

Welcome to



COLLAGE

The Art & Science of Healthy Aging[®]



A membership consortium of aging services organizations, including CCRCs, moderate-income and federally subsidized housing, and home care and community-based agencies who use a holistic, Web- and evidence-based assessment tool and person-centered process to advance healthy aging and improve outcomes of older adults living in residential settings

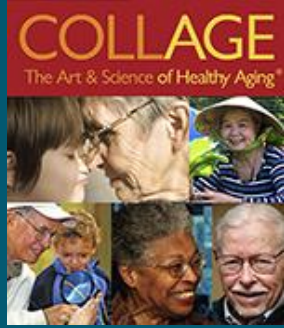
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What is COLLAGE?

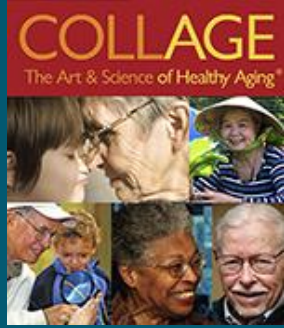
- Consortium
- Evidence-based assessment tools
- System to improve healthy aging outcomes



Leadership

- Kendal Outreach, LLC, an affiliate of Kendal
- Hebrew SeniorLife and the Institute for Aging Research
- Center for Information Management
- Project Leadership Council

Our assessment tools are based on a comprehensive assessment system developed by interRAI, an international collaborative of researchers and clinicians dedicated to improving the quality of life of vulnerable persons



Why COLLAGE for an Organization?

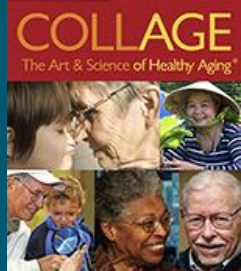
Organizations typically lack systems that can:

- Identify potential risks to independence
- Measure effectiveness of programs and services
- Examine changing needs and project staff, program and service requirements
- Compare outcomes to those of other similar organizations
- Facilitate effective living coordination



Why COLLAGE for the Individual?

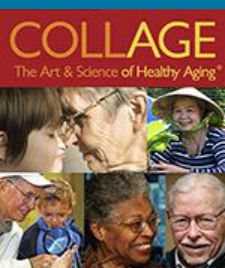
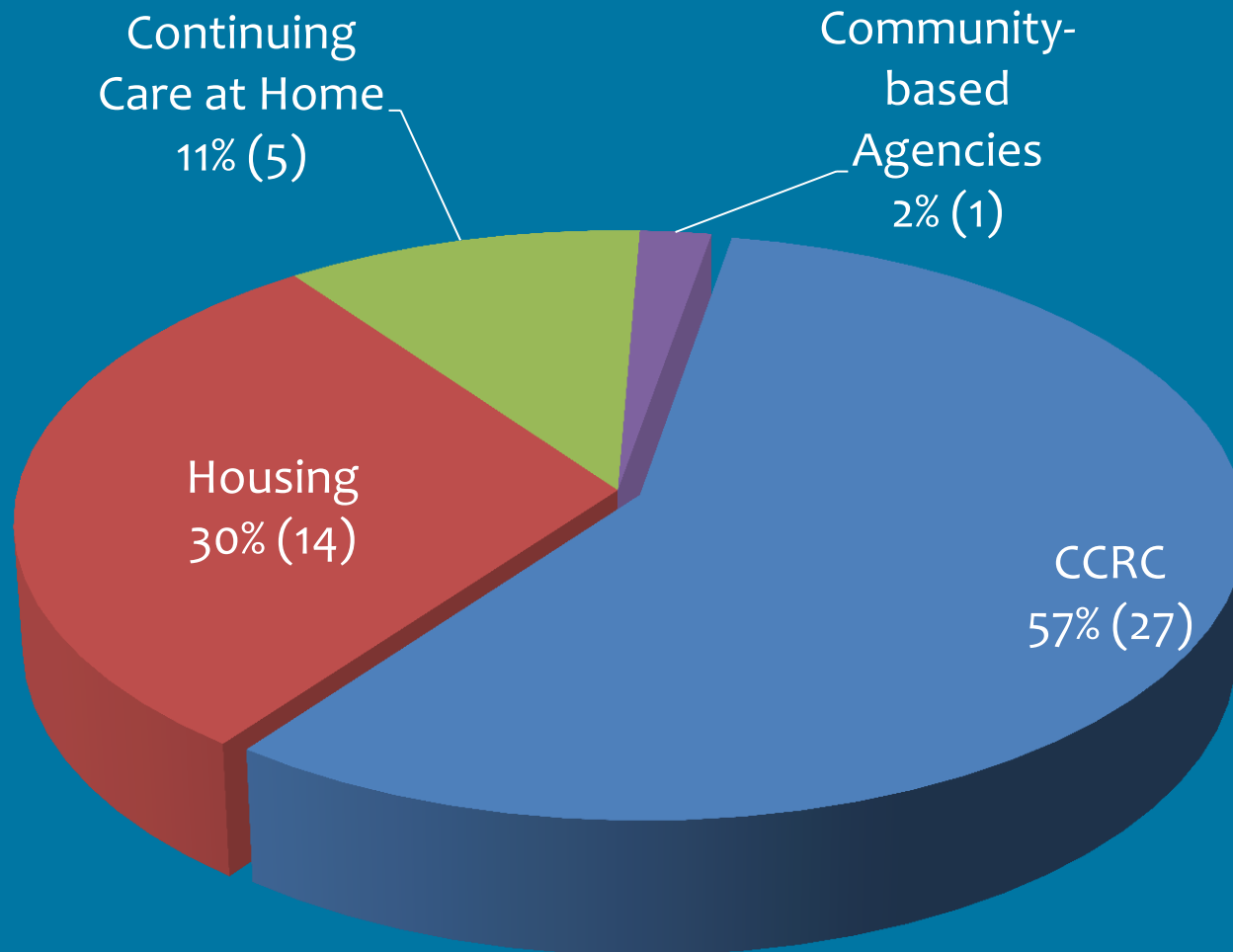
- Improved health and wellness, quality and satisfaction with life
- Assistance with help to achieve personal/life goals
- Assistance with connecting to things that are meaningful
- Regular access to a coach



