

Getting Back to Better Together: Community-Based Organizations working together to improve the health and well-being of our community

Kathy Armitage, BS, Recreation Therapist, Active Lifestyle Program Director

Kim Downes, Executive Director of Kansas City Quality Improvement Consortium

Victoria Jackson, MS, Health & Wellness Coordinator at Liberty Community Center

Tane Lewis, Integrated Care Specialist III, MSN and EBP Supervisor at MARC

The Challenge

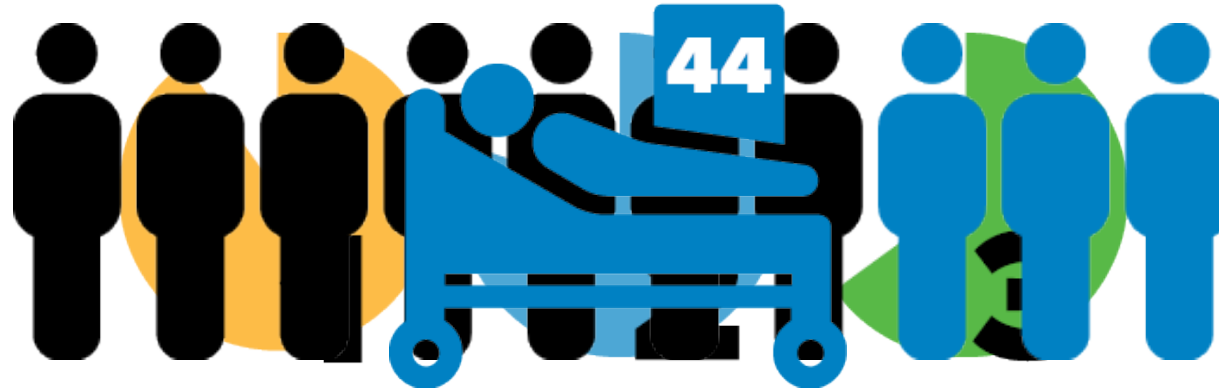
A changing health care environment

- **More older adults**
- **Shift to value-based care**
- **Focus on social determinants**



The Challenge

The impact of chronic disease on Missourians



95% of Missourians say they take very good care of their chronic diseases.
Missouri ranks 15th in the nation for hospital admissions per 1,000 residents.
Missourians are 80% more likely to be hospitalized than those in states that are 65% had at least three.

Why Use Evidence-Based Programs?

Reduce Chronic Disease & Falls

- Chronic diseases and falls are now the leading causes of death and disability among older adults in America.
- EBP interventions and their results have been researched thoroughly.

They Work!

- Research has proven that these programs are effective.
- Participants manage chronic conditions better
- Reduce costs
- Improve quality of life
- EBPs have been facilitated consistently with multiple populations in a variety of settings.

Evidence-Based Programs (EBP)

Based on research and rigorous study

- Must be published in a peer-reviewed journal
- Must be fully implemented in one or more community sites
- Are vetted by federal and state oversight agencies

Demonstrated to be effective

- Scientific evidence has shown that EBPs improve health and well-being and reduce disease, disability and/or injury
- Improves the lives of those who participate

Packaged Programs

- Includes support materials such as books, CDs, implementation manuals and specialized training so that content and fidelity will be consistent across all settings

Older Americans Act (OAA)

States that receive OAA funds under Title III are now required to spend funds on EBPs to improve health and well-being and reduce disease and injury in our communities.

Area Agencies on Aging (AAA) receive Title III funds for EBPs

Title IIID funds can be allocated for EBP that serve adults 60 years of age or above.

