Evidence-Based Programs in Massachusetts

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Chronic Disease in MA

- While there are many chronic conditions that people in Massachusetts live with, these five place an overwhelming burden on our residents:
  - cancer
  - cardiovascular disease
  - diabetes
  - asthma
  - overweight/obesity

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<th>White non-Hispanic</th>
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<td>2. Cancer</td>
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<td>4. CLRD (Chronic Lower Respiratory</td>
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<td>5. Influenza &amp; Pneumonia</td>
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\(^1\) CLRD: Chronic Lower Respiratory Disease
Evidence-Based Programs – A Tool to Promote Healthy Aging

- Empowering Older People to Take More Control of their Health through Evidence-Based Prevention Programs
- Evidence-Based Prevention Programs in physical activity, healthy eating, chronic disease self-management, fall prevention, depression
- Nearly every state has public-private partnerships to disseminate the Chronic Disease Self-Management Program (CDSMP)
Healthy Aging  
... More Than a Program

Healthy aging is a systems change strategy. The goal is to strengthen integration of evidence-based programs into aging services and public health networks.

- Self-management, self-determination, self-advocacy
- Prevention and delay of sickness and impairment
- Evidence and outcomes
- Community-based, collaborative solutions
- Challenge ageism, health disparities
Key Partnerships in State

- Massachusetts Department of Public Health and Elder Affairs - Core Partners since 2004

- Original Partners: Elder Services of the Merrimack Valley, Hebrew Senior Life & Action for Boston Community Development, MA Councils on Aging

- US Administration on Aging Grant, National Council on Aging, CDC Arthritis Program, National Association of Chronic Disease Directors, and 27 other states with Empowering Older Adults grants
What we are offering in Massachusetts

- Stanford University’s Chronic Disease Self-Management Program (My Life, My Health)
- A Matter of Balance (Fall Prevention)
- Healthy Eating for Successful Living in Older Adults
- Diabetes Self-Management Program
- Arthritis Foundation Exercise Program

- Since 2007, over 2,400 older adults have participated in the chronic disease self-management program, A Matter of Balance, and Healthy Eating for Successful Living in Older Adults
Chronic Disease Self-Management Program: *My Life, My Health*

Massachusetts Current Capacity
September, 2010

- 3 T-Trainers
- 41 Master Trainers
- 191 Group Leaders
Mission: To develop and implement strategies aimed at helping people living with chronic diseases manage their health and maintain active and fulfilling lives.

- Meets Bi-Monthly
- Provides technical assistance and fidelity assurance to Master Trainers and Group Leaders
- Maintenance of ongoing schedule of workshops
- Data collection of workshops and participants
- Development of protocols and universal marketing materials and brochures
- Bulk purchasing and distribution of materials
- Strategize sustainability techniques and problem solving
Examples of Community Partners

- Disease Management Coalition (75 organizations)
- Aging Services Access Points (ASAPs - MA Home Care Agencies)
- Area Agencies on Aging (AAAs)
- Councils on Aging (COAs)
- Aging and Disability Resource Consortium (ADRC)
- Local Public Health Departments
- Visiting Nurses Associations
- Assisted Living Facilities
- Public Housing
- North American Indian Center
- Community Health Centers
- Hospitals, Physician Groups, Medical Providers
Local Agency Roles

- Promote programs/ recruit leaders and participants
- Coordinate program logistics: scheduling, registration
- Host and coordinate leader training
- Collect and enter data
- Provide mentoring and fidelity checks for program trainers, leaders, coordinators
- Liaison with partners (e.g. Hispanic clinics)
Sustainability for Evidence-Based Programs

- Sustainability comes from embedding the healthy aging philosophy into organizations and existing funding systems
- Community networks: expanding access and capacity
- Financial Sustainability
  - Medicaid and Medicare reimbursement
  - Refocus Funds
  - Use of Title III B and D funds
  - Grants/Foundation Support
  - Local Partner Collaborations
Sustainability in Massachusetts

- Medicaid integration of evidence-based programs through Senior Care Options (SCOs)
- Our HCBS Waiver contracts (i.e. all Aging Services Access Points)
- On-going marketing and recruitment: multiple referral pathways
- Monitoring and continuous quality improvement

Partner Testimonials

- “Bringing Stanford to Massachusetts was the catalyst that began our CDSMP journey. We are now making an impact on helping people manage their chronic diseases.” Greater Lawrence Family Health Center

- “By taking a risk and being a leader in implementing CDSMP, Elder Services helped us prepare for a new role in the ever changing health care system”. Mass Home Care
Questions?

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