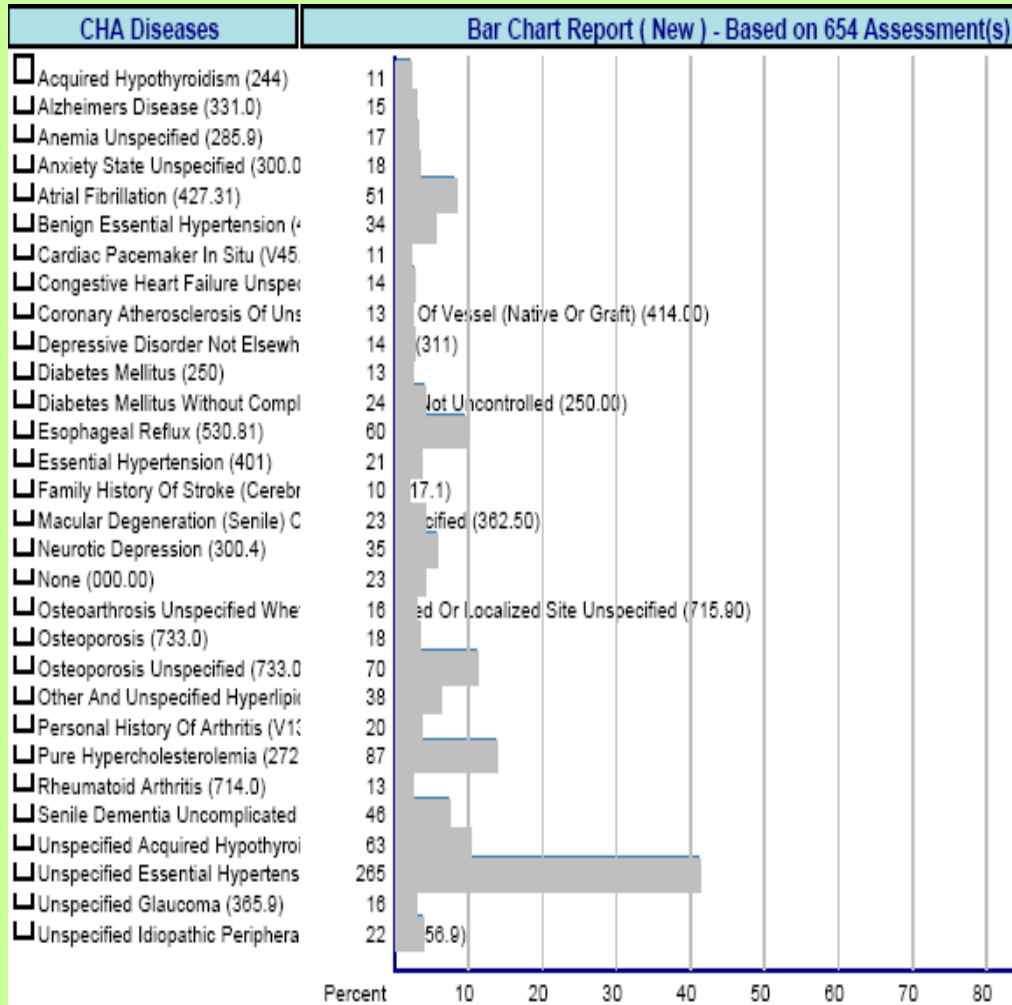
§ *Client assessment information automatically transmitted*

§ *Semi-annual group comparative reports generated for members*

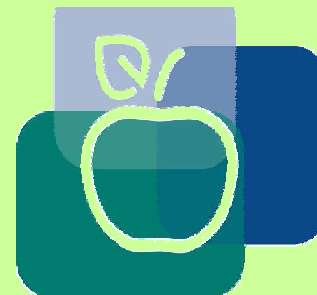
§ *Housed at Institute for Aging Research*