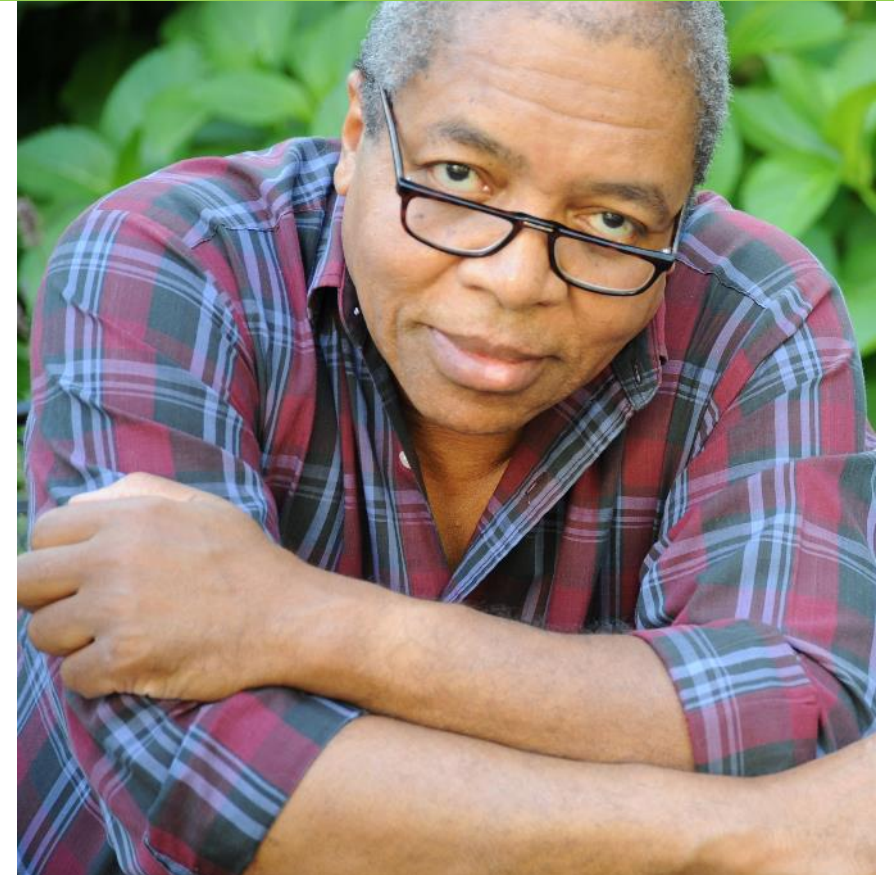
Title IIIE funds can be allocated for EBP that serve caregivers who aid an adult who is 60 years of age or above, grandparents caring for a grandchild, or parents caring for a disabled adult.

AAA can contract with Community-Based Organizations with trained facilitators of EBP to implement EBP in the community.

Benefits of EBPs to adults who attend:

Studies show participants:

- Reported better health
- Had more energy and less fatigue
- Exercised more
- Had fewer social role limitations
- Experienced more psychological well-being
- Had better partnerships with physicians



Value of evidence-based programs

Real life improvements

Pam, 60, ringfand:after EBP classes:

- **Lost weight**
- **Diabetic, with high blood pressure and kidney disease**
- **Walking again**
- **Off of insulin**
- **Taking several medications**



Benefits of EBP to Community-Based Organizations and Health Care entities:



Return on investment

- Studies show that program participants experienced reduced emergency department visits and hospitalizations
 - Diabetes focused EBP - \$815 annual savings per participant
- Greater opportunity for varied funding sources
- Partnership development in the community
- EBP can bring community members to agencies or facilities who might not otherwise participate in other programs

Our Vision:

