Health Aging Through Community Partnerships

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Partners in Care Foundation
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Bringing medicine, patients and community-based services together.
In OECD, for every $1 spent on health care, about $2 is spent on social services. In the US, for $1 spent on health care, about 55 cents is spent on social services.
Health Care + Social Services = Better Health, Lower Costs

• Address social determinants of health
  – Personal choices in everyday life
  – Isolation, Family structure/issues, caregiver needs
  – Environment – home safety, neighborhood
  – Economics – affordability, access

• Social Service Agencies Have Advantages
  – Time to probe, trust, different authority
  – Cultural/linguistic competence
  – Lower cost staff & infrastructure
  – High impact evidence-based programs
Welcome to UCLA’s Vision for Partnership with Community Services

Healthy & Independent

Long-Term Services & Supports

Long-Term Residential & Home Institutional Care

Caregiver Support / Dementia

Community-Based Long-Term Services & Support

Palliative End-of-Life Care

Advance Care Planning

Continuum of Late-Stage Care

Spiritual, Psychological & Family Support

Pain & Symptom Control

Behavioral Health

Medication Management

Fall Prevention

Medical Management

Chronic Disease Self-Management

Prevention & Self-Management
## Building the New Business Model: Focus Areas

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What is Self-Management?

The actions that individuals living with chronic conditions must do in order to live a healthy life.

- Physical Activity
- Medications
- Planning
- Manage Fatigue
- Better Breathing
- Working with Health Professionals
- Problem-Solving
- Family Support
- Managing Pain
- Communication
- Understanding Emotions
- Healthy Eating
Stanford Healthier Living (CDSMP): Participant Health Outcomes

Randomized, controlled trial of 1,000 participants

**Increase in**
- Exercise
- Energy
- Psychological well-being

**Decrease in**
- Pain and fatigue
- Depression
- Shortness of Breath
- Limitations on Social and role activities

Overall Improved health status & quality of life

Greater self-efficacy and empowerment

Enhanced partnerships with physicians

Program Adopters

Self Management

- YMCAs
- Health Care Districts
- Hospitals
- Health Plans
- Physician Groups
- Public Health
- Community Centers
- Senior Housing
- Faith-Based Orgs
- Senior Centers
- AAAs
- ILCs
- CBOs
- Clinics