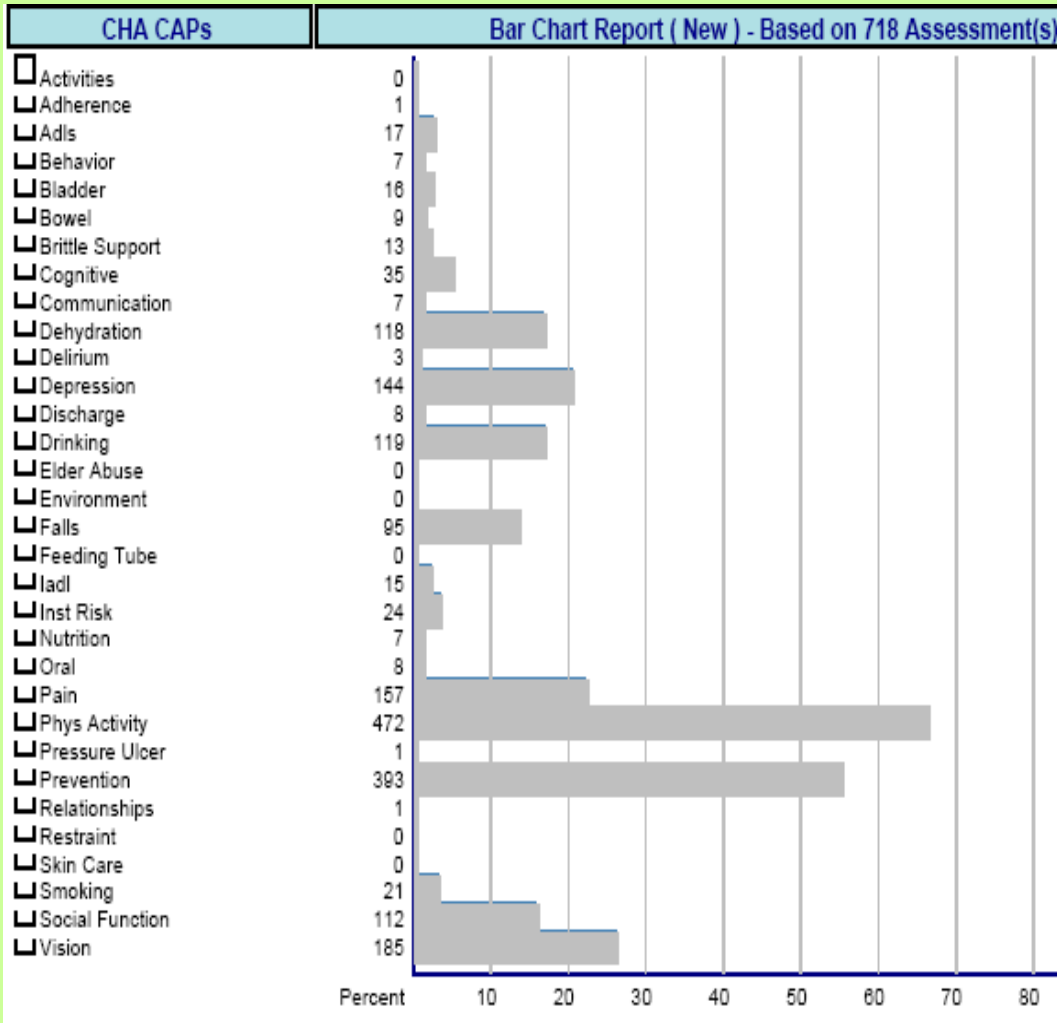
CHA Disease



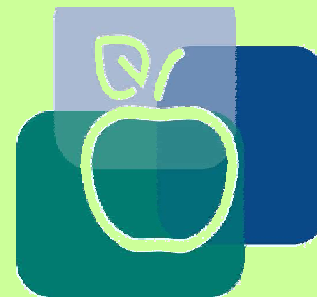
- Hypertension related
- High cholesterol
- Osteoporosis
- Arthritis



CHA CAPS



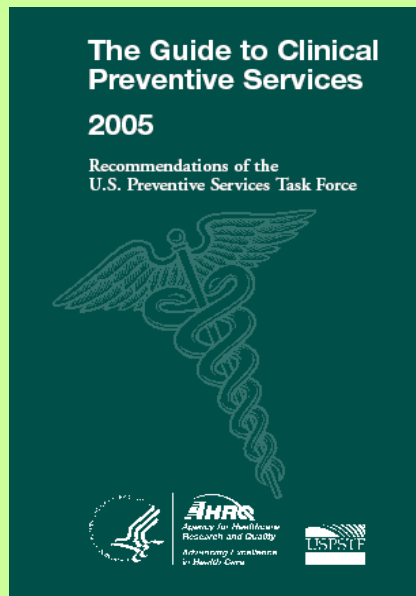
- *718 assessments*
 - *472 Physical Activity*
 - *393 Prevention*
 - *185 Vision*
 - *157 Pain*
 - *144 Depression*
 - *118 Dehydration*



***PREVENT** Chronic Disease*

§ *Putting Prevention into Practice*

§ *Credible Referral and Program Development Sources*

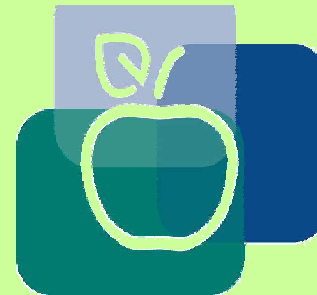


§ *Screening Clinics*



§ *Health Guides*

§ *Preventative Prescriptions*



Chronic Disease Self- Management Program

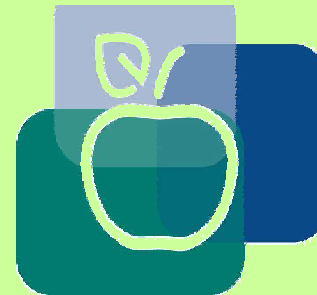


Collage data chronic conditions such as hypertension (49%), heart disease (10%), diabetes (5%), and arthritis (8%).

at Stanford University School of Medicine

- 2 ½ hr weekly workshop,
- six weeks

- § Participants learn proven techniques for self-management of chronic conditions:
- § techniques to deal with problems such as frustration, fatigue, pain and isolation;
- § appropriate exercise for maintaining and improving strength, flexibility, and endurance;
- § appropriate use of medications
- § communicating effectively
- § nutrition
- § evaluating Rx



It's a Matter of Balance



Collage data indicates that falls are a health risk concern for 13%

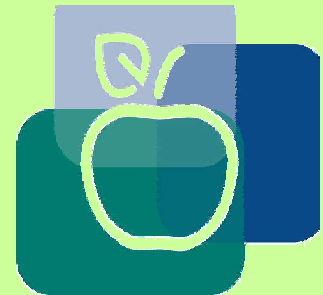
§ Program based upon research conducted by Roybal Center for Enhancement of Late Life Function at Boston University

§ Reduce the fear of falling

§ Increase activity levels

§ 18 trainers certified

Bi-annual classes for six weeks.



