

Aging and People with Disabilities

Evidence-Based Health Promotion Programs & AAAs/ADRCs

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Area Agencies on Aging

- 17 Area Agencies on Aging (AAAs) in Oregon
- AAAs receive Older Americans Act funding to address needs of older adults
- OAA program areas include information and assistance, nutrition, legal services, family caregiver support, health promotion
- AAAs also provide Oregon Project Independence

Area Agencies on Aging

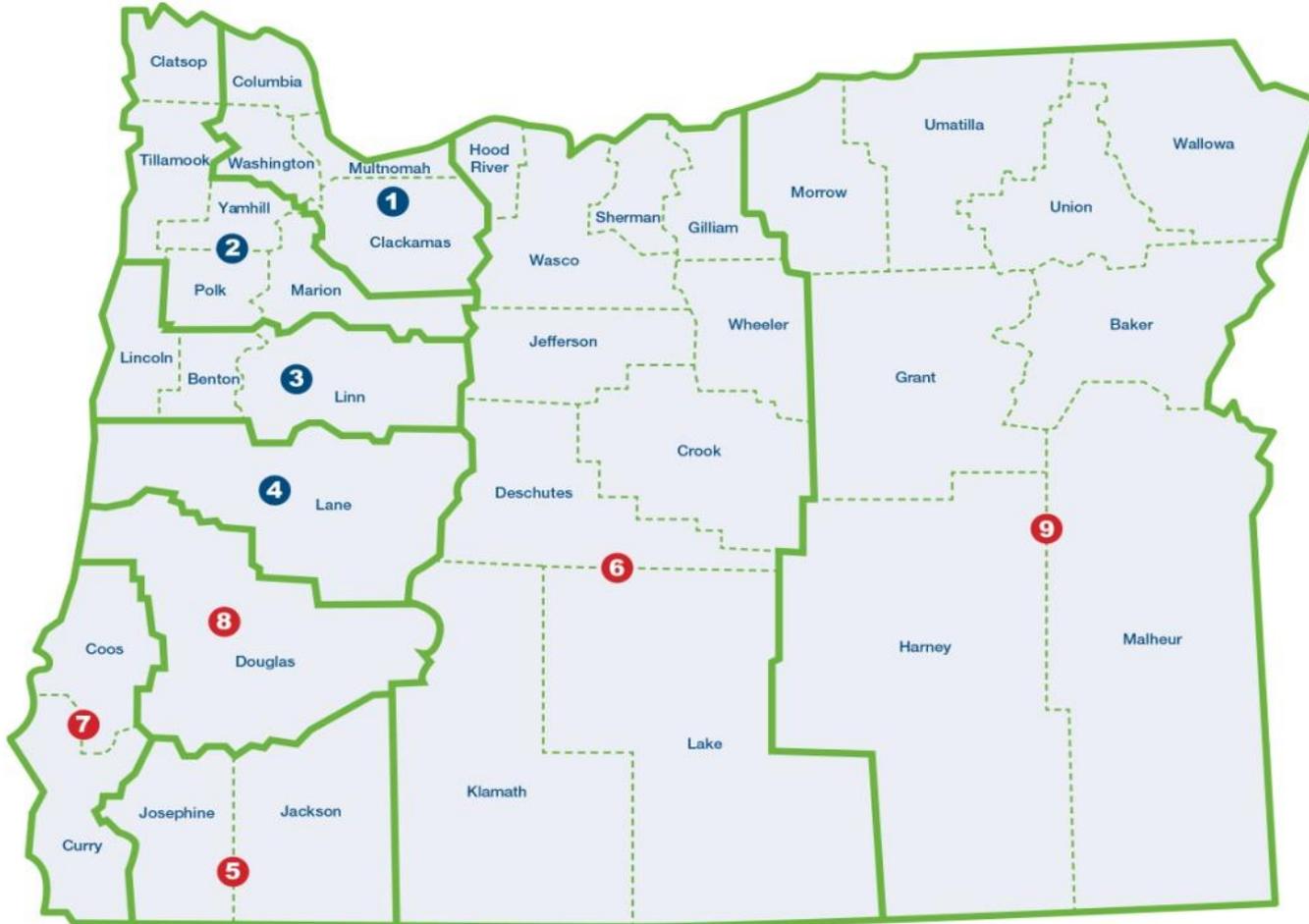
- Some AAAs also provide Medicaid long-term care services
- In other areas, Medicaid LTC services are provided by separate DHS/APD office

Aging & Disability Resource Connection

- Partnership between agencies addressing aging and disability needs:
 - AAAs
 - Centers for Independent Living
 - DHS/APD offices (Medicaid long-term care)
 - Developmental Disabilities
 - Others: VA, mental health, Tribes