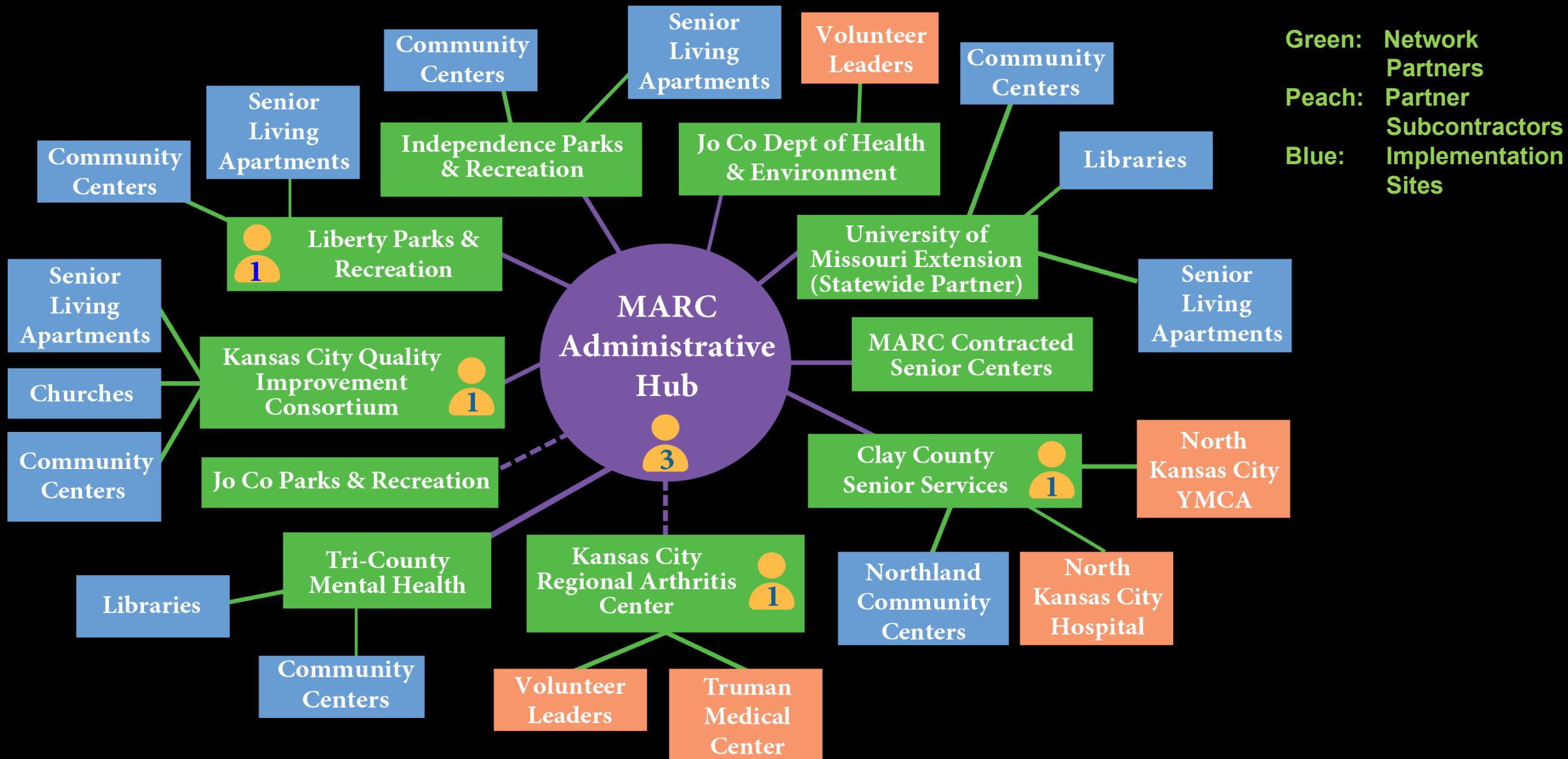
For the Kansas City region to have a strong, sustainable and coordinated system to connect individuals with high-value community-based services.

Our Mission:

To build a sustainable, collaborative network of CBOs, providers and payers to improve the efficient delivery of high-value, community-based services resulting in demonstrable improvements in health outcomes and reductions in health care costs.

