



# Institute for Aging Research

Hebrew SeniorLife

## COLLAGE Healthy Aging Report (HAP) – The Basic Elements

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September 2009

# Role of HAP

- Tool to help persons manage and maintain his/her health and independence intuitive
- Draws on responses from CHA and Wellness
- Provides the wellness coach and individual the framework for improvement
- Think of HAP as providing a Wellness Dashboard



# Sections of HAP Report

- Getting Ready For the Day
- Performing My Daily Tasks
- Keeping Healthy Through Physical Activity
- Organizing, Planning, and Remembering
- Taking Time – Social Bonding
- Taking Care of Self

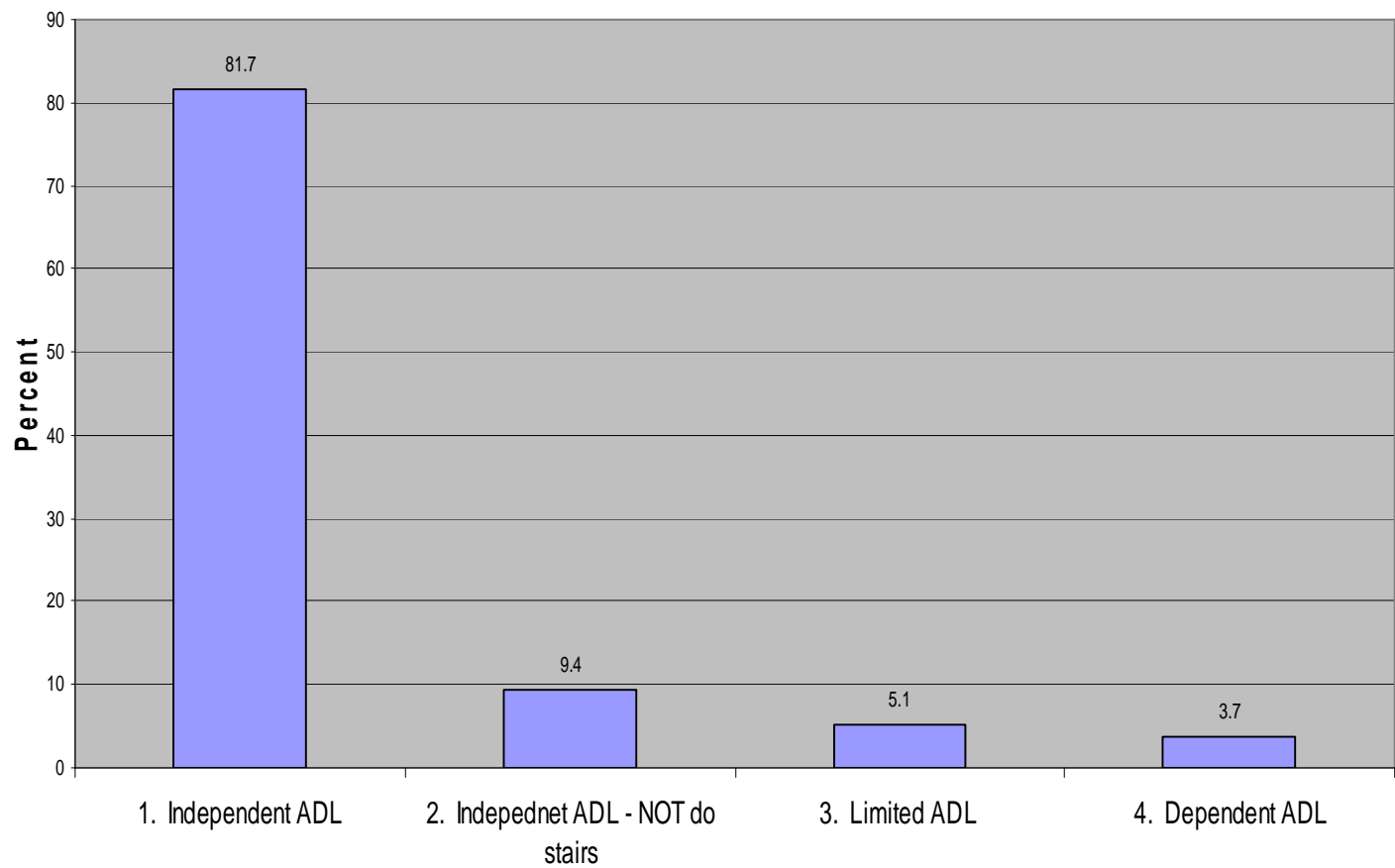


# Getting Ready for the Day

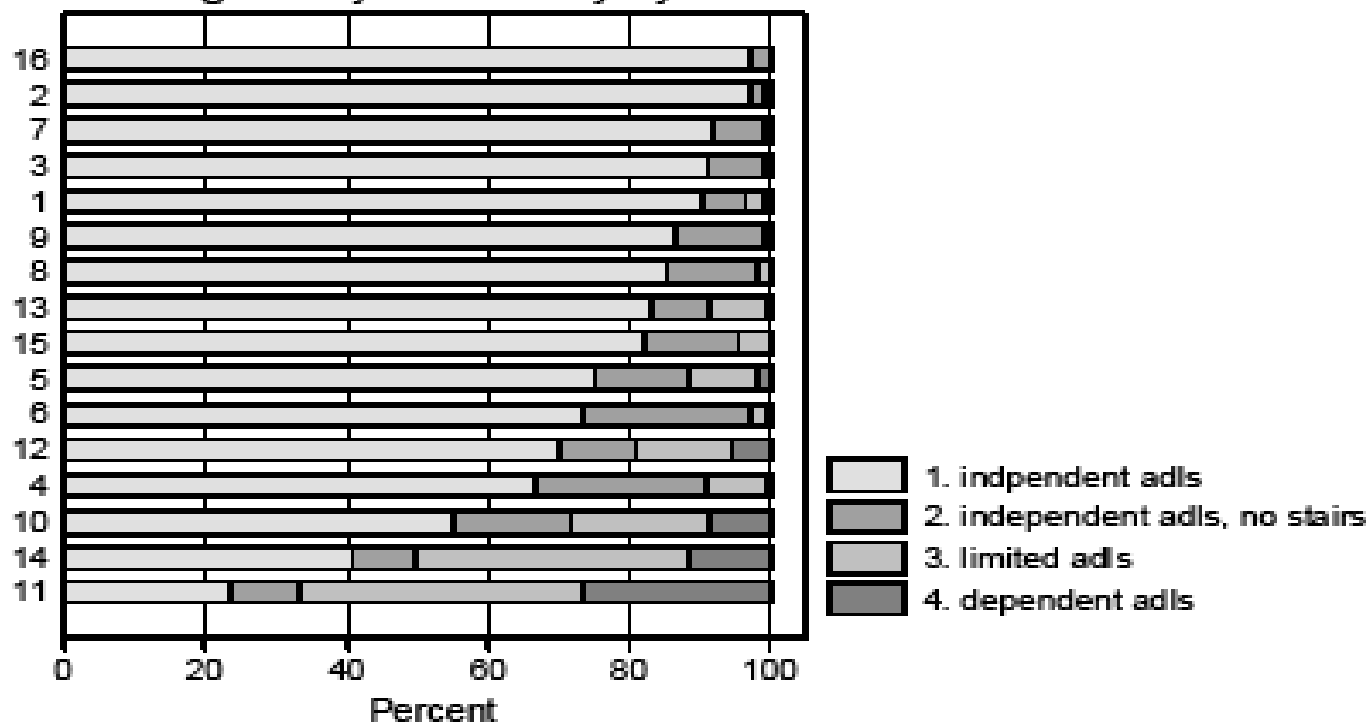
- Key determinants – Tests resident's ability to perform the basic personal tasks of everyday life
  - Revised ADL Hierarchy – Bathing included
  - Stairs Capacity
- Most, but not all, residents will be told that they are independent in this area – this should be a significant strength



### Getting Ready For The Day



### Getting Ready for the Day by Sites

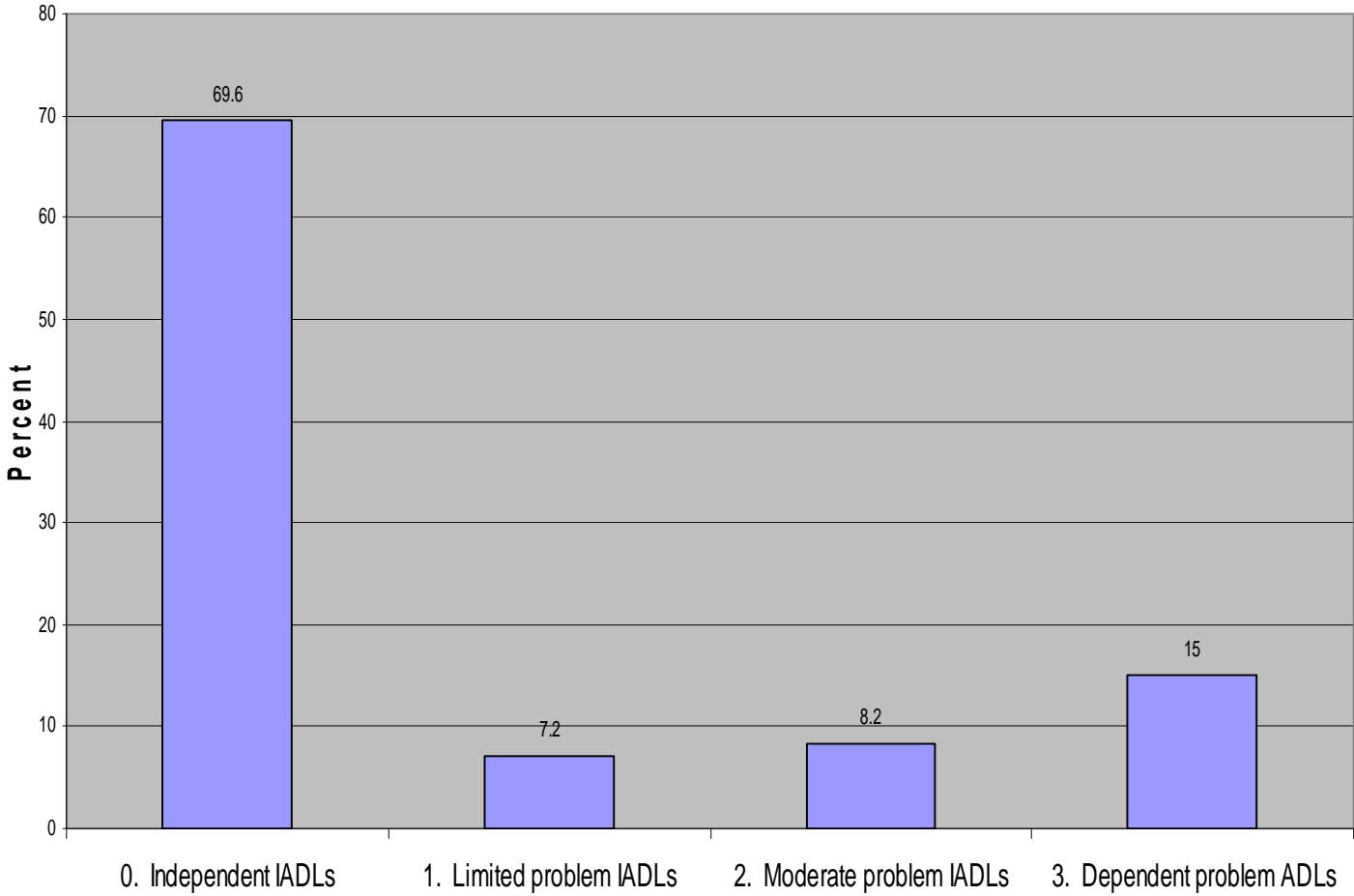


# Performing My Daily Tasks

- Determined by IADL Capacity - Tests resident's ability to manage life on own
- Meal preparation
  - Ordinary housework
  - Managing finances
  - Managing medications
  - Shopping
  - Transportation