COLLAGE: Membership States



Membership – Types/settings (n=47)



Evolution of the Assessment System

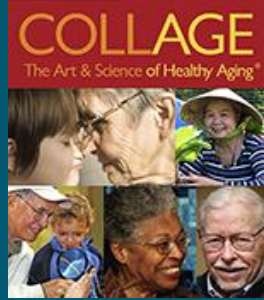
2005-2011	2011-2013	2013 (winter)
• Community Health Assessment (CHA)	• Core Assessment	• Health and Social Check-up
• Functional Supplement Assessment	• Comprehensive Assessment	• Health and Social Check-up with Suppl
• Wellness Assessment	• Wellness Assessment	• Lifestyle Survey

- Significantly reduced the number of items in the initial assessment (moving from CHA to Core)
- Reduced the number of items in the Wellness Assessment
- Reduced some duplication that existed between Core and Wellness Assessments
- Offered option to add back (flex) selected items unique to each organization

Evolution of the Assessment System - Reporting

2005-2011	2011-2013	2013 (winter)
<ul style="list-style-type: none">• Medications• Diseases• Assessment Indicators• Healthy Aging Plan• Clinical Assessment Protocols• Assessment Comparison	Added: <ul style="list-style-type: none">• Personal Wellness Profile• Aggregate Profile• Ad Hoc	Added: <ul style="list-style-type: none">• Revised Assessment Indicators (aka “Assessment Summary”)**• Several reports related to new program, Vitalize 360

**The new Assessment Summary report will be organized around these 4 super domains: a) social life/community; b) cognition/communication; c) function/everyday life; and, d) health/medical. It will include risk indexes and a few other outcome measures