Healthy Aging Plan

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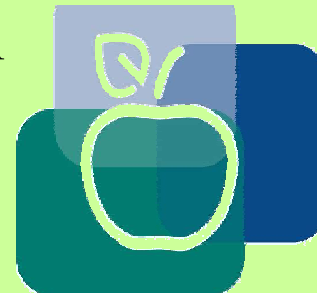
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Clinical Assessment Protocols (CAPs)		Comments
Physical activity promotion	Yes No	
Mood	Yes No	
Social relationships	Yes No	
Dehydration	Yes No	

§ *Customized wellness plan with personal interventions*

§ *Tool to guide physician visits*

§ *Personal goal setting*

- Aha moment
- Residents didn't have wellness goals
- Staff did not know how to write them



MAINTAIN High Physical & Cognitive Function

BeWell Educated

§ Wellness Wednesdays

- BeWell Lecture Series

§ BeWell Aware

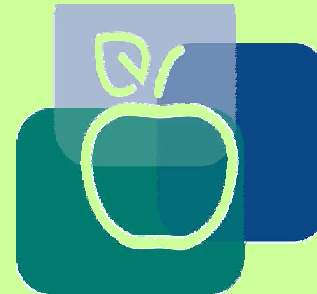
- Newsletter
- Monthly Wellness Pamphlet
- Calendar



§ Annual BeWell Resource Fair

§ 1:1 Wellness Nurse Counseling

§ BeWell Connected Resource Kiosks

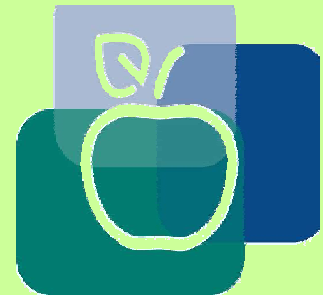


Computer Classes



§ Computer 101 classes

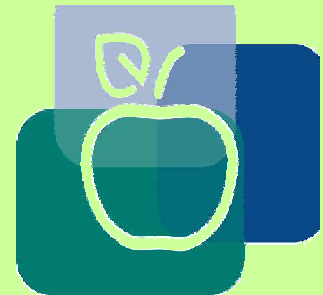
- Grant funding
- University partnership



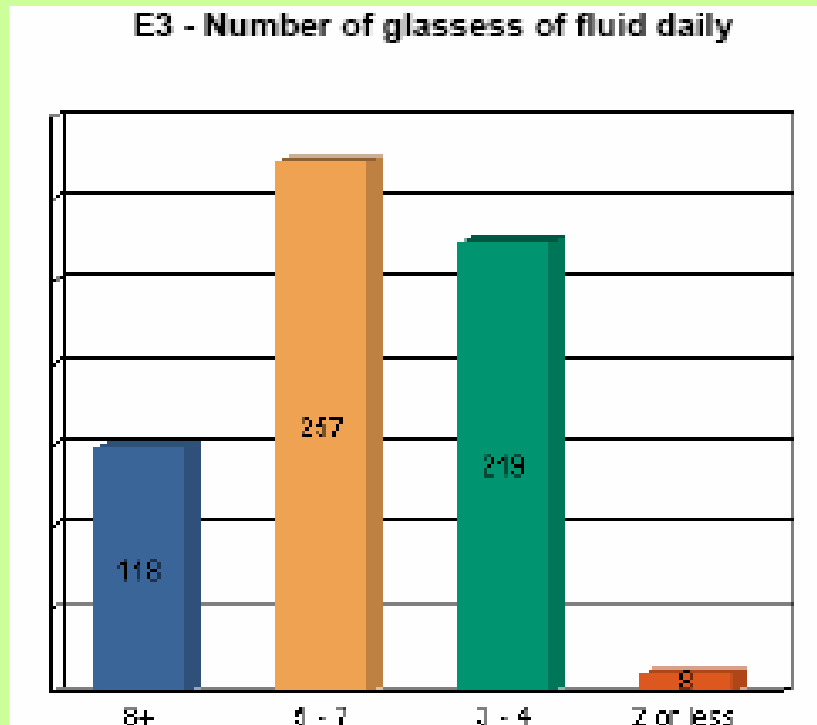
Wellness – Hypertension



- § *Blood pressure clinics*
- § *BeWell blood pressure fact cards*
- § *No added salt on menu*
- § *Low salt entrees*
- § *Nutritional counseling by Registered Dietician*