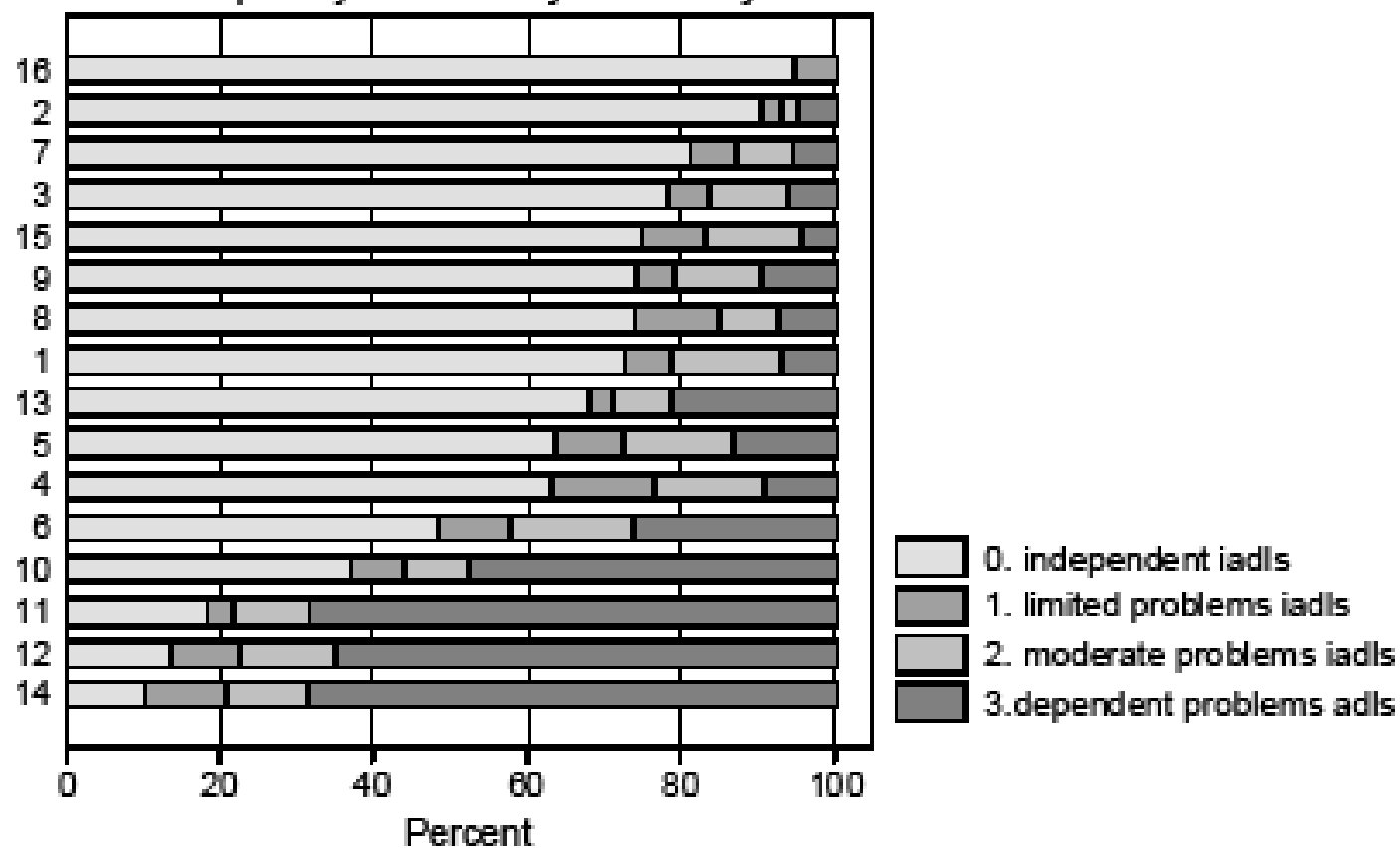


### Performing My Daily Tasks





## IADL Capacity Summary Scale by Sites

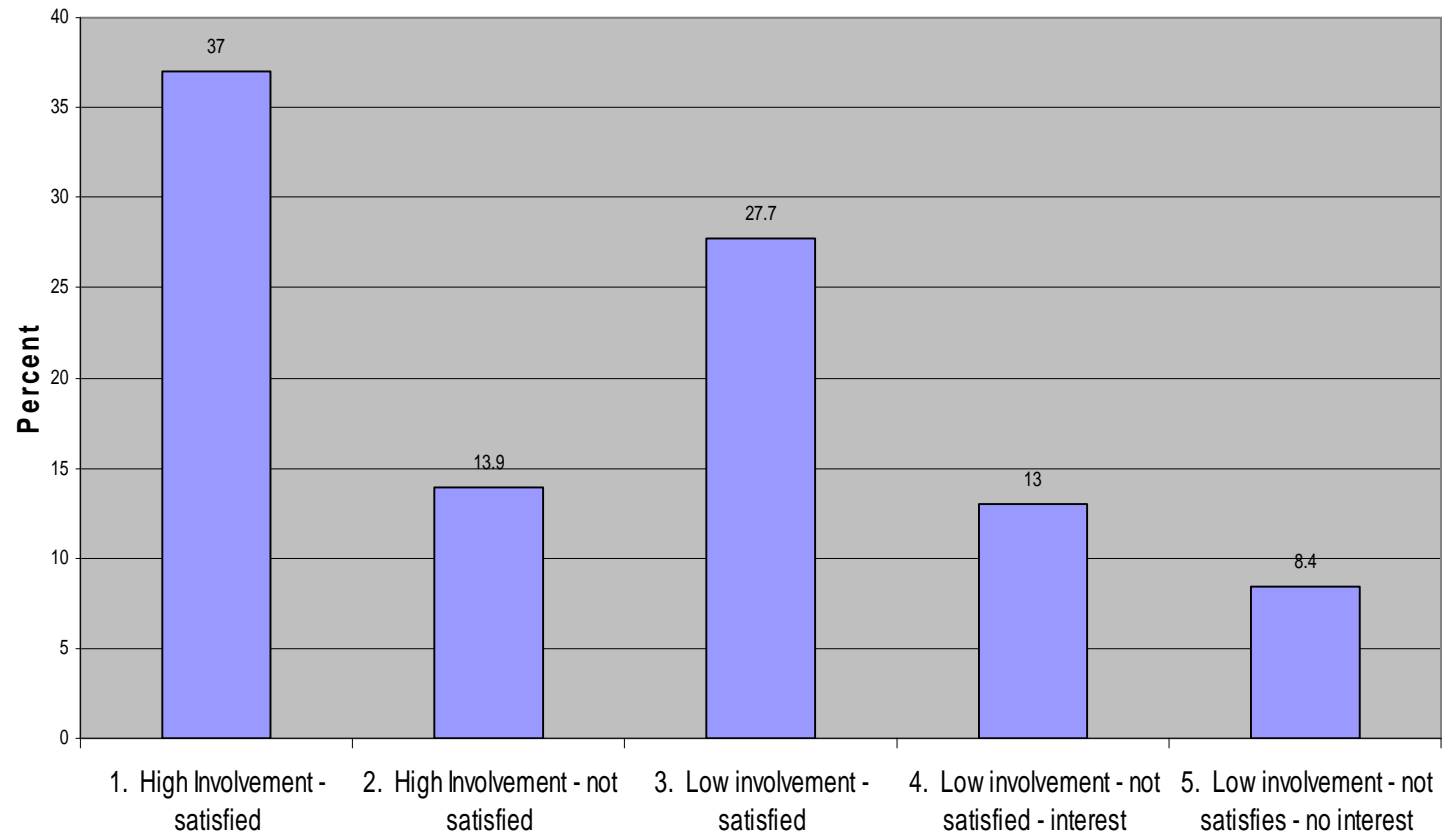


# Keeping Healthy – Physical Activity

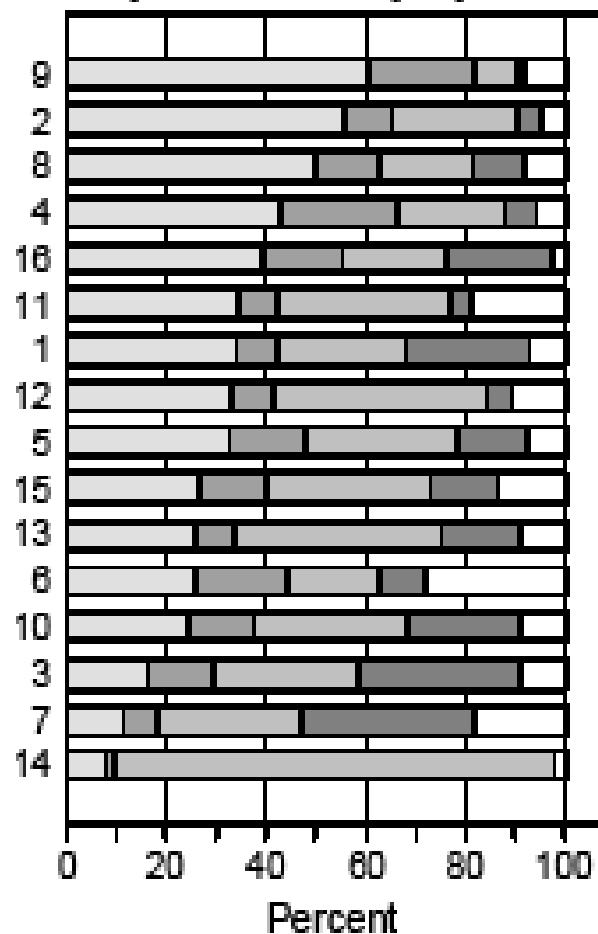
- Key determinants – Tests whether person has become too sedentary, and if so, whether he/she would like to change
  - Hours of physical activity
  - Satisfied with fitness
  - Interest in program to improve fitness
- About half of all residents will be too sedentary – they should consider a program of expanding on their daily physical activity



### Keeping Healthy - Physical Activity



## Physical Activity by Sites



- 1. high level involvement, satisfied
- 2. high level involvement, not satisfied
- 3. low level involvement, satisfied
- 4. low level involve, not sat, interested program
- 5. low level involve, not sat, not interest program