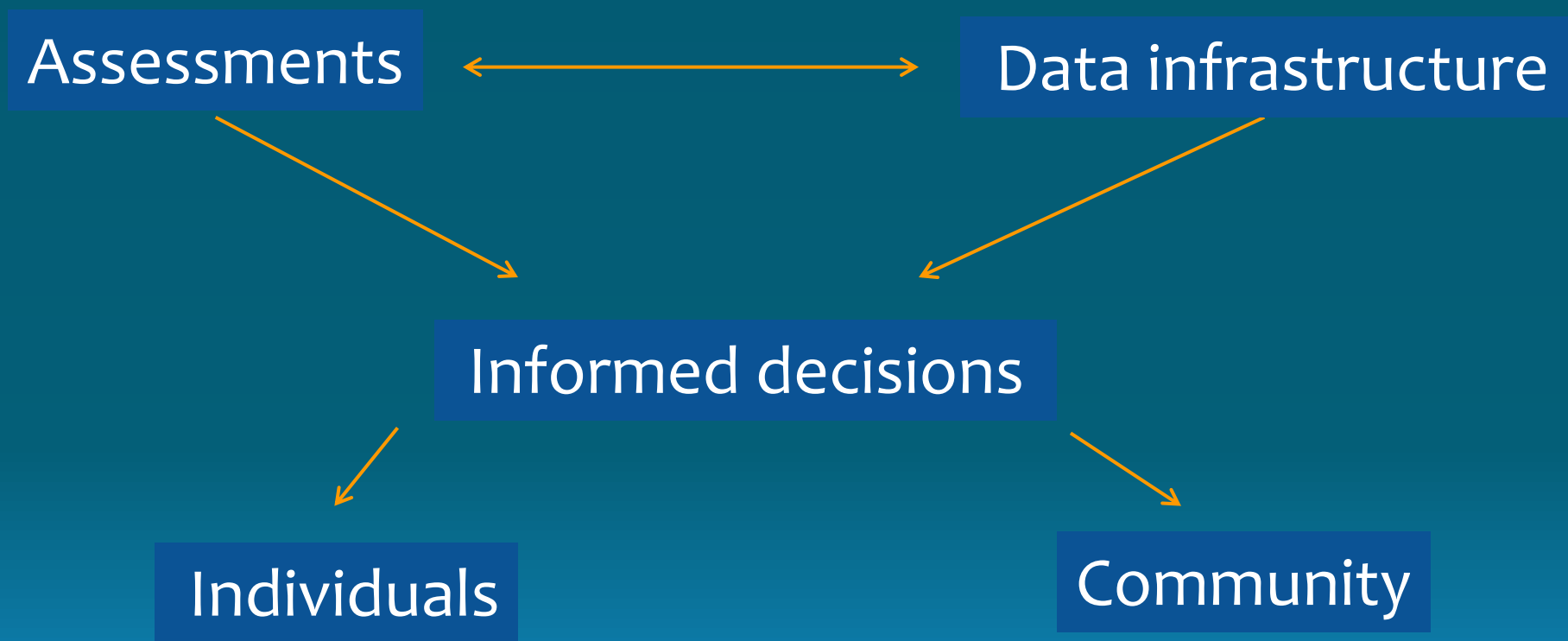


Our Assessment System

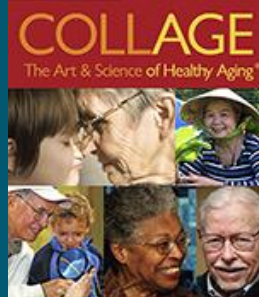
- Wellness Assessment (Lifestyle Survey): subjective, 53-items, self-administered
- Core Assessment (Health and Social Check-up): objective, 40-items, health-focused, identifies potential risks that may require support
- Comprehensive Assessment (Health and Social Check-up Supplement): objective, used when risks identified



How Does COLLAGE Work?



ROI: better healthy aging outcomes



Assessment Process: How?

- ◆ *Staff person one-to-one with resident*
- ◆ *Once every 9 months to 1 year*
- ◆ *In office or home*
- ◆ *Initial conversation takes 45 minutes to 1 hours*
- ◆ *Data recorded in software (web-based)*





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
- ◆ New Library and book clubs
- ◆ Targeted educational materials
- ◆ Exercise/cognitive behavior for managing pain

Aggregate Profiler – report generation tool

- On-demand frequency distributions
- Comparison data based on assessment data from all COLLAGE members nationwide

Psychosocial Well-Being

Participation Social Acts

Never
 > 30 days ago
 8 to 30 days ago
 4 to 7 days ago
 In last 3 days
 Unable to determine

Counts

Comparison percent

0 0.0% 2.8%
 0 0.0% 3.8%
 4 3.3% 5.8%
 30 24.4% 12.7%
 89 72.4% 73.8%
 0 0.0% 1.2%

Total: 123

Visit with Social Relation

Never
 > 30 days ago
 8 to 30 days ago
 4 to 7 days ago
 In last 3 days
 Unable to determine