Wellness - Section E3 –Nutrition

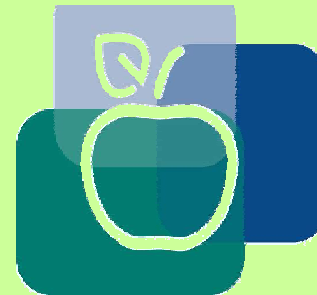


Number of Glasses of fluid per day

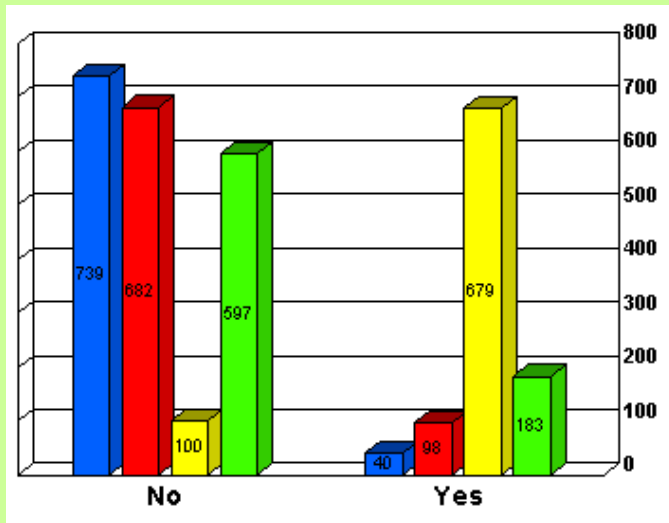


Residents were dehydrated!

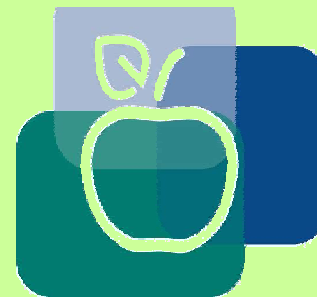
Water Campaigns



Wellness - Nutrition



- E1 - Weight loss issues
- E4 - Are you on a special diet
- E5 - Are you eating a healthy diet
- E6 - Interested in improving diet



BeWell Healthy Nutritional Choices



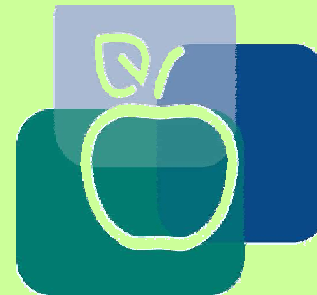
*Food Service
Directors are the
secret ingredient!*

§ *183 interested in improving
their diet*

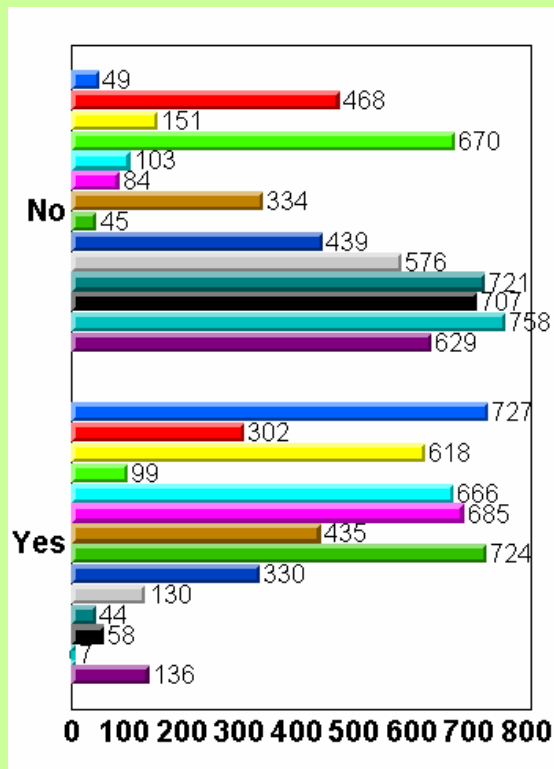
§ 87 High cholesterol

§ BeWell educated

- Monthly heart healthy recipe calendar
- Table tent facts
- Heart healthy menu items
- Nutritional counseling



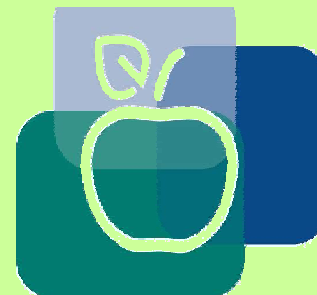
Wellness -Emotional



330 enjoy well-being from volunteering

§ ENGAGE

- Creating civic engagement opportunities
 - Ø On & off campus
- Volunteer Fair
- SERVE seniors eager to respond to volunteer endeavors
- Formalizing Volunteer Programs