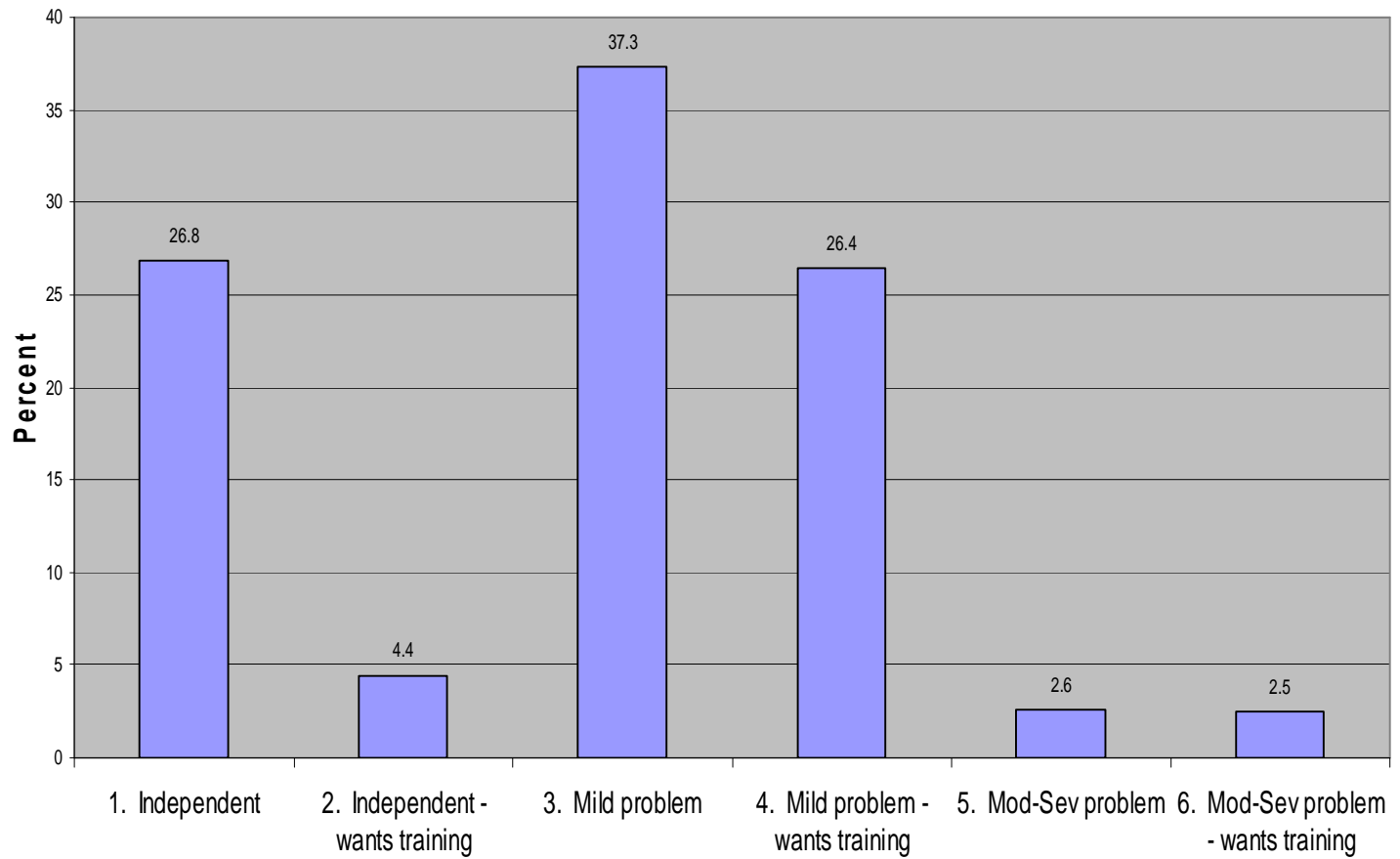


# Cognitive Skills – Organizing, Planning, and Remembering

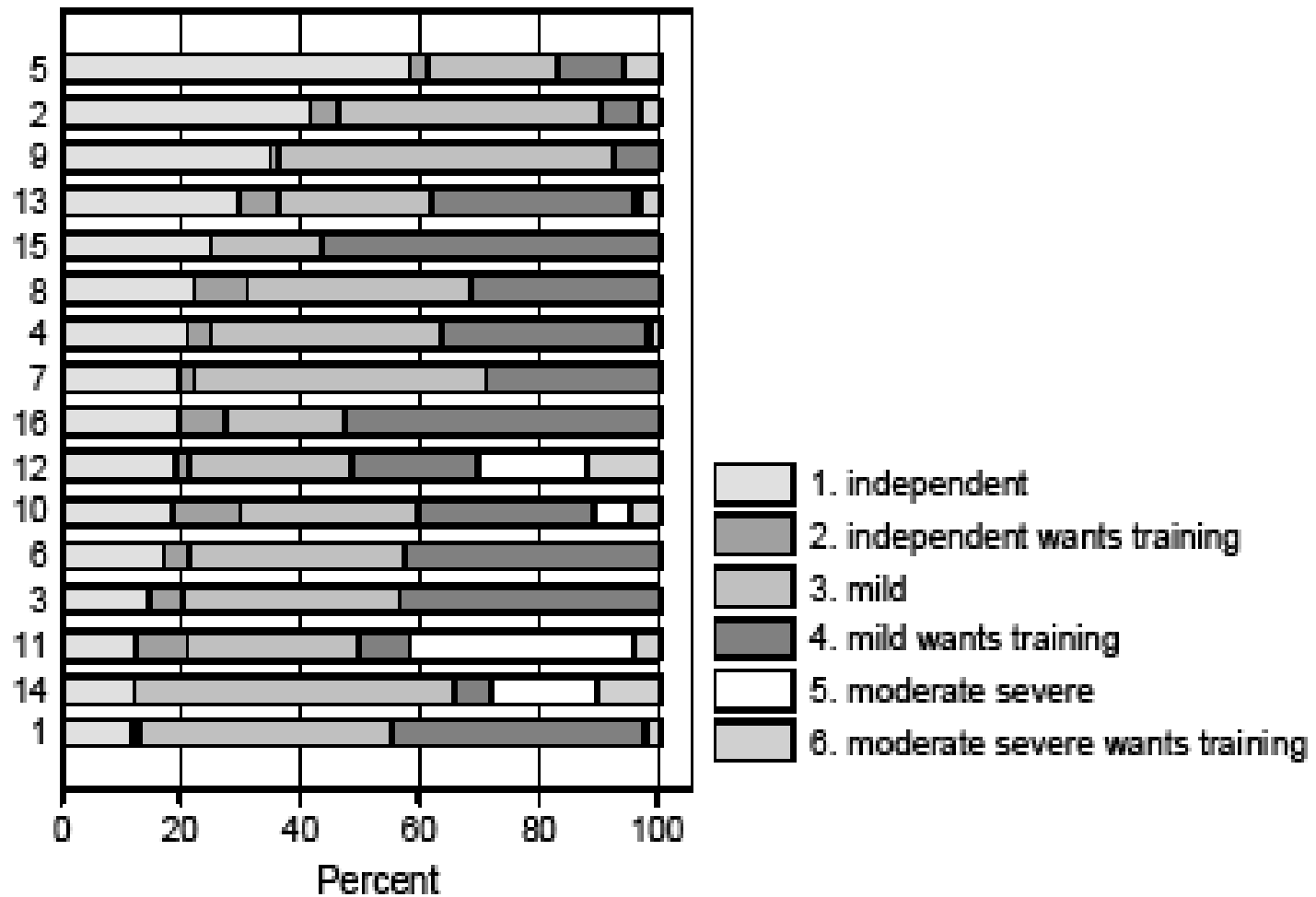
- Key determinants – Tests whether there have been decrements in memory and decision making
  - Cognitive skills for daily decision making
  - Memory recall ability
  - Rate memory
  - Interest in program to improve memory
- Most residents will have at least mild loss in this area, and about half sense they would benefit from some type of memory fitness program



### Cognitive Skills - Organizing, Planning, and Rembering



## Memory by Sites



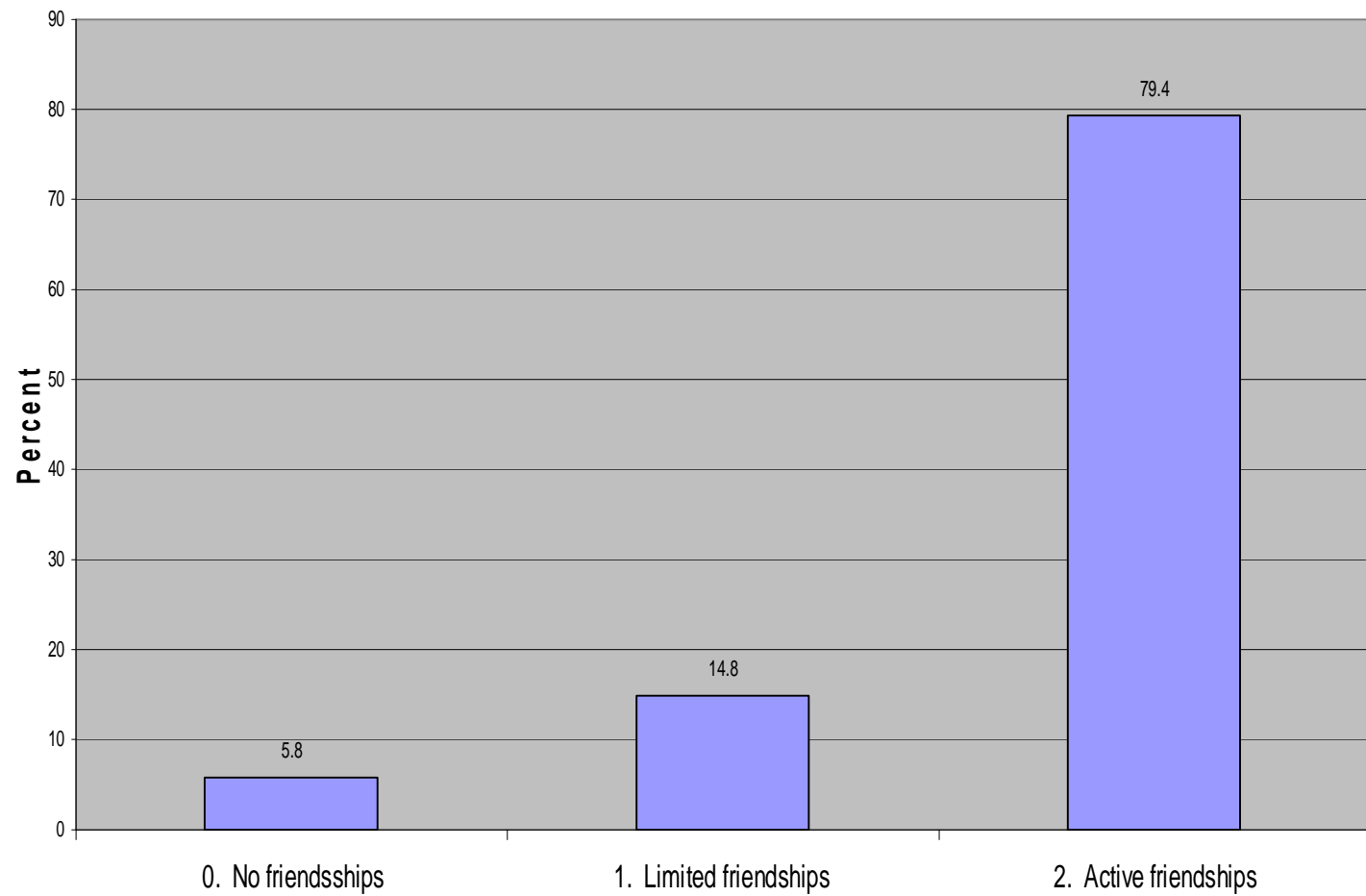
## Taking Time – Social Bonding and Disengagement [2 separate indicators]

- Key determinants of Social Bonding – Tests whether resident reaches out to close friends
  - Has close friends in community
  - Feels can count on friends for companionship
  - Feels can count on friends for daily support
- Most, but not all, residents will be told that this is a personal strength in their life