MARC's Integrated Care Network

MARC's Regional Integrated Care Network



How MARC Supports Partners Offering EBP

MARC offers an ongoing Request For Proposal (RFP) which can be found at: <https://www.marc.org/Requests-for-Proposals>

- CBO bids to become a service provider of EBPs
- If bid is accepted MARC contracts with CBO to provide services

MARC utilizes funds from Title III, grants and third-party payers to support our contracted service providers

- MARC reimburses CBO for the cost of facilitator training and program supplies
- MARC reimburses CBO at a per completer rate depending on the number of facilitators a CBO provides to implement a workshop
 - “Completer” is defined by program developers within the parameters of the EBP

National Council on Aging (NCOA)

NCOA's Center for Healthy Aging (the Center) supports the expansion and sustainability of evidence-based health promotion programs in communities.

The Center provides training and technical assistance to help professionals provide community-based health education opportunities for older adults, adults with disabilities and their caregivers.

The Center houses the national Chronic Disease Self-Management Resource Center (SMRC) and the national Falls Prevention Resource Center (FPRC).

NCOA provides a Toolkit on Evidence-Based Programming for Seniors to assist organizations beginning to consider evidence-based programming or have been implementing EBPs for years.

<https://www.evidencetoprograms.com/>

EBPs eligible for Title III-D funding

Links to NCOA's guidance:

<https://www.ncoa.org/evidence-based-programs>

<https://www.ncoa.org/article/behavioral-health-programs-for-older-adults>

<https://www.ncoa.org/article/evidence-based-chronic-disease-self-management-education-programs>

<https://www.ncoa.org/article/evidence-based-falls-prevention-programs>

<https://www.ncoa.org/article/exercise-programs-that-promote-senior-fitness>

<https://www.ncoa.org/article/programs-for-advance-care-planning-care-transitions-and-caregiver-support>

Evidence-Based Programs



SELF-MANAGEMENT TOOL BOX

Physical Activity	Problem-Solving
• Walking	• Using your
• Decision-Making	• Sleep
• Action Planning	• Communication
• Healthy Eating	• Healthy Eating
• Understanding	• Nighttime
• Emotions	• Nighttime
• Working with Health	

What's Your Plan? Common, Taking, Stress, Sleep, Emotions, I'm not, Plate me, Action card, and you know



Steps to Healthier Living™

Programs We Offer



Building Better Caregivers (BBC)



Chronic Disease Self-Management Program (CDSMP)



Workplace CDSMP



Tomando Control de su Salud (Spanish Language CDSMP)



Chronic Pain Self-Management Program (CPSMP)



Diabetes Self-Management Program (DSMP)



A MATTER OF
BALANCE



AGING
MASTERY
PROGRAM
(AMP)



AMP FOR
CAREGIVERS



STEPPING
ON

We also offer monthly wellness checks
at some of our Senior Living Facilities.
(Blood Pressure, weight, glucose, etc.)

Kim Downes
(913)956-9323
kdownes@kcqic.org

Regional Arthritis Centers



Missouri has seven Regional Arthritis Centers (RACs) that are part of a statewide network run by the Missouri Department of Health and Senior Services' Arthritis and Osteoporosis Program (MAOP).

Central Regional Arthritis Center

Eastern Missouri Regional Arthritis Center

Kansas City Regional Arthritis Center

Northeast Regional Arthritis Center

Northwest Regional Arthritis Center

Southeast Regional Arthritis Center

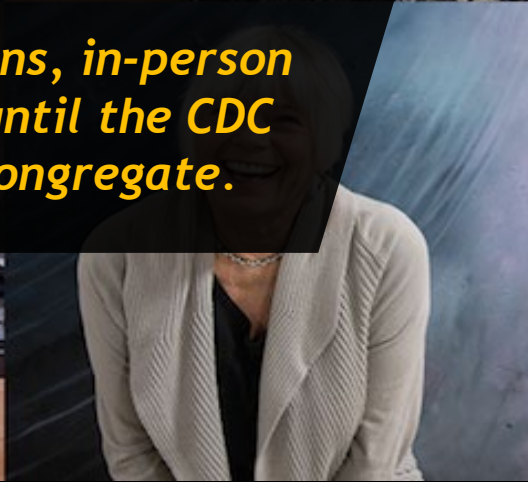
Southwest Regional Arthritis Center

KC RAC Program Current Offerings:

