

# Health Aging Through Community Partnerships

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October 31, 2013

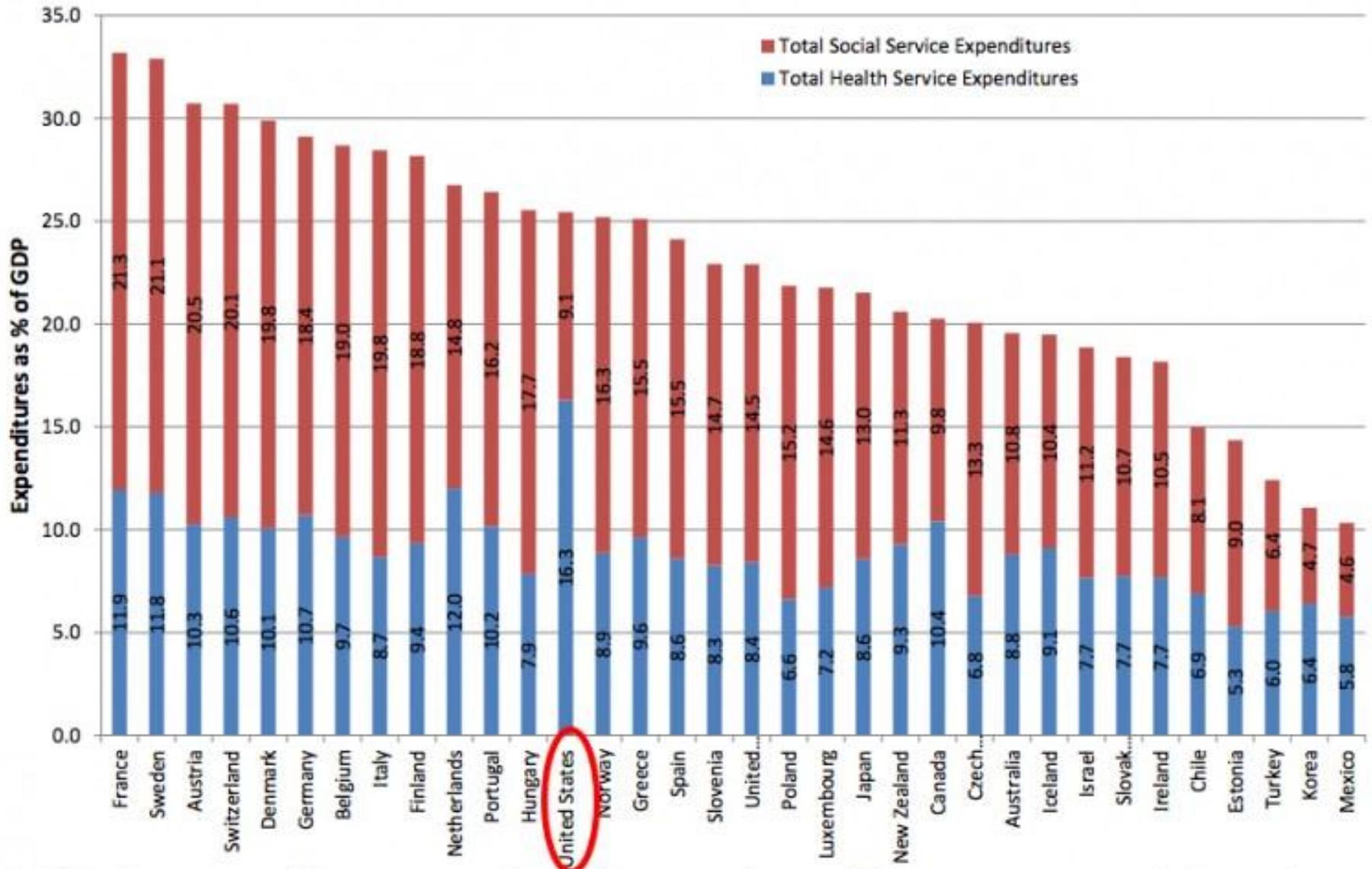


# Bringing medicine, patients and community-based services together.



**Partners in Care**  
**FOUNDATION**  
*changing the shape of health care*

# Total health care investment in US is *less*



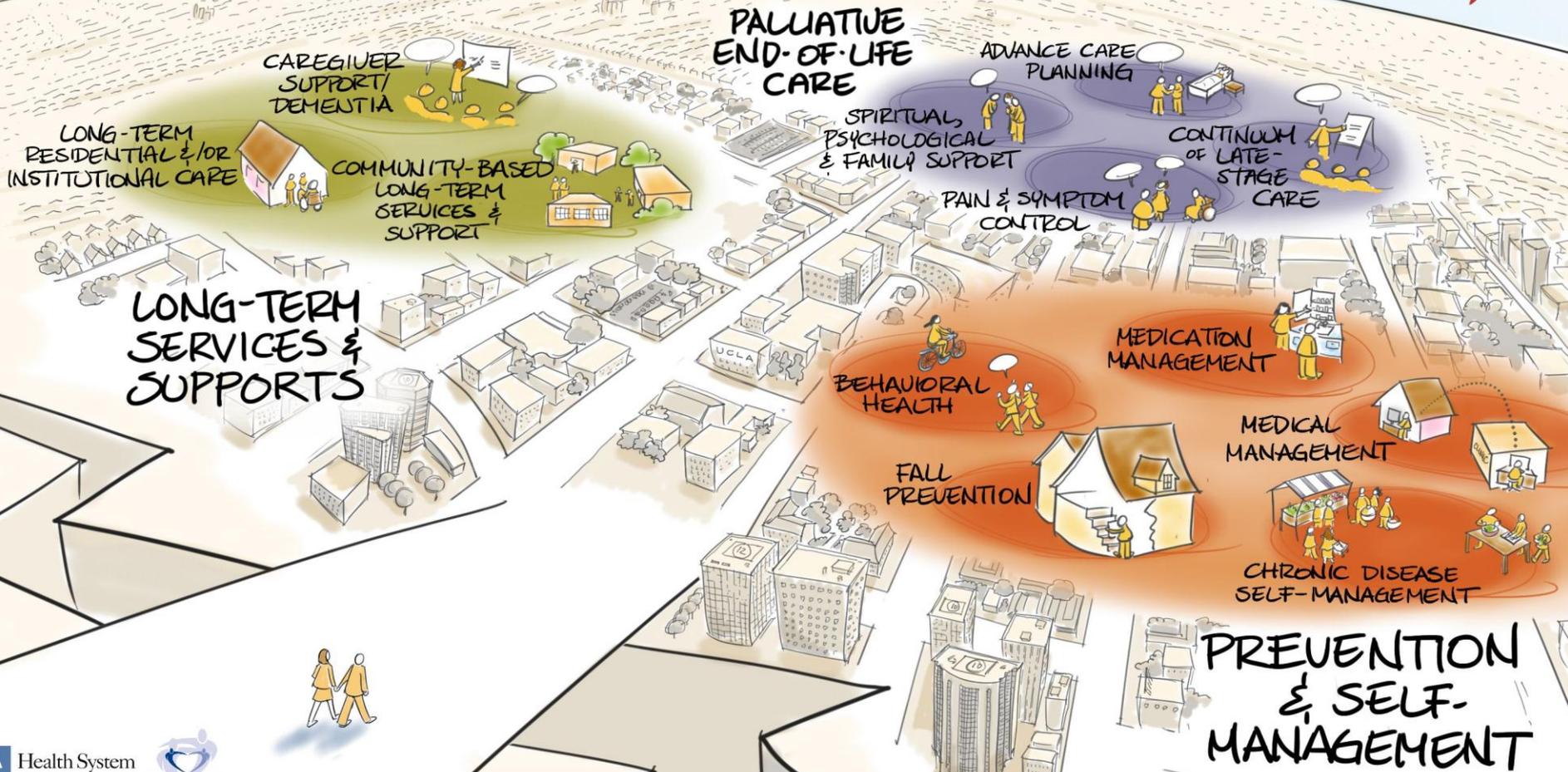
In OECD, for every \$1 spent on health care, about \$2 is spent on social services  
In the US, for \$1 spent on health care, about 55 cents is spent on social services

# 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**



# Building the New Business Model: Focus Areas

Self-Management	Assessments, Care Coordination & Coaching	Efficient Delivery System Provider Networks
Chronic Disease	HomeMeds	Evidence-Based Leadership Council
Chronic Pain	Adult Day/CBAS Assessment	Care Coordination Network
Diabetes (billable)	Home Safety Evaluation	Care Transitions Provider Network
A Matter of Balance	Home Palliative Care	
Savvy Caregiver	Short & Long-Term Care & Service Coordination	
Powerful Tools for Caregivers	Care Transitions Interventions	
Arthritis Foundation Exercise & Walk with Ease		
UCLA Early Memory Loss		

# 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

Sources: Lorig, KR et al. (1999). *Med Care*, 37:5-14; Lorig, KR et al. (2001). *Eff Clin Pract*, 4: 256-52;  
Lorig, KR et al. (2001). *Med Care*, 39: 1217-23.

# Program Adopters