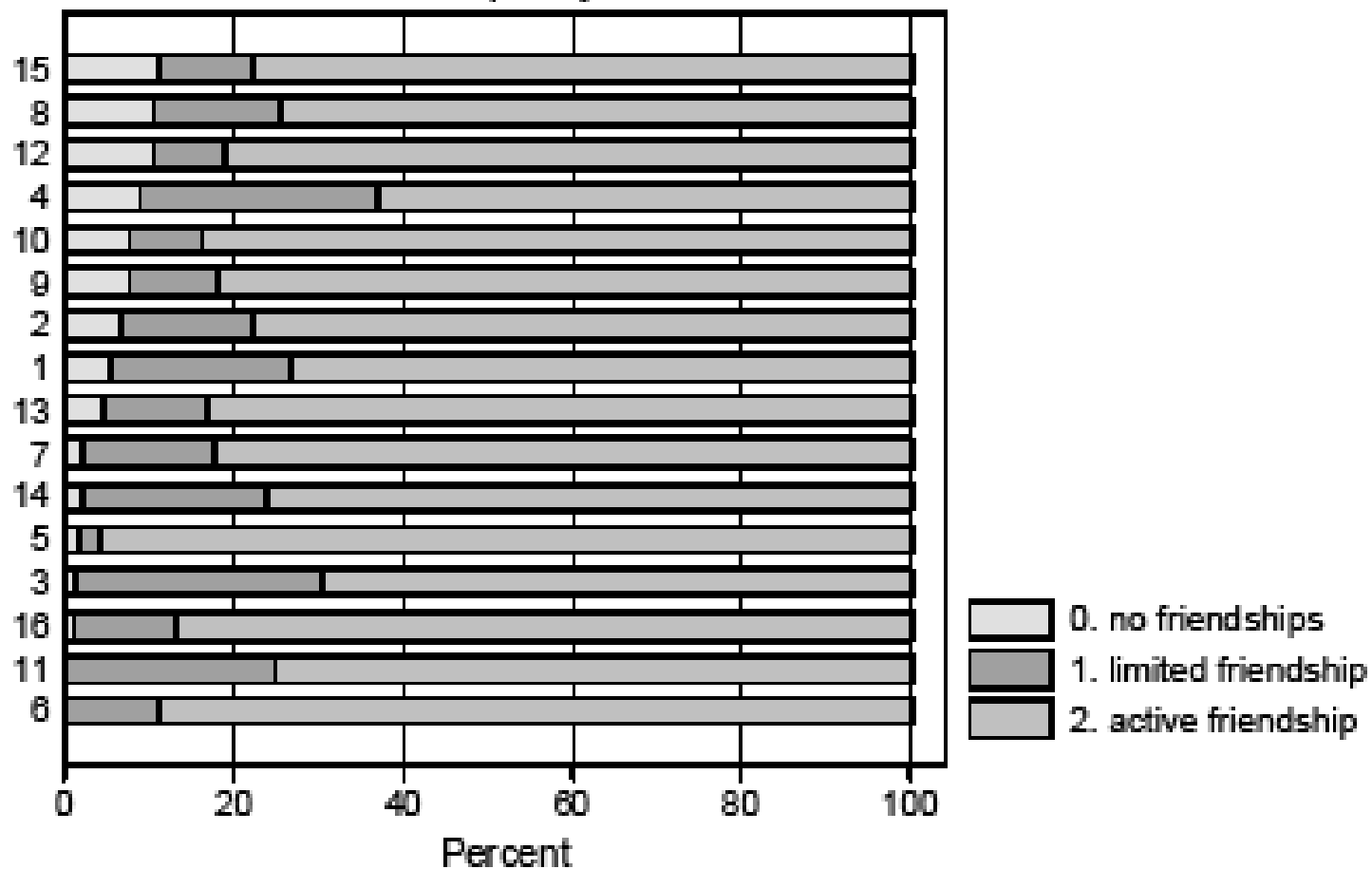




## Taking Time - Social Bonding



## Friendships by Sites

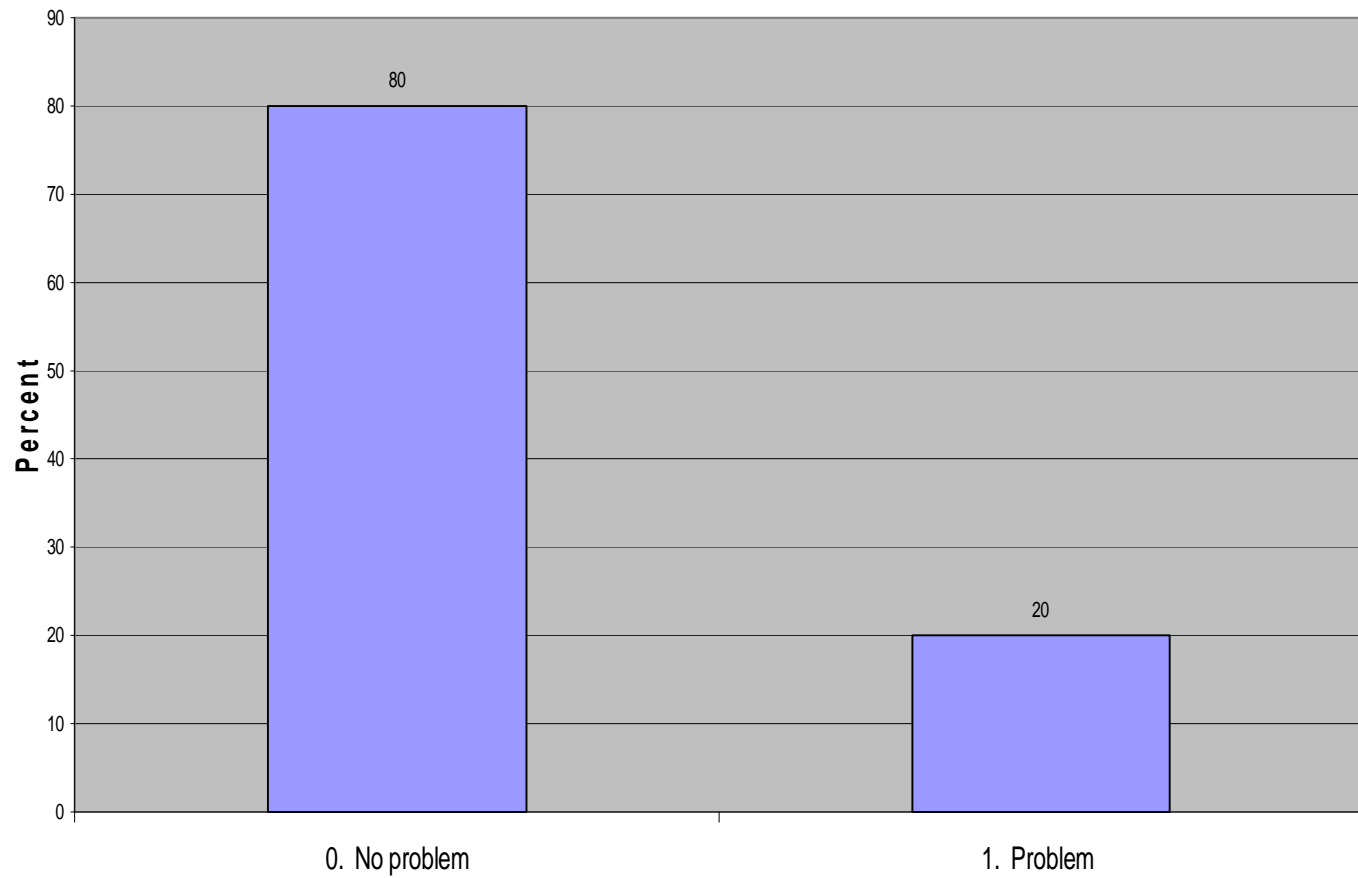


## Taking Time

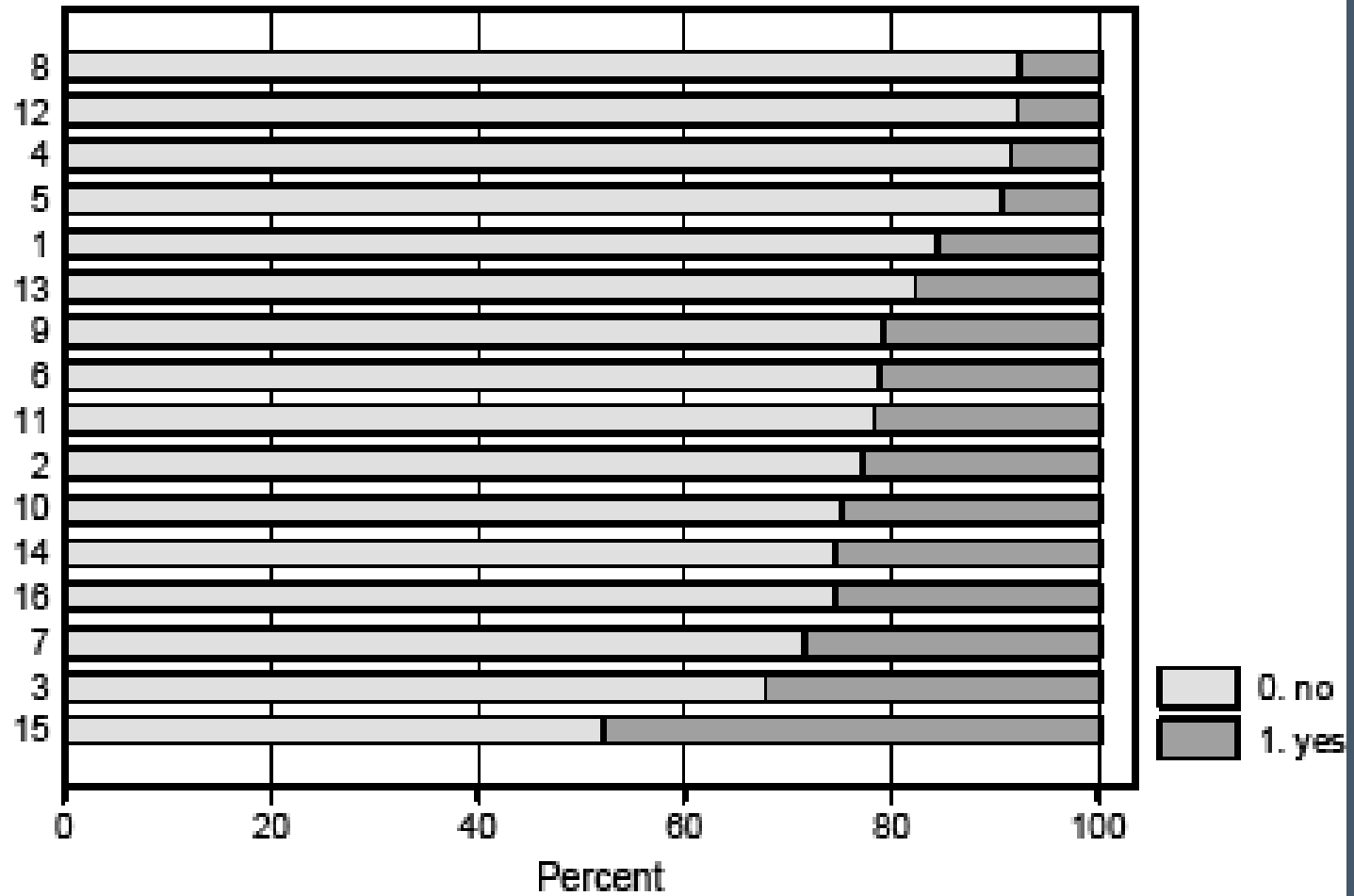
- Key determinants of Disengagement – Tests resident isolation
  - Lonely
  - Reduced social interaction
  - Withdrawn from activities of interest
- Most, but not all, residents will be told that this is a personal strength in their life



### Taking Time - Disengagement



## Disengagement by Sites



# Taking Care of Self

- Series of individual items in Four General areas
  - Communication and Vision
  - Continence
  - Mobility status
  - Health status
  - Preventative health
- As of today, we have no easy way to summarize these items. Each stands on its own feet.
- The data that follow present the cross-site distributions.
- Question – are all measures really necessary? Is there a more limited key set of indicators.