- ▶ Virtual Self-Management or at home Tool Kits with phone support for
 - ▶ Chronic Disease
 - ▶ Diabetes
 - ▶ Chronic Pain
- ▶ Virtual Group Walk With Ease or self-guided

Virtual Leader Trainings offered for all programs listed above.

Due to COVID-19 restrictions, in-person offerings will not resume until the CDC advises that it is safe to congregate.





Liberty Parks & Rec EBP

Chronic Disease Self-Management

Chronic Pain Self-Management

Diabetes Self-Management

Workplace Chronic Disease Self-Management

Aging Mastery Program

Walk With Ease

Active Living Everyday

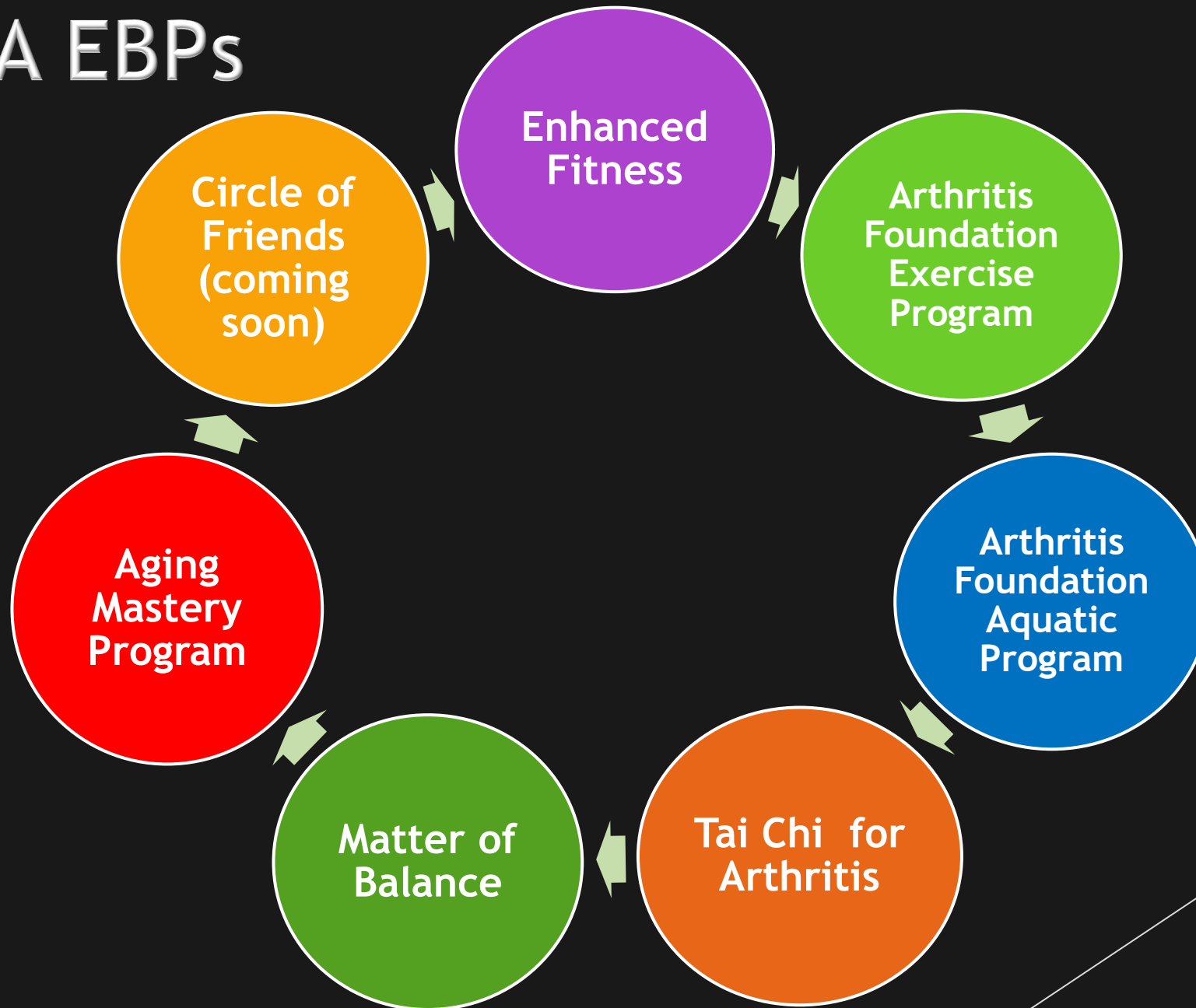
Circle of Friends®

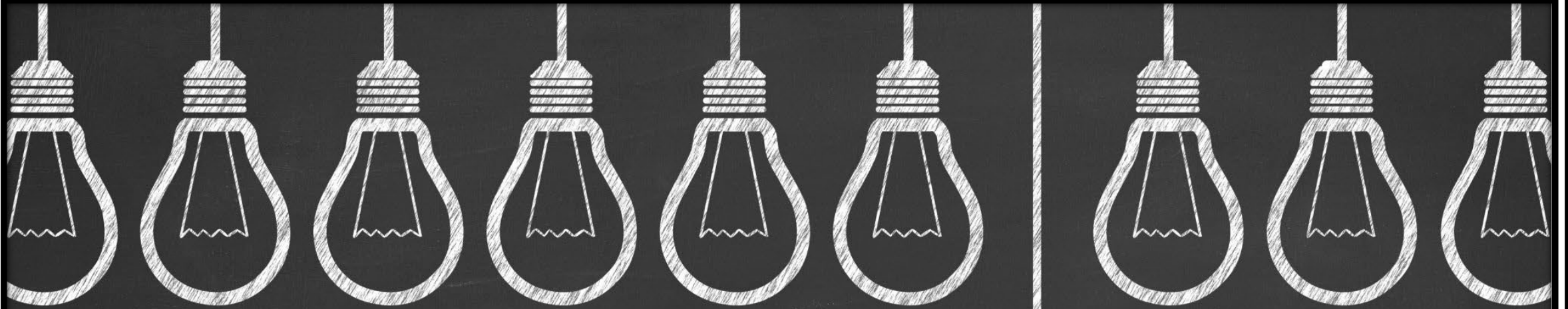
Fit & Strong!