Percentages

0 0.0% 1.5%
 0 0.0% 3.7%
 4 3.3% 9.4%
 38 30.9% 17.2%
 81 65.9% 67.7%
 0 0.0% 0.4%

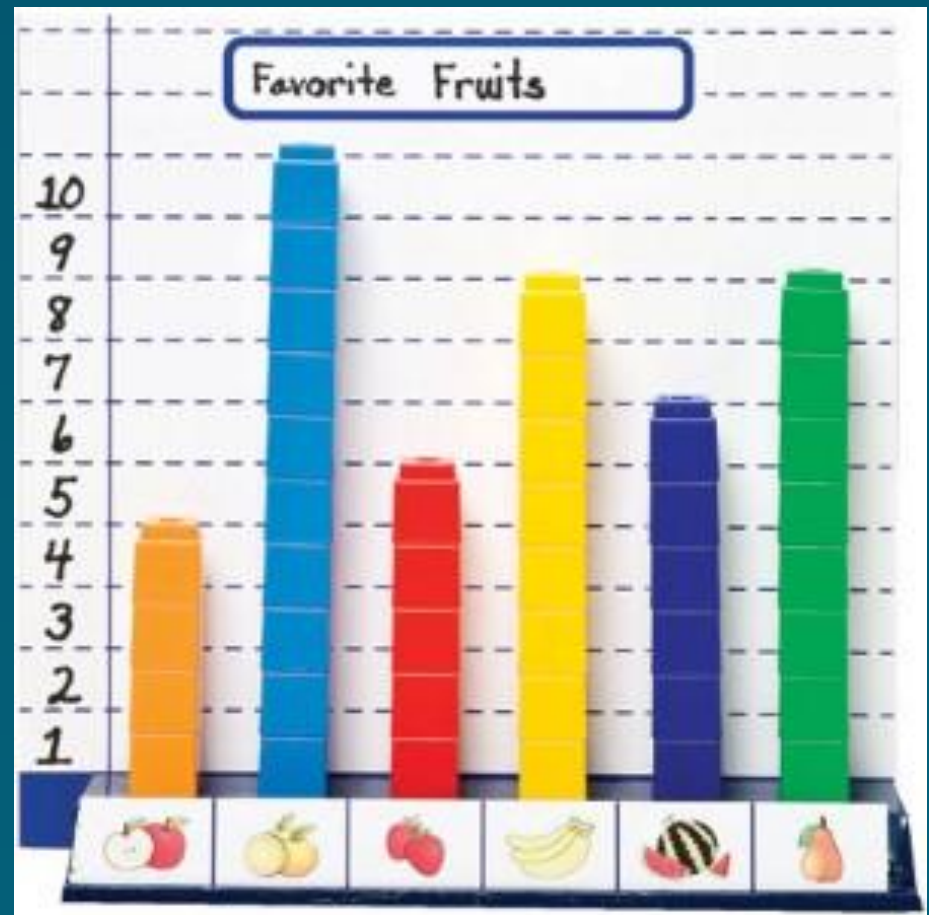
Total: 123

Other Interaction w Relation

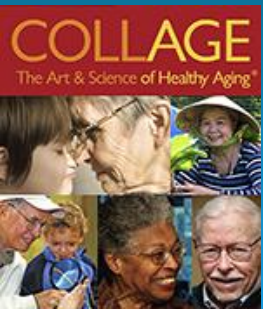
Never
 > 30 days ago
 8 to 30 days ago

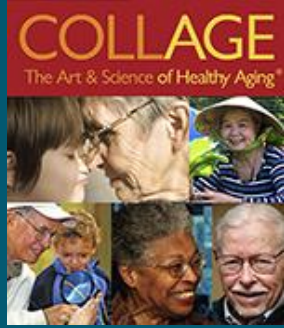
0 0.0% 2.4%
 0 0.0% 1.3%
 6 4.9% 4.5%

Ad Hoc Reporting



Endless possibilities for site-specific reporting





Outcomes of Special Interest

- Interest in fitness program
- Satisfied with fitness level
- Community feels supportive/nurturing
- Stress negatively impact quality of life
- Falls, pain, loneliness
- Self-rated health
- Participation in fitness/exercise