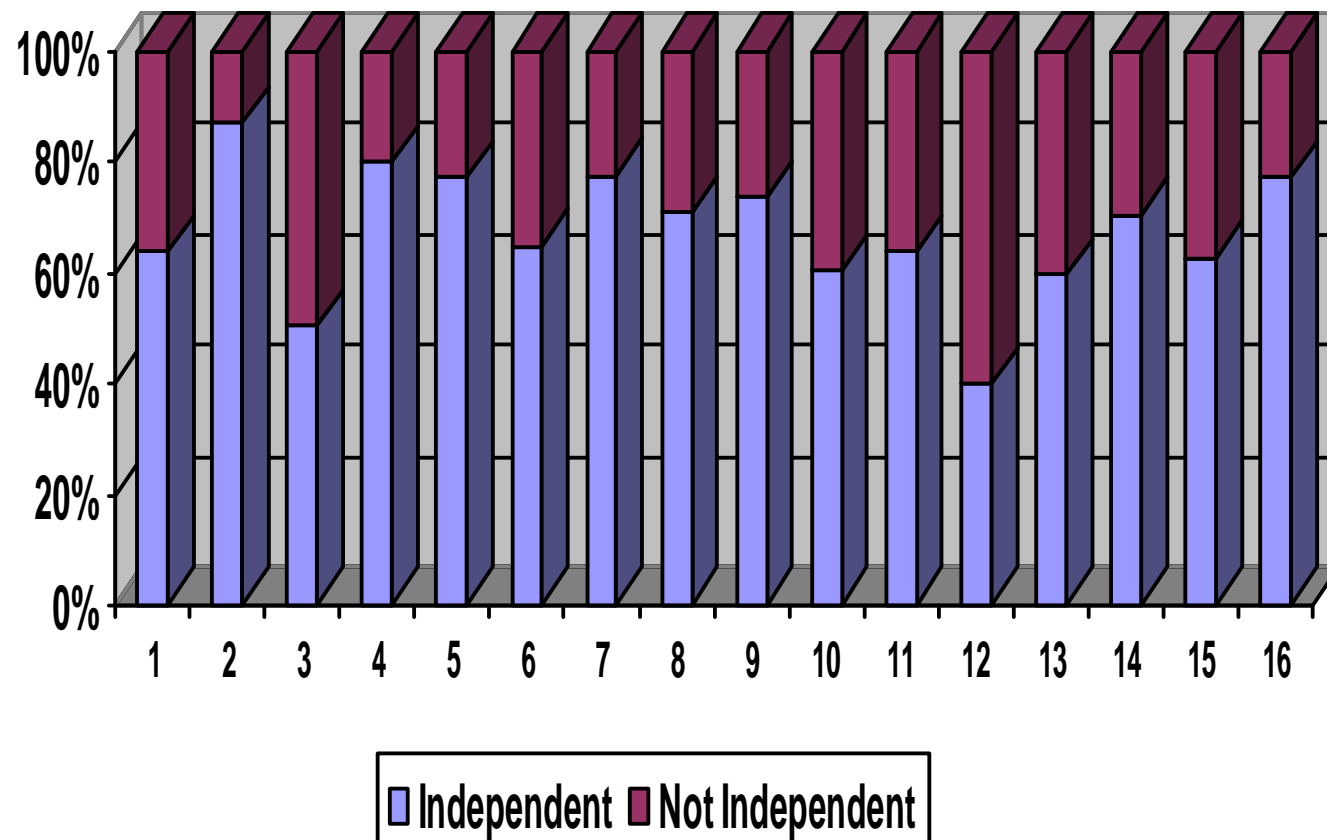


# Taking Care of Self – Communication and Vision



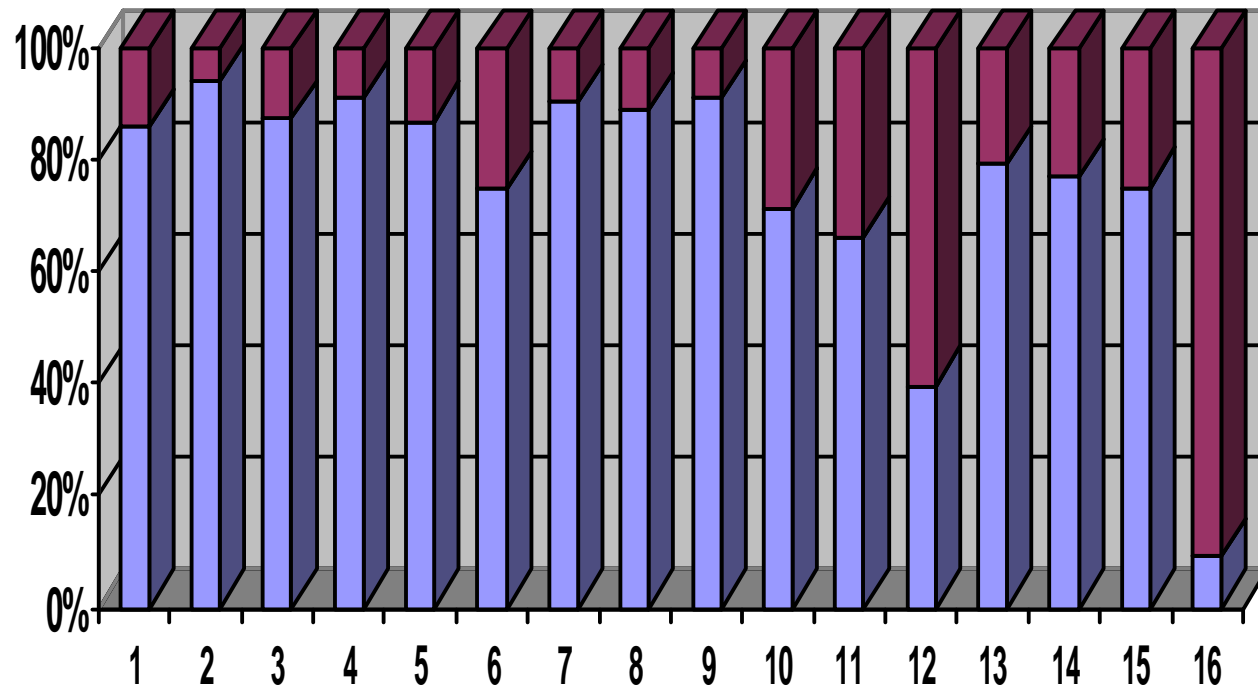
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Hearing by Site





Vision by Site



Independent Not Independent

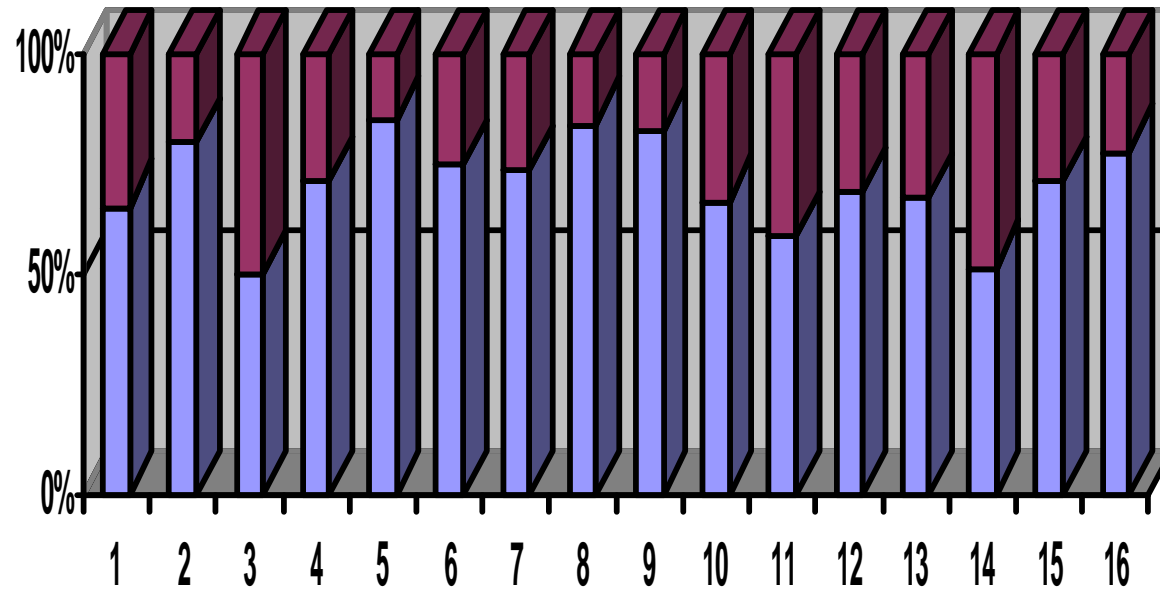


# Taking Care of Self – Continence



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## Bladder Continenence by Site