SilverSneakers® Group Exercise Classes

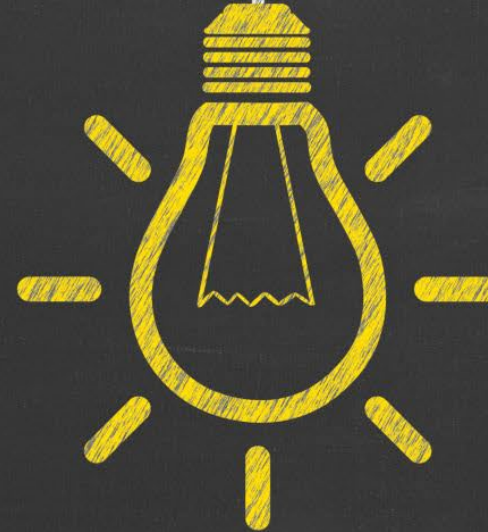
Aqua Arthritis

YMCA EBPs

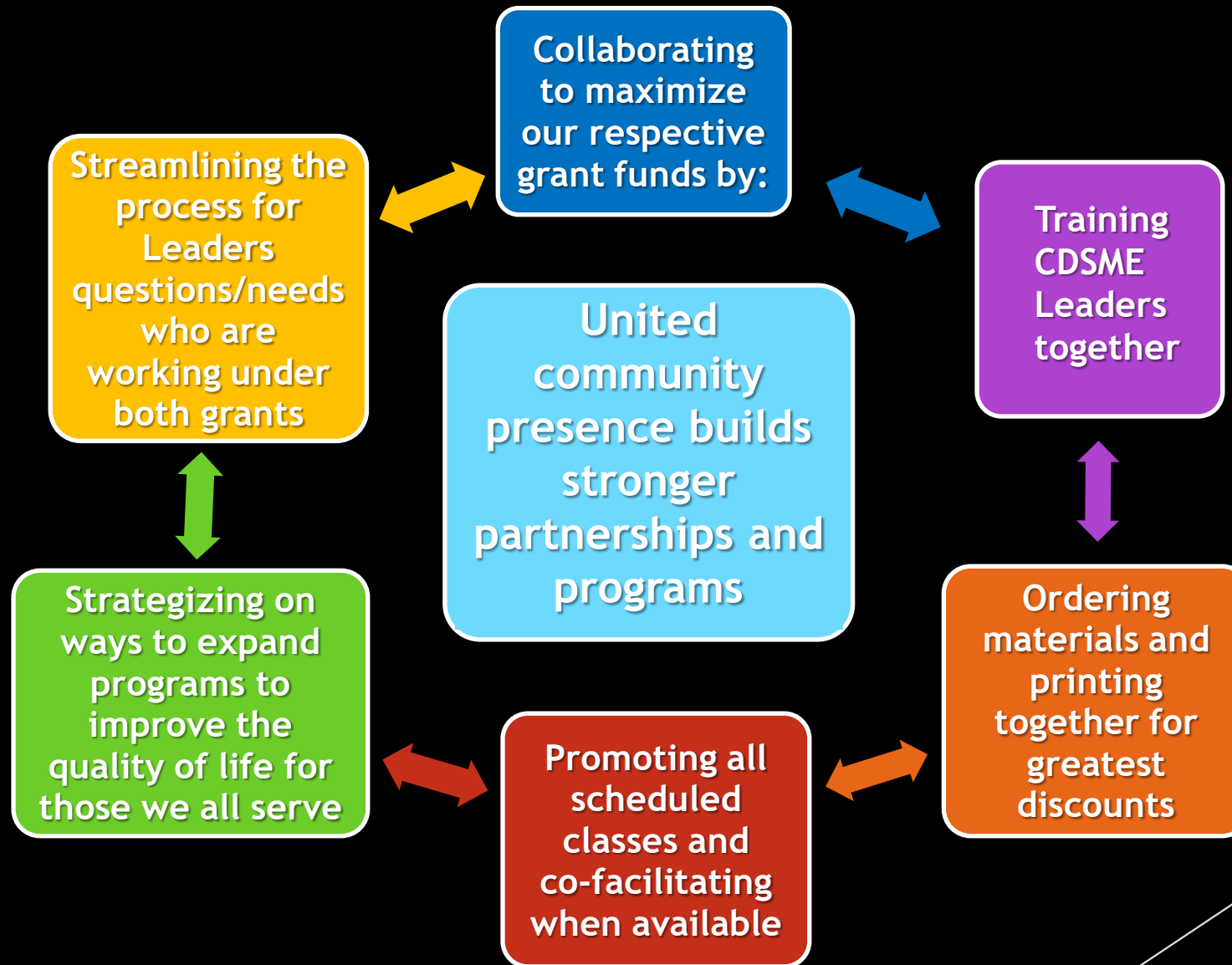




TIPS, TRICKS
AND
BRIGHT IDEAS!