Wellness - Section B - Exercise and Physical Fitness

B3 - Are you satisfied with your fitness level

B4 - Interested in improving fitness level

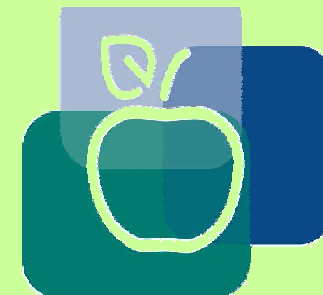
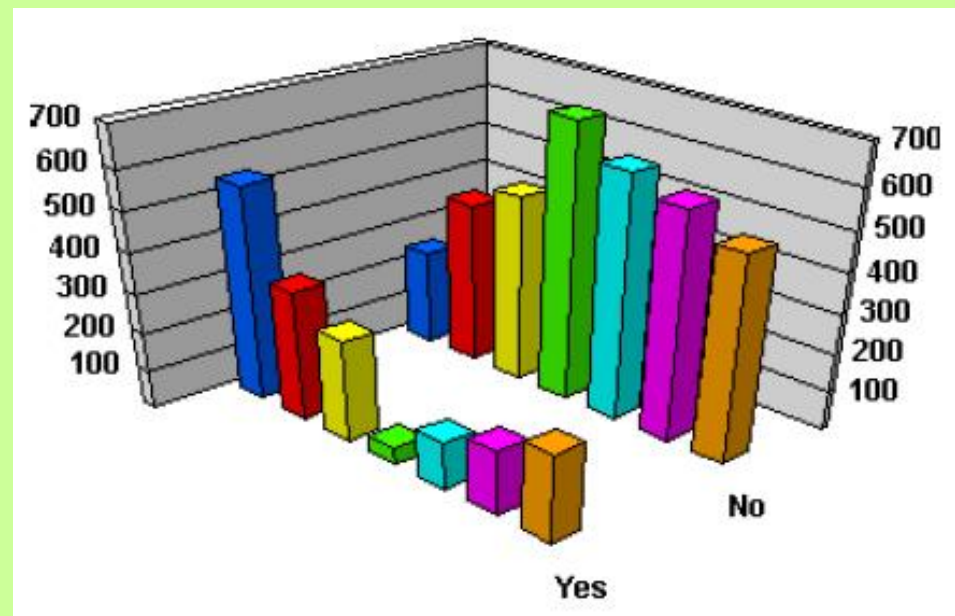
B5a - Obstacles - Functional limitations

B5b - Obstacles - Lack of knowledge

B5c - Obstacles - Lack of motivation

B5d - Obstacles - Pain

B5e - Obstacles - Physical restrictions



Be Well Educated & Be Well Fit

Fitness

MYTH: No pain, no gain.

FACT: If you feel pain and continue to exercise, it could lead to an injury.

Make a rule: Stop if you're still feeling pain in your chest or legs. It's like a lightbulb and someone to remind you: Stop exercising right away if you're experiencing aches or pains.

Research indicates that you need to make your muscles stronger. In fact, it was actually set the facts.

MYTH: Women who lift weights will develop big, bulky muscles.

FACT: Weight training will tighten and tone your muscles. But not add bulk.

Adding a strength training exercise to your regular aerobic workout will help you lose weight, increase your energy, and tone your muscles. It's all about the right mix of cardio and strength training. It's not about the amount of weight you lift. It's about the right mix of cardio and strength training. It's not about the amount of weight you lift. It's about the right mix of cardio and strength training.



January

I really don't think I need bars of steel. I'd be happy with bars of cinnamon.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Recipe of the Month: Light Blue Cheese Dressing			

Fitness First

29 BENEFITS OF BEING FIT

1. Improves circulation, helping you lose weight and burn more calories.
2. Boosts your immune system, helping you fight off illness.
3. Improves your mood and helps you deal with stress.
4. Increases your energy levels.
5. Improves your posture.
6. Improves your balance and coordination.
7. Improves your memory and concentration.
8. Improves your skin health.
9. Improves your digestion.
10. Improves your sleep.
11. Improves your overall health.
12. Improves your appearance.
13. Improves your confidence.
14. Improves your self-esteem.
15. Improves your social skills.
16. Improves your communication skills.
17. Improves your listening skills.
18. Improves your problem-solving skills.
19. Improves your decision-making skills.
20. Improves your time management skills.
21. Improves your organizational skills.
22. Improves your planning skills.
23. Improves your prioritization skills.
24. Improves your delegation skills.
25. Improves your negotiation skills.
26. Improves your conflict resolution skills.
27. Improves your leadership skills.
28. Improves your teamwork skills.
29. Improves your overall quality of life.

Exercise... HOW MUCH? HOW LONG?

Frequency:

If you're not at all active	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
If you want to be active	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
If you like to exercise	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
If you love to exercise	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Intensity:

If you're easily bored	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
If you're not at all bored	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

WEATHER TIPS

When it's hot:

- Exercise in the shade or during the coolest part of the day.
- Drink plenty of water before, during, and after your workout.
- Avoid wearing heavy clothing.
- Take breaks to rest and cool down.

When it's cold:

- Dress in layers to stay warm.
- Avoid exercising in the rain or snow.
- Take breaks to rest and warm up.
- Avoid wearing heavy clothing.