Continent Not Continent

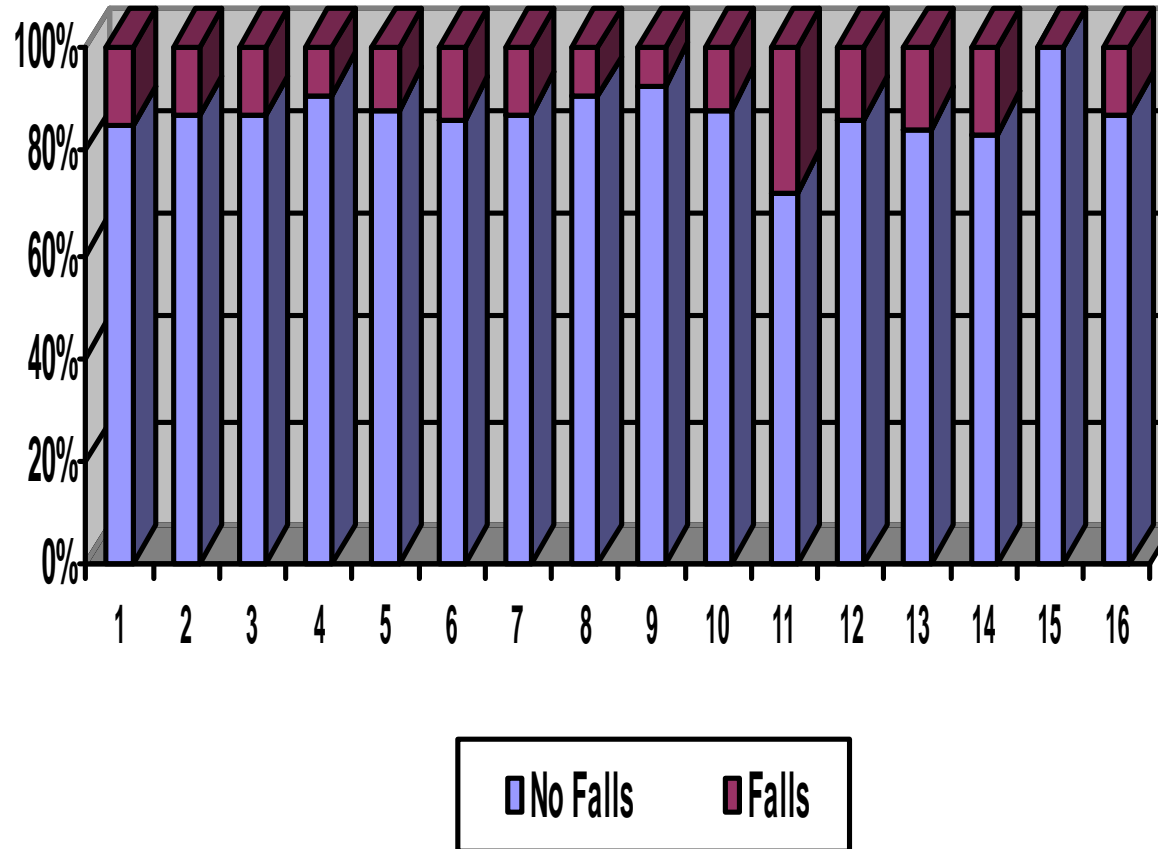


# Taking Care of Self – Mobility Status

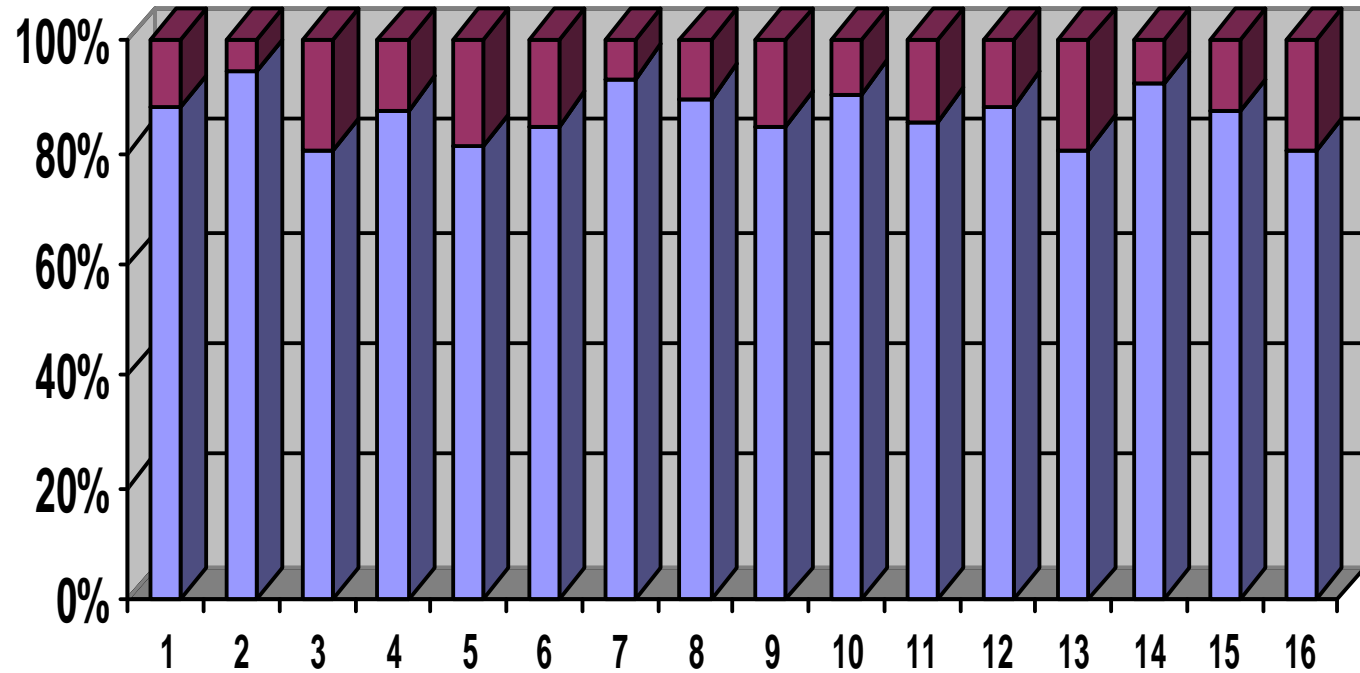


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## Falls by Site

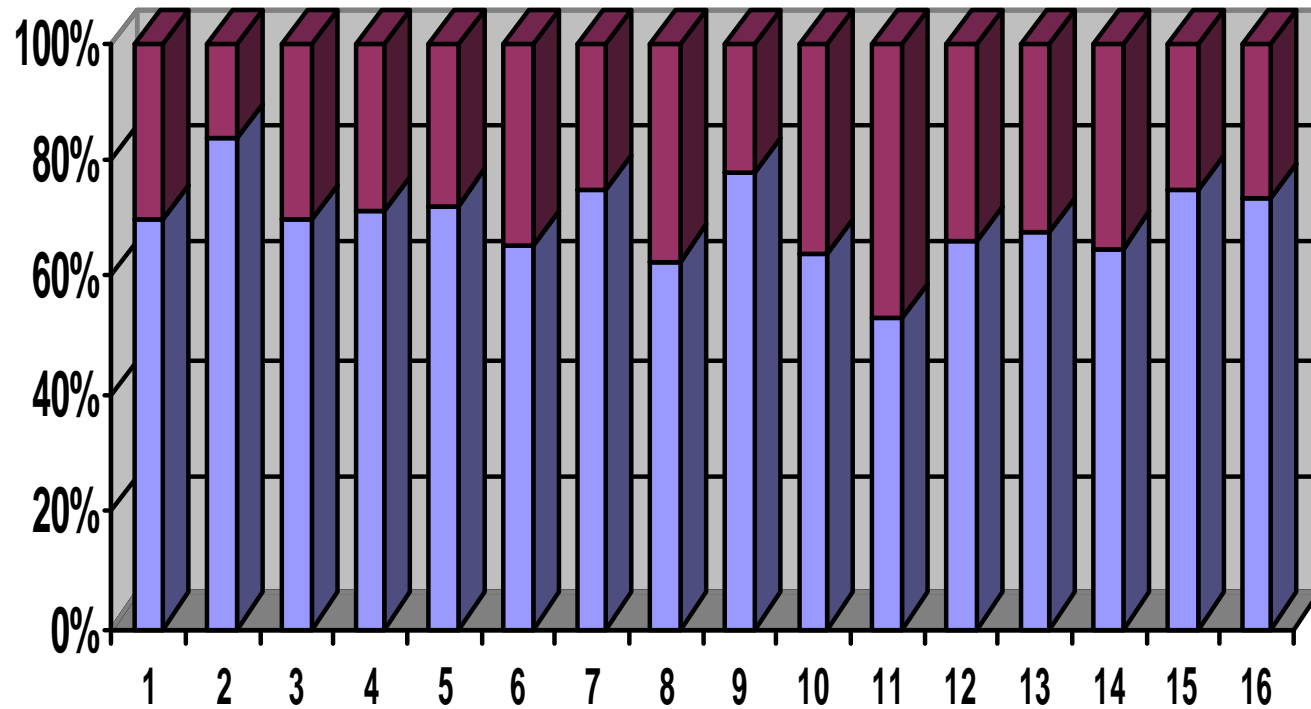


Dizziness by Site



■ No Dizziness ■ Dizziness

### Unsteady Gait



□ No Unsteady Gait

■ Unsteady Gait



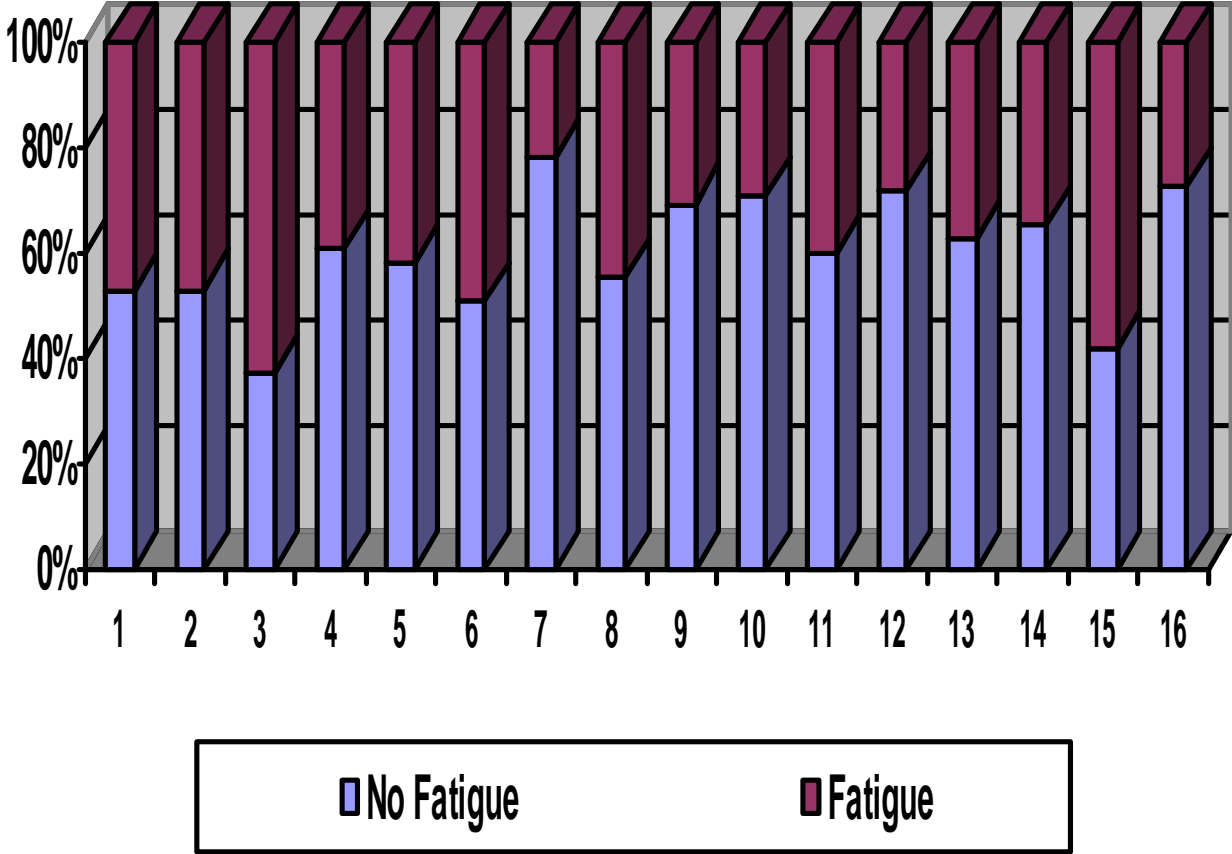
# Taking Care of Self – Health Status



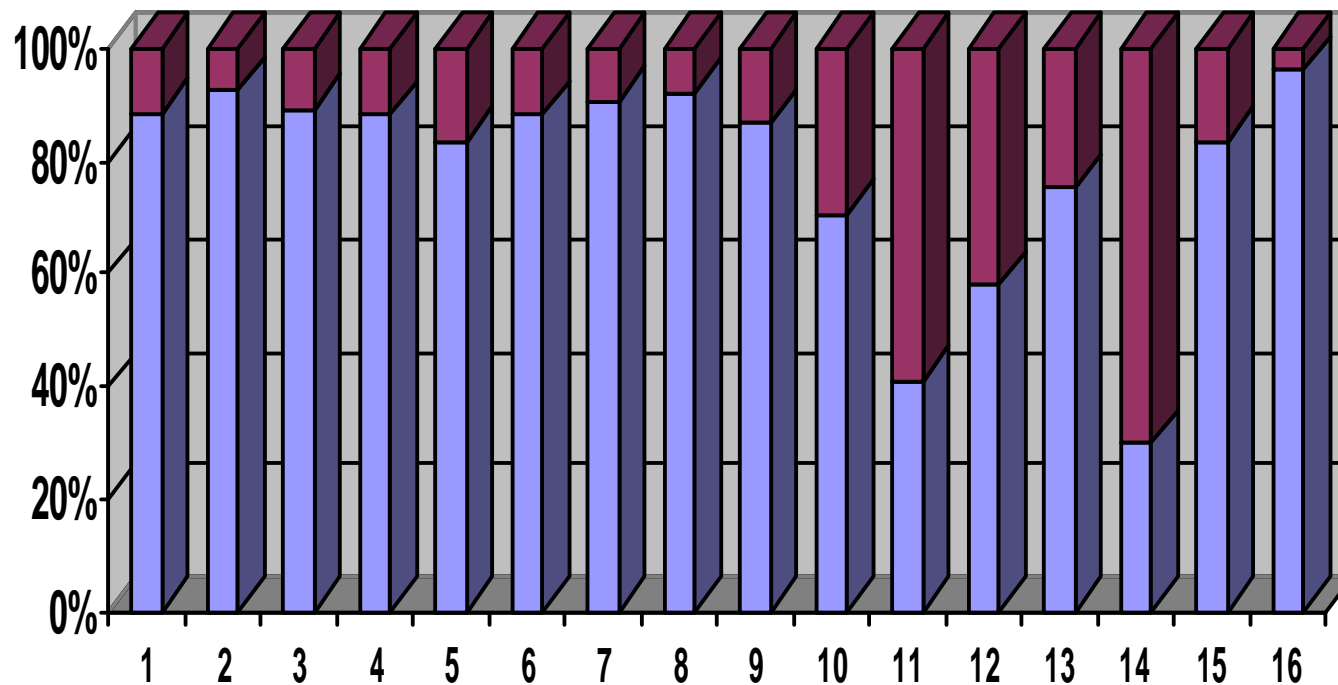
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Fatigue by Site