Items of Special Interest

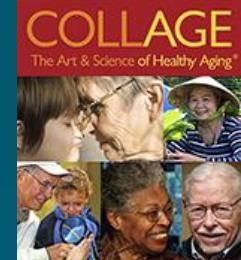
Percent of Responses = "Yes"

	N=	103	146	23	132	114	76	114	6	714
	Community	A	B	C	D	E	F	G	H	Totals
Interest in Fitness Program		41%	38%	77%	49%	53%	53%	49%	92%	50%
Satisfied with Fitness Level		55%	60%	40%	41%	53%	57%	58%	20%	53%
Community Feels Supportive/Nurturing		90%	95%	100%	92%	98%	100%	88%	100%	94%
Stress Negative Impact on Your Quality of Life		32%	29%	33%	35%	41%	47%	43%	60%	38%
Lonely		7%	13%	22%	6%	7%	16%	21%	0%	11%

Satisfied with Life									
Delighted	8%	19%	27%	17%	12%	11%	7%	17%	13%
Pleased	34%	34%	27%	41%	41%	54%	46%	33%	40%
Mostly satisfied	7%	12%	9%	5%	11%	9%	14%	13%	10%
Mixed	10%	2%	0%	5%	0%	2%	0%	0%	3%
Mostly dissatisfied	40%	32%	27%	33%	35%	24%	32%	33%	34%
Unhappy	1%	0%	9%	0%	1%	0%	1%	4%	1%

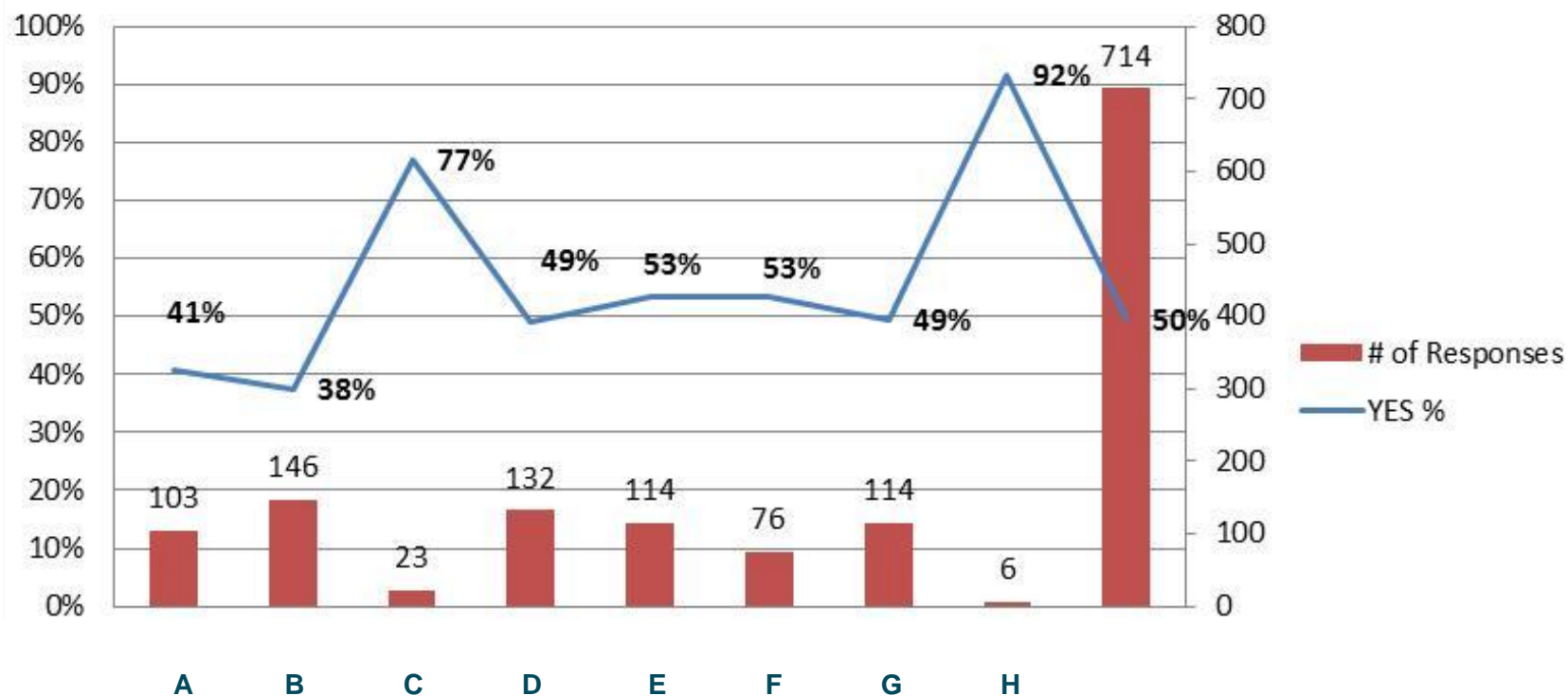
How Often Lonely									
Not lonely	63%	66%	50%	73%	63%	67%	63%	54%	64%
Only in certain situations	17%	16%	17%	10%	15%	17%	17%	19%	15%
Occasionally	18%	14%	17%	14%	20%	15%	14%	27%	17%
Frequently	2%	4%	8%	4%	1%	2%	4%	0%	3%
Daily	1%	0%	8%	0%	1%	0%	3%	0%	1%

