Orchard Cove

Hebrew SeniorLife

Preliminary *COLLAGE* Data: Analysis and Benchmarking in One Organization

Orchard Cove
Canton, Massachusetts

- CCRC

- Hebrew Senior Life Member

- Center for Healthy Living

- Pathways to Wellness

Orchard Cove
Hebrew SeniorLife

Reasons for Study

- Excellent Medical Center on site with Gerontologists and 3 NPs

- Professional SW, PT, OT, Certified Fitness Instructors

- Population Aging in place with average age increasing from 82 to 87 years.

- To meet needs of
  - Oldest Members
  - New 70 Year Olds moving in expecting a Wellness Venue

Baseline Data with Current Data= Outcomes:

- Re-Start of Programming

  Low Vision Support

  Grieving Support

  Caretaker Support

- Referrals of Individual

- Evidence Based Programming
  - Balance
  - Healthy Eating
  - Pain Management
  - Sleep Behavioral Tx

Orchard Cove
Hebrew SeniorLife

In Addition to the *COLLAGE* Annual Report

Orchard Cove made a decision to compare our

- Top Ten Diagnoses,

- Fitness Participation

- Topics of Specific Interest

with both the Consortium and a Benchmark of community living clients not participating in *COLLAGE*.

Orchard Cove
Hebrew SeniorLife

Top Ten Diagnoses

1. Aggregate Report, Initial Grouping

   for Top Ten

2. Correlated All related ICD-9 codes

3. Weighted Diagnoses and Regrouped
   Data

4. *COLLAGE* pulled data using all our
   Combined ICD-9 Codes

Orchard Cove
Hebrew SeniorLife

Top Ten Diagnoses

• Coronary Artery Disease	37	60%
• Hypertension	32	52%
• Arthritis	19	31%
• Cancer	17	27%
• Anxiety	15	24%
• Depression	15	24%
• Osteoporosis	14	23%
• Esophageal Reflux	12	19%
• Diabetes	11	18%
• Hypoglycemia	10	16%

Orchard Cove
Hebrew SeniorLife

Topics of Specific Interest

Exercise

Sleep

Memory

Social Relations

Hearing

Continence

Depression

Falls

Pain

Orchard Cove
Hebrew SeniorLife

FITNESS DATA
Wellness Section B Questions

1. Participation
   in Exercise
2. Satisfaction
   w/Fitness
4. Interest in Fitness
   Program

Orchard Cove
Hebrew SeniorLife

Findings!
Preliminary Data

- Compared on 27 Members

- Average Age 85 years

Orchard Cove
Hebrew SeniorLife

Top Ten Diagnoses, Preliminary Comparison

		CCRC's	OC
1.	Coronary Artery Disease	16%	13%
2.	Hypertension	47%	74%
3.	Arthritis	14%	21%
4.	Cancer	3%	8%
5.	Anxiety	3%	8%
6.	Depression	5%	13%
7.	Osteoporosis	22%	33%
8.	Esophageal Reflux	14%	26%
9.	Diabetes	6%	10%
10.	Hypoglycemia	17%	23%

Orchard Cove
Hebrew SeniorLife

Preliminary Diagnoses of Interest

		CCRC's	OC
1.	Short Term Memory Problem	21%	30%
2.	Hearing is Adequate	64%	33%
3.	Continent	68%	80%
4.	Falls, None in last 90 Days	88%	81%
5.	Pain Intensity, last 3 days		
	1. Mild Pain	19%	24%
	2. Moderate Pain	17%	29%
	3. Severe	4%	3%
	4. Excruciating	0%	2%

Orchard Cove
Hebrew SeniorLife

Preliminary Diagnoses of Interest <small>conti.</small>

		CCRC's	OC
7.	Adequate Sleep	84%	61%
8.	Close Friend in Community	83%	73%
9.	Counts on Friends for Companionship	92%	64%
10.	Community is Supportive	95%	88%
11.	Pursues Involvement in Community	85%	54%
12.	Primary Caregiver	11%	9%
13.	Depressed Due to Recent Loss	9%	27%
14.	Recurrent Depression	10%	21%

Orchard Cove
Hebrew SeniorLife

Fitness Questions

	CCRC's	OC
1. Last 3 Days of Exercise		
1. None	15%	54%
2. Usually Participate	5%	9%
3. <2 hours	28%	30%
4. <3 hours	21%	3%
5. <4 hours	15%	3%
6. 4 or more hours	15%	0
2. Yes, Satisfied w/Fitness Level	63%	15%
4. Yes, Interested in Fitness Program	39%	79%

Orchard Cove
Hebrew SeniorLife

In Summary

Orchard Cove Baseline Preliminary Data

– Top Ten Diagnoses

– Expected Trends

– Fitness Data

Future Comparisons

– Expected Baseline Known

– Program Written

Orchard Cove
Hebrew SeniorLife

A Big Thank You to:

- Neil Beresin

- Margaret Bryan

- Mike Kokinda

In supporting this initial data search.

Orchard Cove
Hebrew SeniorLife