### Self Rate Health

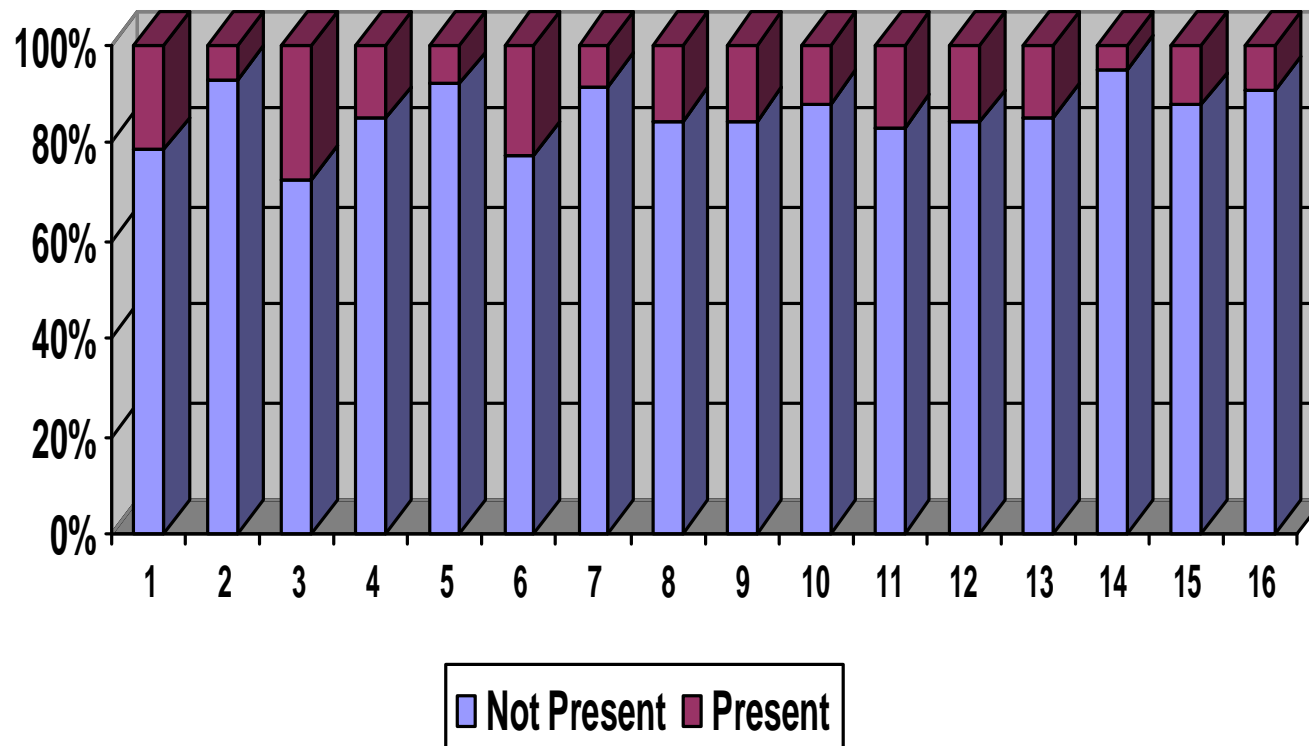


Excellent\Good Health

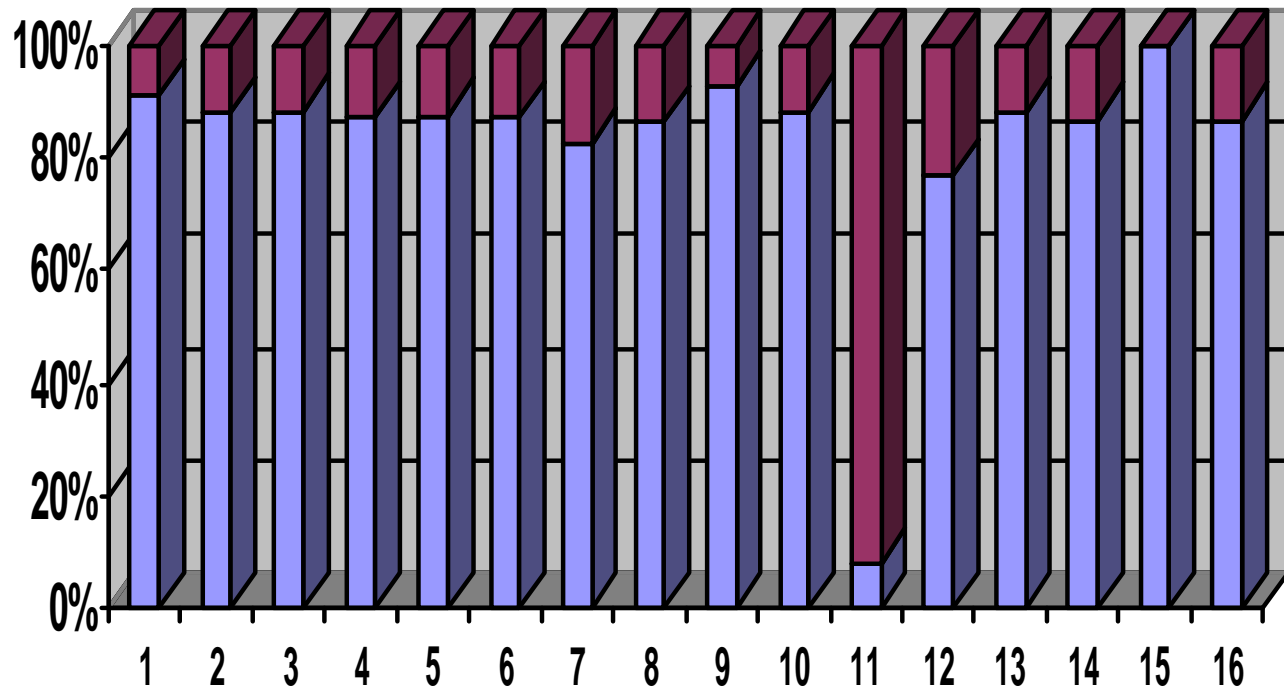
Fair\Poor



Dyspnea by Site



## Hospital and Emergency Room Visits



No

Yes

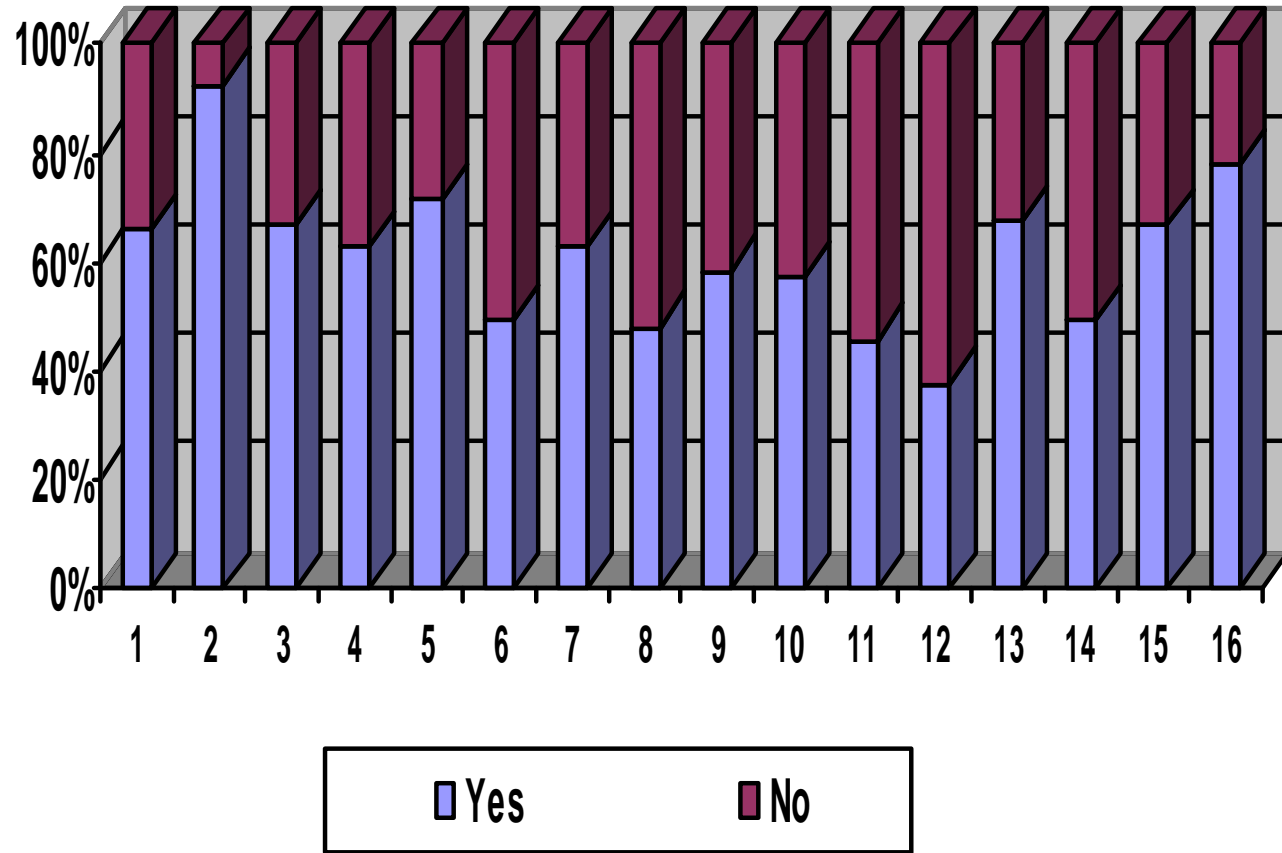


# Taking Care of Self – Preventative Health

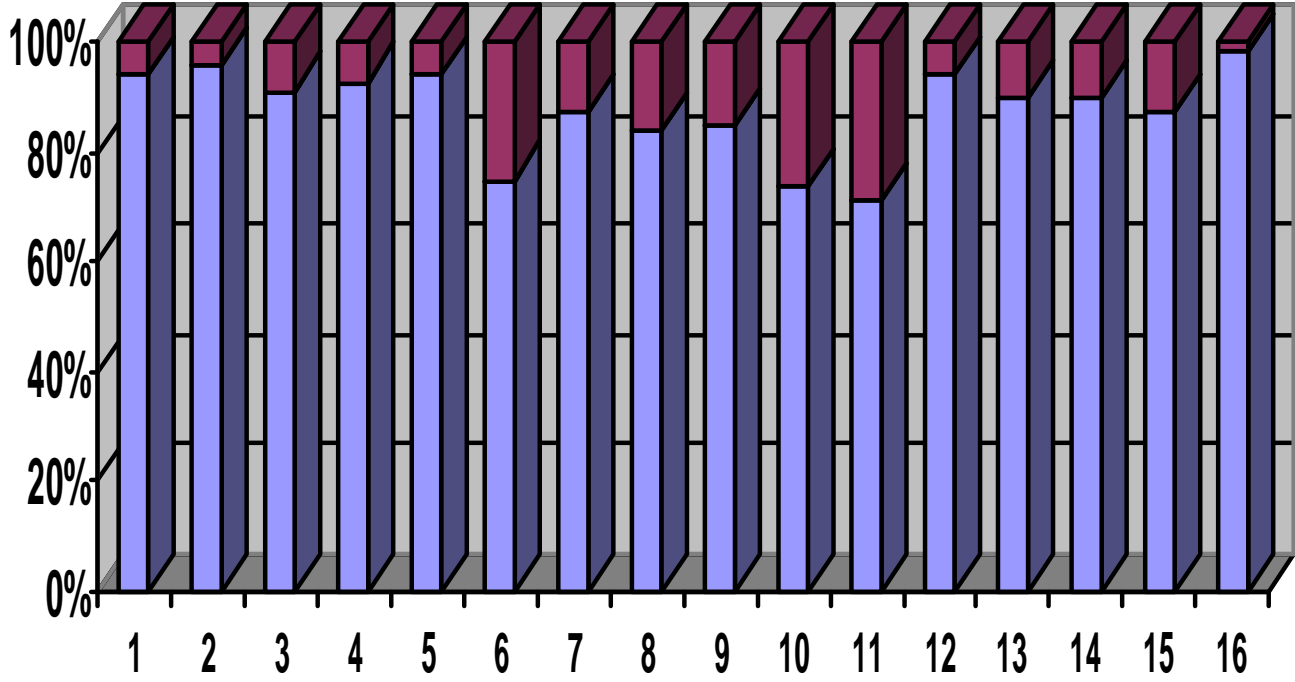


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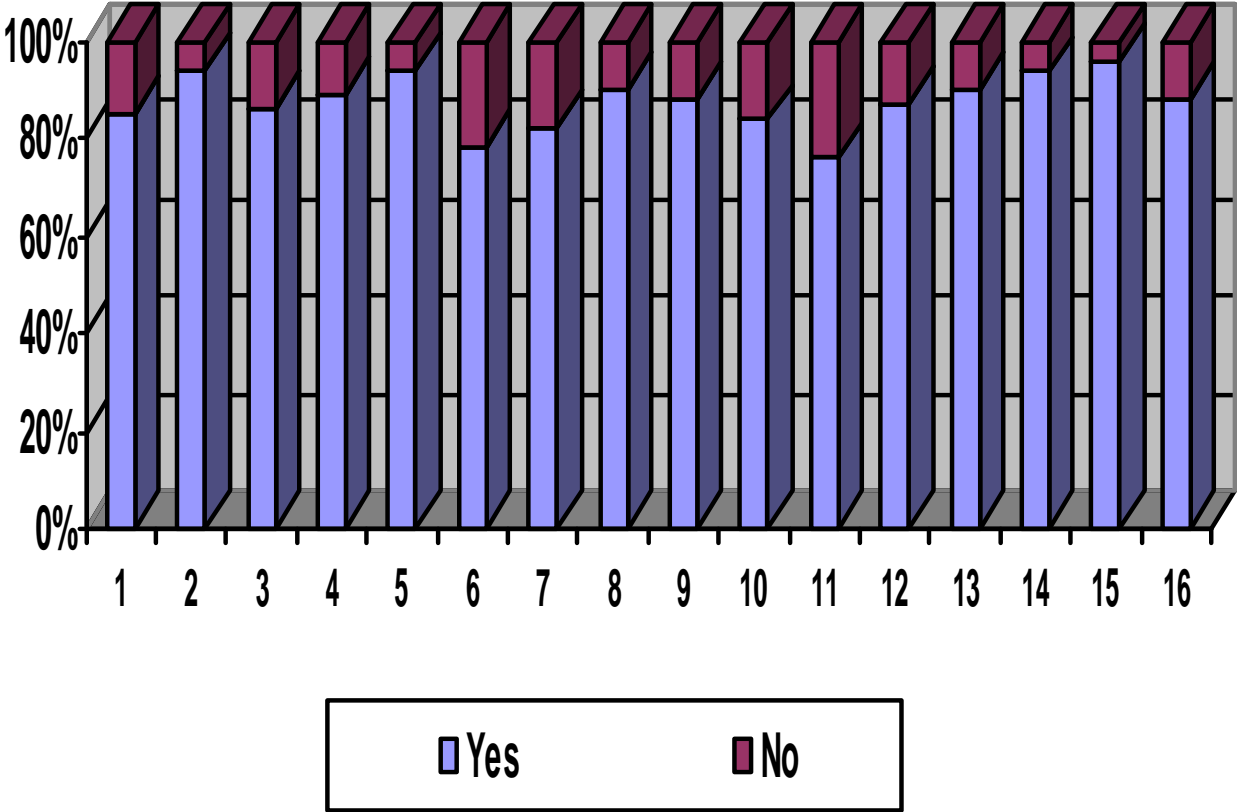
### Colonoscopy by Site