	Community	A	B	C	D	E	F	G	H	
N=	103	146	23	132	114	76	114	6	714	
Cognitive Skills for Daily Decisions										Totals
Independent	87%	95%	96%	95%	92%	96%	81%	83%	91%	
Mod independence	11%	3%	0%	3%	3%	4%	18%	17%	7%	
Min impaired	1%	1%	4%	1%	4%	0%	1%	0%	2%	
Mod impaired	0%	1%	0%	1%	1%	0%	1%	0%	1%	
Sev impaired	1%	0%	0%	1%	0%	0%	0%	0%	0%	
Falls										
No fall last 90	96%	88%	80%	89%	88%	92%	93%	50%	90%	
Fall 31-90 days	1%	6%	5%	7%	4%	3%	6%	17%	5%	
One fall last 30	3%	6%	10%	3%	6%	5%	2%	33%	5%	
Two+ falls last 30	0%	1%	5%	1%	2%	0%	0%	0%	1%	
Pain Intensity										
No pain	54%	53%	64%	68%	45%	73%	43%	50%	56%	
Mild	20%	24%	23%	18%	35%	17%	37%	50%	25%	
Moderate	26%	16%	14%	9%	17%	8%	20%	0%	16%	
Severe	0%	6%	0%	4%	3%	0%	1%	0%	3%	
Pain excruciating	0%	1%	0%	2%	0%	3%	0%	0%	1%	
Self-Rated Health										
Excellent	8%	32%	36%	39%	27%	43%	18%	0%	28%	
Good	85%	62%	59%	56%	66%	55%	68%	83%	65%	
Fair	7%	6%	5%	4%	7%	3%	12%	17%	7%	
Poor	0%	0%	0%	1%	0%	0%	1%	0%	0%	
No respond	0%	0%	0%	0%	0%	0%	1%	0%	0%	
Participation Fitness /Exercise (in the last 3 days)										
None	17%	17%	23%	10%	13%	6%	14%	31%	15%	
None, but usu part	1%	1%	0%	3%	4%	4%	4%	4%	3%	
Less than 2 hours	27%	22%	46%	34%	27%	19%	28%	42%	28%	
Less than 3 hours	27%	20%	23%	21%	23%	17%	24%	8%	22%	
Less than 4 hours	13%	14%	0%	15%	17%	28%	17%	8%	15%	
4 hours or more	16%	27%	8%	18%	15%	26%	15%	8%	18%	



Interest in a Fitness Program

Interest in a Fitness Program?



What If...

- 90% of your residents participated in the coaching conversations?
- 85% of these residents developed a fitness plan?
- 80% exercised on a regular basis (more than twice a week).
- You saw an increase in exercise from 33% to 74% over two years?
- 89% of residents participating reported having “good” or “excellent” health? (Up 9% from previous year.)
- 62% of the residents participating stated they are delighted with life as a whole? (Up from 32% one year earlier.)

New Program: Vitalize 360[®]

- ✓ Senior coaching model
- ✓ Member drives the development of a personal Vitality Plan
- ✓ Older adult *activation* is a cornerstone
- ✓ Uses the current assessment system
- ✓ Transforms the role of the IDT
- ✓ Pilot showed positive preliminary results