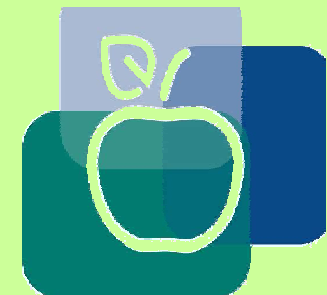
EXERCISE... A little is all it takes



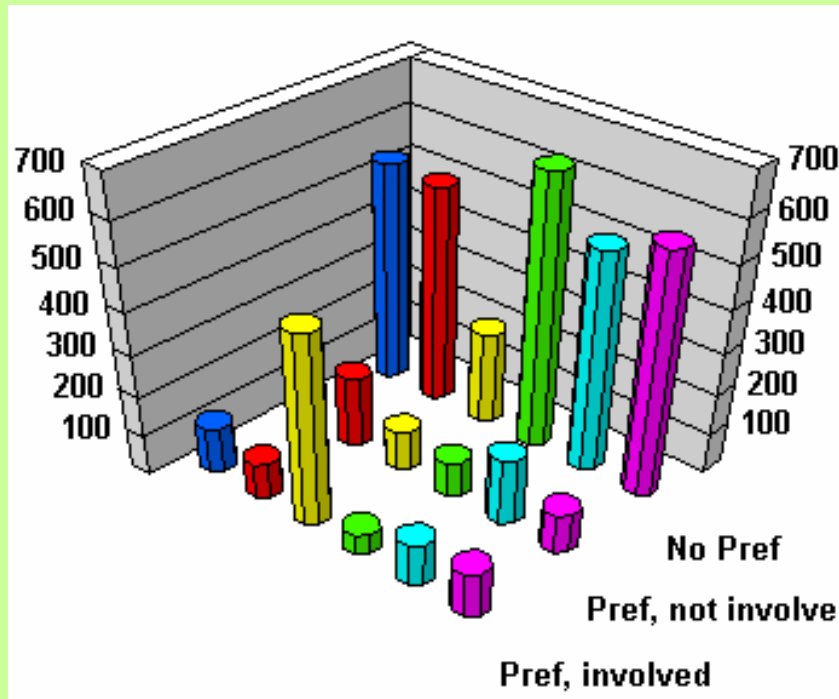
Most people vastly overestimate the amount of exercise that's required to get in shape.

They can't realize that as little as 90 minutes a week of at-your-own-pace exercise can provide a host of mental and physical benefits.

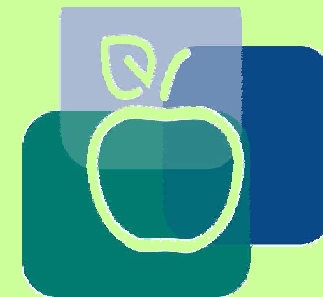
Here are some easy and quick ways to add exercise to your busy lifestyle.



Wellness - Section B - Exercise and Physical Fitness



- B6a - Exercise - Biking
- B6b - Exercise - Dancing
- B6c - Exercise - Hiking, walking, run
- B6d - Exercise - Pilates, yogo, Tai Chi
- B6e - Exercise - Swimming, aqua fitness
- B6f - Exercise - Treadmill



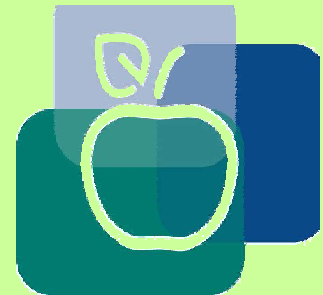
So You Think You Can Dance?



**Over 300 want to
dance**

Dancing through the
Ages

- line dancing classes
- big band dances



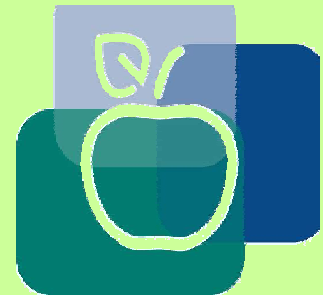
Hike, Walk, and Run



Over 400 prefer hiking, walking and/or running

§ *Walking is by far the most common form of exercise among adults age 50 and over*

§ *Walking is great, but doesn't stretch or strengthen many parts of the body*





LifeTrail™ is designed to provide age appropriate physical activity to maintain and enhance

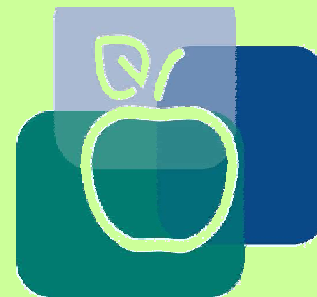
- endurance
- flexibility
- strength
- Balance



Collage data assisted with grant funding

1. Installation
2. Walking path

Walking Club Development

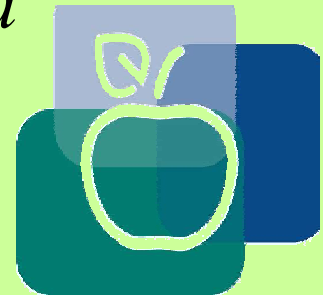


The Healing Art of Tai Chi



250+ interested in
Pliates, Yoga, Tai Chi

- § *Partnered with Carolina Arthritis Foundation*
- § *Certified 22 staff & 2 resident program leaders*
- § *Flexible - adapted program for wheelchairs, walkers*
- § *In the hall and by the pond*

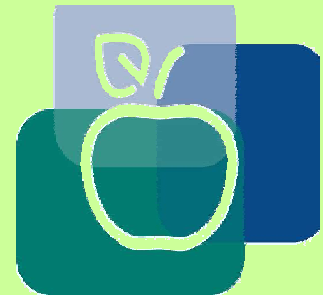


Into the Swim of Things



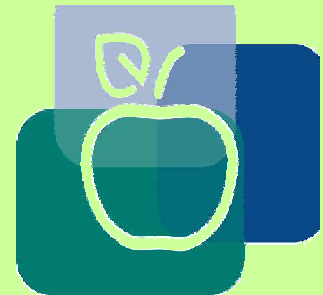
Over 200 want to swim

- § *Create SPLASH*
- § *Expand existing programs*
- § *Find a pool*
 - local hotel
 - YMCA, fitness center
- § *Adding a full service aquatics center with indoor pool & spa*