### Dental Exam by Site

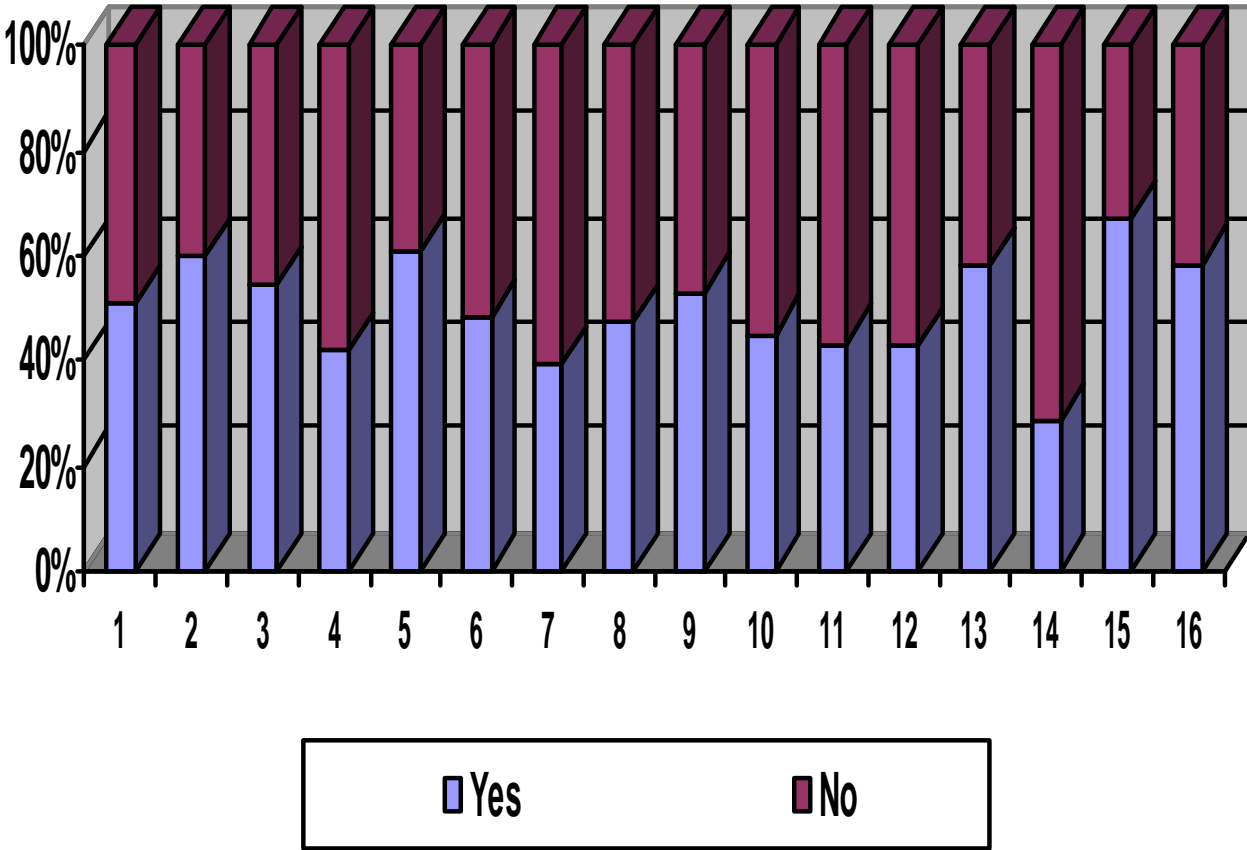


### Eye Exam by Site

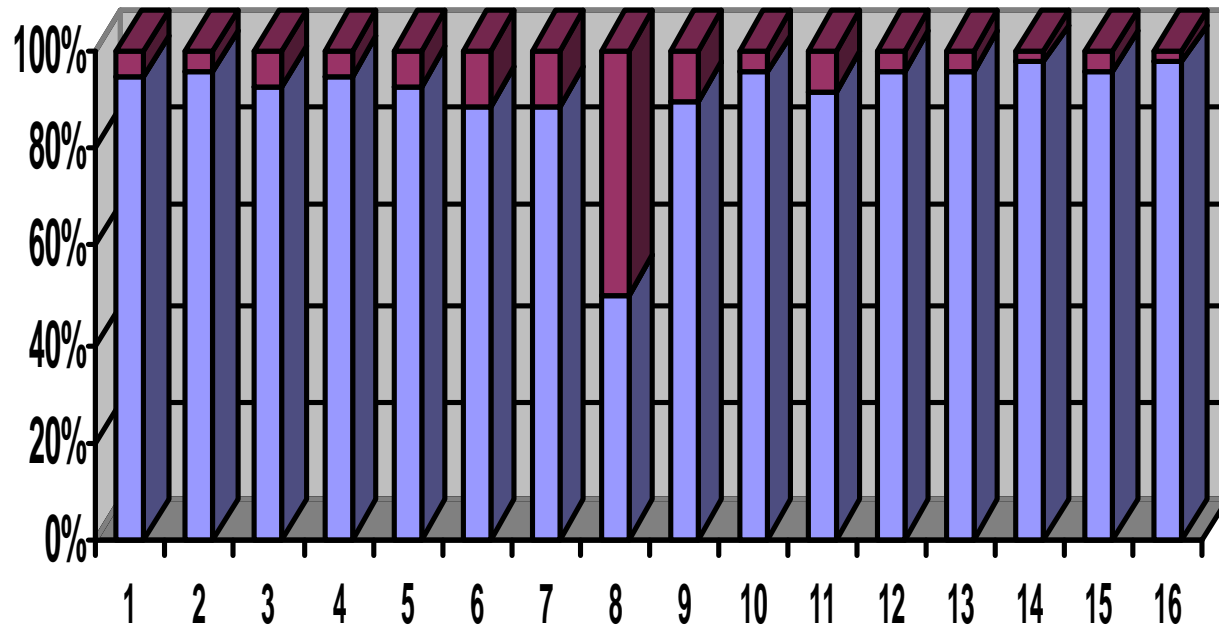




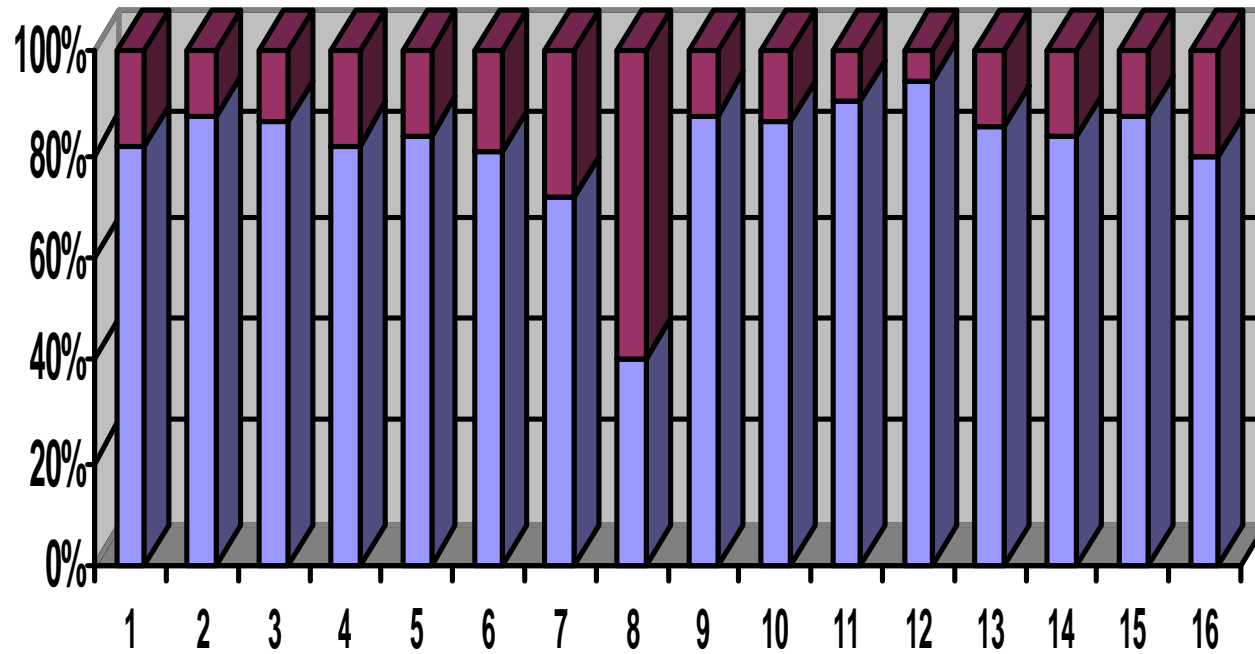
### Mammogram by Site



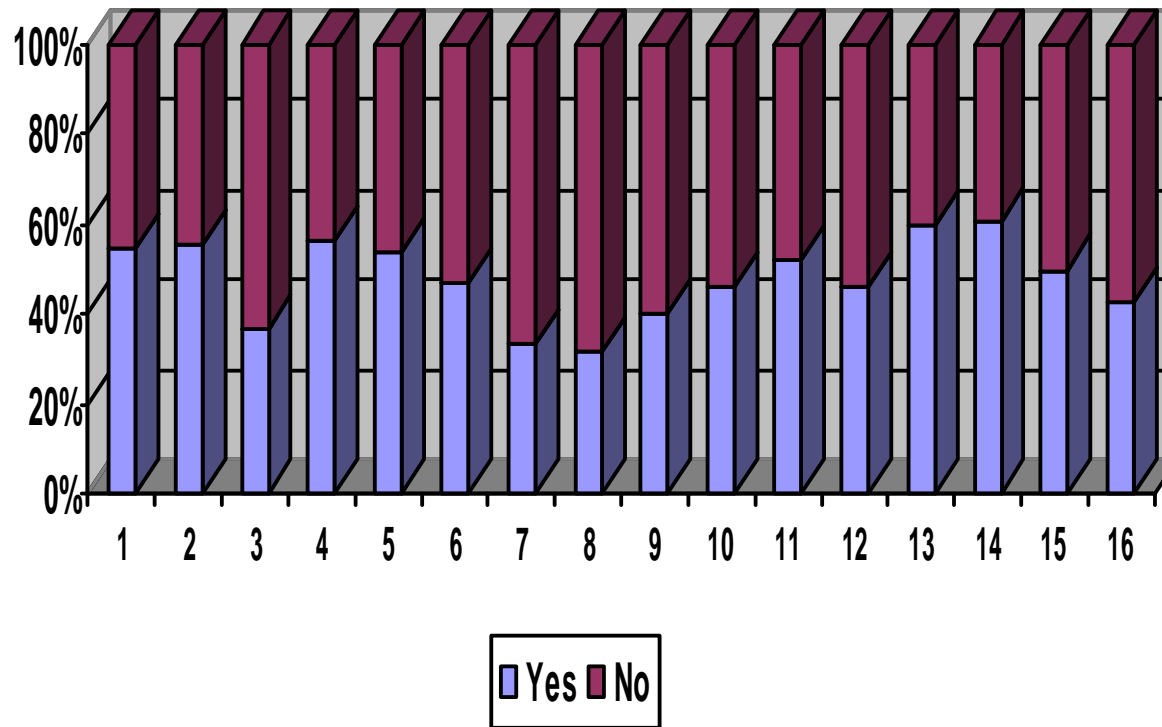
### Influenza Vaccine by Site



### Pneumovaxx Vaccine by Site



### Hearing Exam by Sites



Blood Pressure Screening by Site