Collaboration - A Unique Partnership



Collaboration



**Black Health
Care Coalition**

**Cerner -
St. Sabina
Wellness
Center**

**Clay & Platte
Counties:
Senior Falls
Prevention
Coalition**

**Covenant
Community
Health and
Wellness**

Humana

**Independence
Parks and
Recreation**

**Kansas City
Quality
Improvement
Consortium
(KCQIC)**

**Liberty Parks
and Recreation**

**MARC's
Integrated Care
Network**

**Missouri
Association of
Area Agencies
on Aging (MA4)**

**Missouri's
Regional
Arthritis
Centers**

**North Kansas
City Hospital**

**Northland
Living Well
Collaboration**

**Phoenix Family
Housing**

**Truman
Medical
Centers**

**University of
Missouri
Extension**

Outreach & Marketing

- Social media (posts or paid ads)
- Newspaper ads
- Radio ads / interviews
- TV ads / interviews
- E-mail newsletters
- Waiting lists from in-person implementation
- Referrals from partners and health care providers
- Word of mouth

Identify delivery options

- Mail (Tool Kits)
- Phone / Teleconference
- Videoconference (Zoom, Teams, Web X)
- Limited in-person



**Sign up today for
Living Well with
Chronic Conditions
and take charge of your health!**

Living with a chronic condition such as diabetes, arthritis, heart disease, pain or anxiety can be a daily challenge. But it doesn't have to be. Sign up today!

Attend an "Intro to Online Programs" session, followed by a FREE 6-week online workshop and discover how to:



Make healthy food choices.



Increase physical activity and exercise safely.



Cope with pain and fatigue.



Communicate effectively with your health team.



Develop action plans to improve your health and wellbeing.

Also great for caregivers!

When:

9:00 am til 11:30 am

Wednesdays

August 12 thru September 23, 2020

Where:

On-line via Zoom

You will receive link and information when you register.

Technical support will be available to help you navigate in Zoom.

To register:

Paula Zigmond

Clay County Senior Services

816-455-4800

paula@claycoseniors.org

Northland Collaborative for Living Well:
Clay County Senior Services
Kansas City Quality Improvement Consortium
Liberty Parks & Recreation
Mid-America Regional Council
North Kansas City Hospital
Northland Health Alliance
Northland Shepherd's Center
Regional Arthritis Center
University of Missouri Extension

This project was funded in part by an award to the Missouri Association of Area Agencies on Aging (MAAA) through prevention and Public Health Fund grant no. 90C35G009-01-00 by the US Department of Health and Human Services, Administration for Community Living.)



Recruiting Participants

Welcome Center at YMCA

- Provides an overview of our programs

Fitness Journey

- Meet with participants to assess needs and guide them to the right programs

Referral from insurance companies and health care entities

- Silver Sneakers
- AARP
- Renew Active
- Silver & Fit

Cross promotion from one workshop to another

- Ability to progress through programs

Recruiting Participants



Champions in the community: Activity Coordinators, religious leaders, physicians

Pilot Programs in collaboration with health care entities

Cross-Promotion between programs

MARC-MSN referrals via health care entities

Clinics whose patients could benefit from EBP

Insurance Providers offering community support services to members

Word of mouth!!

Overcoming Barriers

Spatial capacity

- Host workshops at other community-based facilities and organizations (libraries, places of worship, event spaces)

Getting the word out

- Target your population - think outside the box

Participant investment

- Foster program success with leader enthusiasm

Buy in from leadership

- Organization, community organizations and coalitions

Transportation

- Enlist the help of public transportation services in your area

Resources

- Incentives, materials and staff/facilitators

Technology barrier

- Lack of internet service or video conferencing skills

Confidentiality concerns

- HIPAA compliance and privacy policies

Q&A

Kathy Armitage:

kathyarmitage@kansascityymca.org

Kim Downes

kdownes@kcqic.org

Victoria Jackson

vjackson@libertymo.gov

Tane Lewis

tlewis@marc.org