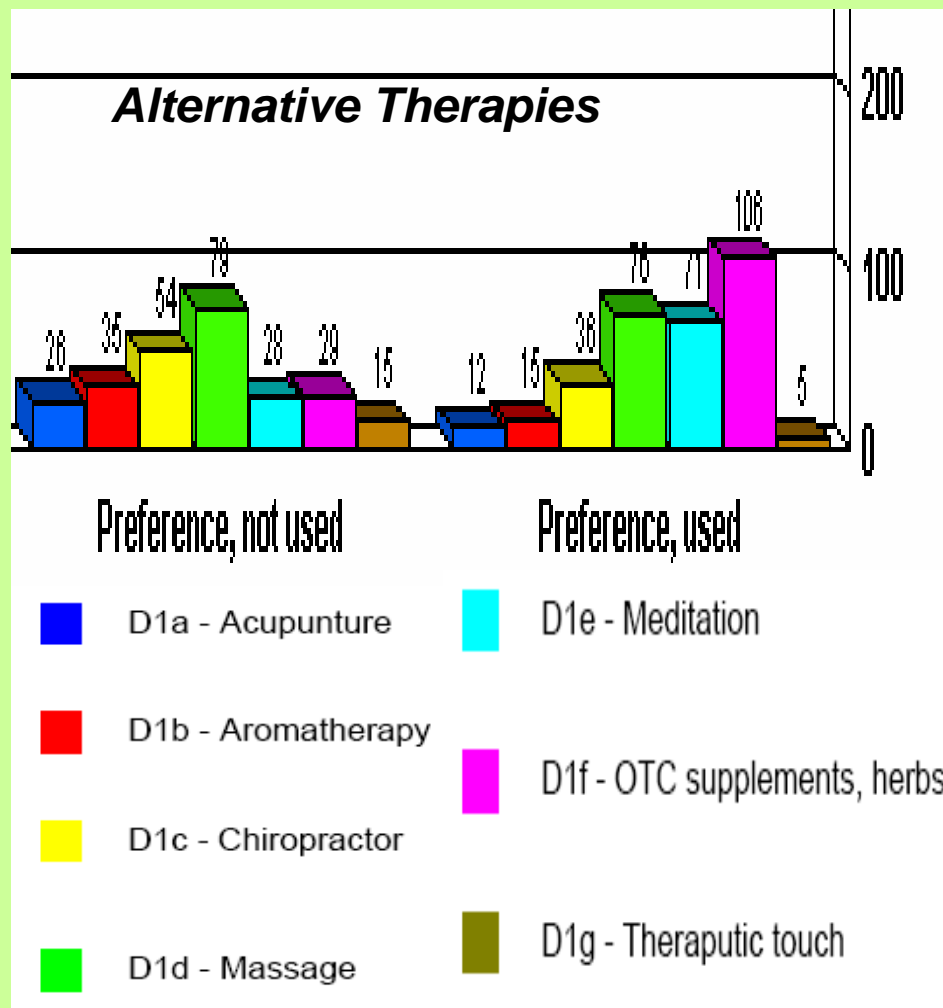


Off the Couch and On to the Wii

- § *Social interactive gaming network*
- § *Virtual sports*
 - Tennis
 - Bowling
 - Golf
- § *Counseling for weekend athletes*

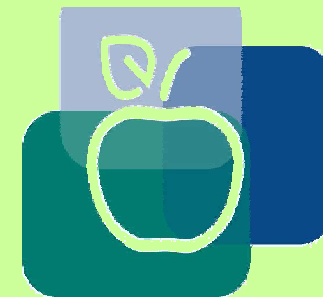


Wellness - Section D - Practices Affecting Health and Well Being



§ Massage & therapeutic touch

- 93 preferred, not used
- 81 preferred, used

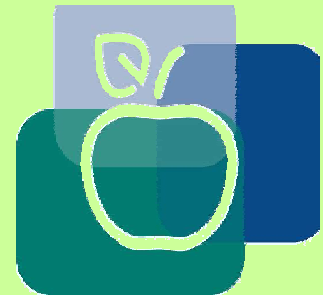


Wellness Intervention










§ *Added therapeutic massage services*

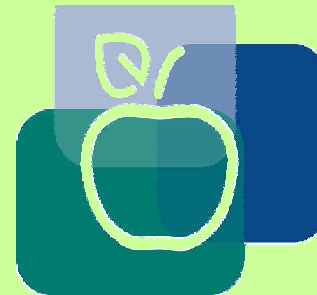
- On site spa suites
- Table to go
- Home services menu
- Gift cards
- Bonus- staff appreciation

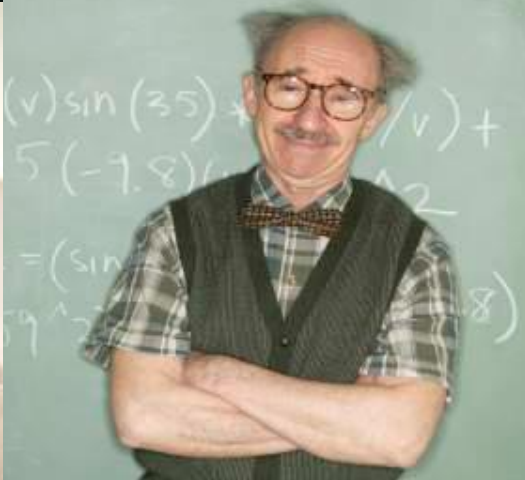


Wellness Section 3 - Recreation

-  C1a - Cards, games, puzzles
-  C1b - Collecting
-  C1c - Computer activity
-  C1d - Conversing, talking on phone
-  C1e - Cooking
-  C1f - Crafts and arts
-  C1g - Discussing, reminiscing about life
-  C1h - Educational courses
-  C1i - Feeding or watching birds
-  C1j - Gardening or plants
-  C1k - Genealogy