Oregon ADRCs

Aging and Disability Resource Connection



ADRC
Aging and Disability
Resource Connection
of OREGON

www.ADRCoforegon.org
1-855-ORE-ADRC (673-2372)

ADRCs

- 1** Multnomah, Clackamas, Washington and Columbia
- 2** Marion, Polk, Yamhill, Clatsop and Tillamook
- 3** Linn, Benton and Lincoln
- 4** Lane

Emerging ADRCs

- 5** Josephine, Jackson
- 6** Hood River, Wasco, Sherman, Gilliam, Wheeler, Jefferson, Crook, Deschutes, Klamath and Lake
- 7** Coos, and Curry
- 8** Douglas
- 9** Morrow, Umatilla, Union, Wallowa, Baker, Grant, Harney and Malheur

www.ADRCofofOregon.org

- Link people to local resources:
 - Information/Assistance, options counseling, help accessing publicly-funded programs
 - Searchable resources relating to aging, disability, long-term care, and healthy aging
 - Healthy Living section
 - Alzheimer's section – www.HelpforAlz.org

Get connected to local information and services for seniors and people with disabilities.



Explore your options



Learn about resources, services and facilities in Oregon.

[CONNECT NOW](#)



Search for resources



ZIP or county

Keyword

[Go](#)

Find resources and services available in your local area.

[LEARN MORE](#)

Planning Toolkit

Find information, resources and tools to help you start planning.

[DOWNLOAD](#)

Give feedback

We want to hear from you. Tell us what you think about the website.

[TAKE A SURVEY](#)

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366 people like ADRC of Oregon.



Connect with your local ADRC

Contact your local ADRC if you have questions or would like to talk with someone in person about your situation. Staff are available to help you.

[CONNECT NOW](#)



Plan and prevent

Access information, tools and guidance to help you plan for future needs before they arise.

[LEARN MORE](#)

Healthy living



Here you will find information and community resources to stay healthy as you live and age.

- **Stay active** — Modest regular physical activity helps maintain a healthy weight and manage or prevent health conditions like high blood pressure and diabetes. It also relieves the pain of arthritis, helps you feel better and reduces the risk of falling.
- **Eat healthy** — Healthy foods can taste great and help prevent heart disease, some cancers, diabetes and osteoporosis.
- **Manage your health** — It is important to get recommended health screenings, take your medications and manage ongoing health conditions.
- **Stay connected** — Exercising your brain, volunteering and staying involved with friends and family are important to feeling good.

Successful programs for healthy living in Oregon

These programs are called "evidence-based" because each has been well-researched to show it really works. Communities across Oregon are using these programs. Many are available at little or no cost. Check to see which are available in your community.

AAA/ADRCs and Health Promotion

- Linking people to existing programs through senior/community centers or other organizations
- Direct support/coordination of evidence-based community programs
 - Older Americans Act funds
 - State funds (through 6/15)



Physical Activity & Falls Prevention

- Tai Chi: Moving for Better Balance
- Walk with Ease
- Matter of Balance
- Better Bones and Balance
- Otago Exercise Program
- SAIL: Stay Active & Independent for Life

Chronic Disease & Care Transitions

- Stanford's Chronic Disease Self-Management
 - Living Well/CDSMP
 - Tomando Control de Su Salud
 - Positive Self-Management
 - Diabetes Self-Management
 - Chronic Pain Self-Management
- National Diabetes Prevention Program
- Coleman Care Transitions

Caregiving

- Powerful Tools for Caregivers
- Star-Caregivers
- RDAD - Reducing Disability in Alzheimer's Disease
- Savvy Caregiver
- REACH Alzheimer's Program

Depression and Mental Health

- PEARLS - Program to Encourage Active, Rewarding Lives for Seniors
- Healthy IDEAS - Identifying Depression, Empowering Activities for Seniors
- Healing Pathways

Impacts

- Approximately 6,000 older adults/year participating in evidence-based health promotion programs
- Use of evidence-based programs ensures confidence in having a significant impact



Impact of Specific Programs

- **Living Well:** Participants who complete this 6-week workshop spend fewer days in the hospital, and experience improvements in overall health, quality of life, energy level.
- **Powerful Tools for Caregivers:** Participants who complete this 6-week workshop have significant improvements in well-being, self-care behaviors, and self-efficacy.

Impact of Specific Programs

- **Tai Chi:** Participants who regularly attend classes over several months have a 55% reduced risk of falls, and significant improvements in balance.
- **Coleman Care Transitions:** Participants have a significantly decreased risk of readmission.

AAA/ADRC work with CCOs

- Cross-referrals and helping people access programs
- Coordination on where and when to hold programs
- CCO staff trained to facilitate programs
- CCO funding/reimbursement for programs

AAA/ADRC work with CCOs

- Your experience in working with AAAs and ADRCs on community health promotion?
- Any feedback or suggestions?

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