

An Integrated Approach to Improve Healthy Aging Outcomes

- Hear about an assessment data program being used in CCRCs to capture essential health and wellness information.
- Examine how this assessment tool can be used in low and moderate income settings to advance healthy aging and improve outcomes.
- Consider the experience of low and moderate income housing sites piloting a web-based resident assessment tool.



Panelists

- **Neil Beresin**, Program Manager, COLLAGE, The Art & Science of Healthy Aging, Kennett Square, PA
- **Robyn Stone**, Executive Director, Institute for the Future of Aging Services, AAHSA, Washington, D.C.
- **Kathryn Kelly**, Wellness Coach, Orchard Cove, Canton, MA
- **Denise Vachon**, Executive Director, The Park Danforth, Portland, ME
- **Ellen O'Connor**, NNORC Coordinator/Resource Specialist, Fairport Baptist Homes, Fairport, NY

Program Overview

- What is COLLAGE? (Neil)
- Why is COLLAGE important to AAHSA and our field? (Robyn)
- How is the program being used in CCRCs? (Kathryn)
- How is the program being used in housing? (Denise, Ellen)



The Basics

A membership consortium of aging services organizations, including CCRCs, moderate and subsidized housing, and home care agencies using an evidence-based assessment tool and person-centered process to advance healthy aging and improve outcomes of older adults living independently.

Member Composition

- Continuing Care Retirement Communities
- Subsidized and market rate senior housing
- Home and Community-based Programs
- Naturally Occurring Retirement Communities
- Assisted living residences
- Intermediate/extended care residences

Basics, II

- **Joint venture** between Kendal Outreach, LLC and the Institute for Aging Research at Hebrew SeniorLife
- **Over 60 non-profit sites** in 22 states, presently
- Guides the development of highly **personalized individual healthy aging plans**

Basics, II (cont')

- **Targets large scale health and wellness programs** to match changing needs of older adults
- **National data repository** for comparative benchmarking and quality improvement
- **Return on investment** is better healthy aging outcomes

Basics, III: Assessment Process

Who?

- Nursing, social service, fitness, wellness staff
- Independent or assisted living residents

Why?

- Improve healthy aging
 - individuals
 - community
- Target resources to resident goals
- Inform need for service decisions
- Strengthen program planning

Assessment Coaching Conversation

“I felt so free when I was done with my conversation – it was as if everything was laid out on the table and I had someone there willing to help me with things of concern. I left there feeling so free and unburdened. It was a great experience. Everyone should do it.”

-- Resident, Westminster Canterbury
Richmond, Richmond, VA



- Staff person one-to-one with resident
- Once every 9 months to 1 year
- In office or home
- One hour for conversation
- Data recorded in software (Web-based)

Assessment Tools

- Based on international research
- Standardized and validated through scientific studies
- Comprehensive - over 20 core assessment areas
- Holistic snapshot

Impact for Individuals

- Customizes resident goals into a healthy aging plan, wellness roadmap
- Identifies issues in six wellness domains
- Records personal strategies suggested by COLLAGE wellness coach
- Provides staff and client feedback loop
- Measures goal attainment

Impact for Community

- Falls and balance programs ("Got Water?")
- Spiritual wellness ("Joy of Living")
- Memory enhancement and support programs ("Covered Bridge")
- Bereavement support groups
- Aging Enriched Resource Center
- Exercise and Tai Chi for managing arthritis
- Yoga for managing depression and anxiety
- Library and book clubs
- Targeted educational materials
- Added PT/OT services, in-house
- Exercise/cognitive behavior for managing pain

Impact on Management and Operations

- **Identifies needed services** to maximize abilities/functions
- **Facilitates data-based decisions** about risk, needs and interests
- **Emphasize health promotion** and adaptation
- **Assists with accreditation**

Impact on Management and Operations (cont')

- **Improves planning, evaluation** and continuity of health and wellness operations
- **Leverages** data (grant funding)
- **Improves** financials (actuarials)
- **Measures** healthy aging leading to **improved outcomes**

COLLAGE data is
the engine that
drives your
Wellness
Program
operations





"Turning 90 sucks, dude."

What is COLLAGE, Overview

A membership consortium of aging services organizations, including CCRCs, moderate and subsidized housing, and home care agencies using an evidence-based assessment tool and person-centered process to advance healthy aging and improve outcomes of older adults living independently.

■ Membership Consortium

- 65 non-profit sites
- 22 states

■ Evidence-based Tool

- identifies health needs, risks, and interests
- improves individual and community outcomes

■ National Data Repository of Well Older Adults

- secure/confidential
- over 20k assessments representing over 8k clients
- benchmarks outcomes
- interventional research, public policy

COLLAGE, The Art & Science of Healthy Aging is a membership consortium of aging services organizations, including CCRCs, moderate and subsidized housing, and home care agencies using an evidence-based assessment tool and person-centered process to advance healthy aging and improve outcomes of older adults living independently.

collageaging.org

blog-collageaging.org

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Potential next steps:

- **Set** up a time to chat and answer specific questions about membership, training, operationalizing the program, etc.
- **Schedule** a meeting or webinar with your leadership team and COLLAGE
- **Talk** to several COLLAGE member organizations
- **Visit** us at AAHSA in LA: booth (1247) or attend our presentation on 11/1/10