-  C1l - Going out to restaurants, activities
-  C1m - Helping others, volunteering
-  C1n - Music or singing
-  C1o - Reading, writing, crossword puzzles
-  C1p - Shopping
-  C1q - Travel
-  C1r - Watch TV, listen to radio





ENGAGE - BeWell Connected

§ *Life Enrichment
Programs*

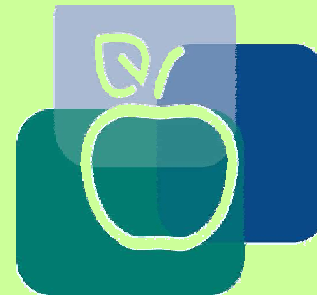


§ *Participant Volunteer
Program*



§ *Community
BeWell^(sm) Committee*

§ *BeWell Clubs*



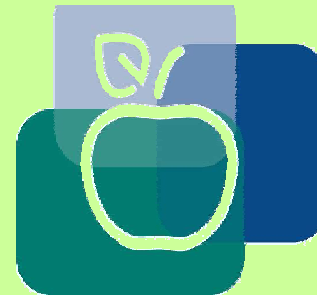
COLLAGE Creates

- § *A more integrated, standardized and sophisticated information system*
- § *A method and vision for improving healthy outcomes*



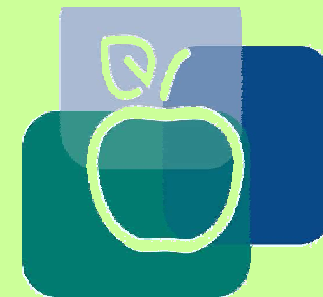
COLLAGE Creates

- § *A climate where evidence matters, and decisions are based on solid data*
- § *An environment for residents and staff*
 - to partner in planning for the future and
 - developing an organization dedicated to successful aging



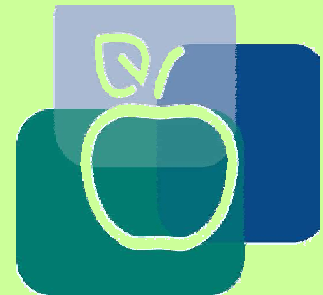
BeWell Participant Goals

- § *Prevent, reduce the risk and provide early detection of chronic disease*
- § *Prevent and manage debilitating effects of chronic disease*
- § *Maintain the highest practice physical and cognitive functioning*



BeWell Participant Goals

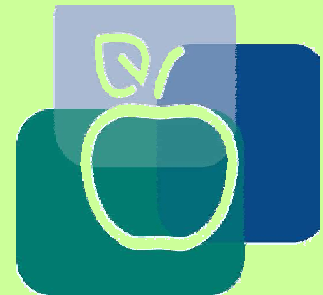
- § *Self-reliance to monitor and manage own health*
- § *Enhance quality of life of each participant by providing participants with a sense of well-being*
- § *Enhance social support networks among participants*



How COLLAGE Helps



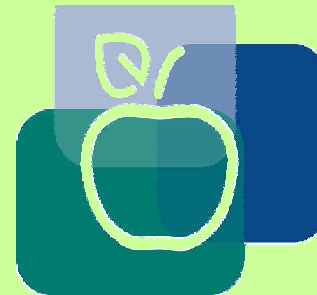
- § *Identify health risks*
- § *Improve abilities to plan for the changing needs of older adults*
- § *Enable older adults to enjoy an active lifestyle*
- § *Support older adults to live independently for as long as possible*



Looking Forward



- § *Continue to assess individual community and aggregate Collage data*
- § *Add new programs and initiatives as we determine new priorities of opportunity*
- § *Support program development via grant-funding and research initiatives*



Looking Forward

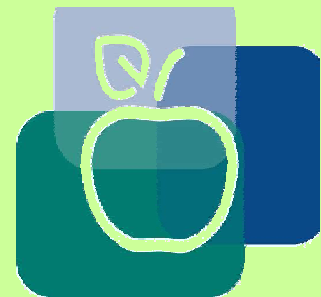
§ *Develop consortium intervention protocols to address data findings*

- Falls
- Depression
- Continence

§ *Develop community and company intervention protocols to address data findings*

§ *BeWell program satisfaction evaluation*

§ *Kiosk and web based versions?*



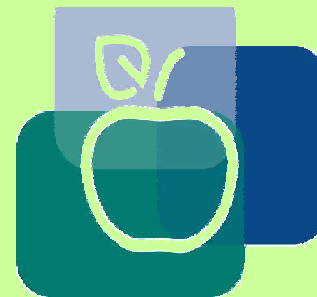
Looking to the Future



*The **COLLAGE** reports prove to be a valuable resource... to best understand our residents health risks. The application of such information will be influential...*

we are ecstatic about what the new reports will help us achieve

Denise Dickinsen





An innovative program by
Lutheran Homes of South Carolina

