

Resources to Support Evidence-Based Chronic Disease Self-Management Education and Falls Prevention Programs in Native Communities

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National Council on Aging

Improving the lives of 10 million older adults by 2020

About NCOA



Who We Are:

NCOA is the national voice for every American's right to age well

Our Vision:

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

NCOA's Center for Healthy Aging

- **Goal:** Increase the quality and years of healthy life for older adults and adults with disabilities
- **Two national resource centers funded by the Administration for Community Living**
 - Chronic Disease Self-Management Education (CDSME)
 - Falls Prevention
- **Other key areas:** behavioral health, physical activity, immunizations, oral health



CDSMP at Yellowhawk Tribal Health Center

Technical Assistance Activities

**One-on-one
support**

**Annual
meeting**

**National
CDSME
Database**

**Learning
collaboratives**

Webinars

**Online tools
and resources**

Best practices

Networking

Work groups

Tribal organizations funded by ACL

For falls prevention:

- Hardrock Council on Substance Abuse, Arizona
- Inter Tribal Council of Arizona, Inc.
- Indian Health Council, Inc., California
- Little Traverse Bay Bands of Odawa Indians, Michigan
- Match-E-Be-Nash-She-Wish Band of Pottawatomis Indians, Michigan
- Mescalero Apache Tribe, New Mexico
- Sokaogon Chippewa Community, Wisconsin
- Spirit Lake Tribe, North Dakota

For Chronic Disease Self-Management Education:

- Great Plains Tribal Chairmen's Health Board, South Dakota
- Lac Courte Oreilles Band of Lake Superior Chippewa Indians, Wisconsin
- Lake County Tribal Health, California
- Sokaogon Chippewa Community, Wisconsin
- Yellowhawk Tribal Health Center, South Dakota

Chronic Disease Self-Management Education

- Better Choices, Better Health® online programs for CDSMP, Arthritis, and Diabetes
- Cancer: Thriving and Surviving
- **Chronic Disease Self-Management – English and Spanish**
- Chronic Pain Self-Management
- **Diabetes Self-Management – English and Spanish**
- EnhanceWellness
- Positive Self-Management Program for HIV
- Support programs focused on depression, medication management, physical activity, and more



CDSMP completer at the Yellowhawk Tribal Health Center

Benefits of CDSME

- Patients gain the knowledge, skills, and necessary support to take control of their health and make healthy lifestyle changes.
- Community-based organizations successfully address the impact of chronic diseases on the lives of older adults and improve their quality of life.
- Health care providers activate patients to participate in their medical plan of care to achieve better health.
- The national health care system will be more effective and efficient; CDSME can help achieve the Triple Aim.

CDSME Meets the Goals of the Triple Aim of Health Care

Better Health

- Better self-assessed health and quality of life
- Fewer sick days
- More active
- Less depression
- Improved symptom management

Better Care

- Improved communication with physicians
- Improved medication compliance
- Increased health literacy

Lower Costs

- Decreased ER visits and hospitalizations (\$364 net savings per person)

Northwest Regional Council's Wisdom Warriors

- CDSMP completers are designated as Wisdom Warriors.
- Meet monthly for educational activities.
- Participants receive a *Wisdom Bag* signifying their commitment to their health and are rewarded with pony beads and charms to celebrate accomplishments.
- Wisdom Warriors is implemented in 20 of the 29 tribes in Washington, Alaska, California, Oklahoma, Oregon, and more!



CDSMP participant receiving her Wisdom Warriors pouch at Yellowhawk Tribal Health Center

Successes from the Yellowhawk Tribal Health Center, California

- Implementing CDSMP
- Plan to reach 225 participants in Umatilla County, CA.
- Using innovative marketing and recruitment strategies including reaching out to participants through Head Start meetings.
- Trained members of several local tribes in Wisdom Warriors.



Second cohort of leaders trained in Wisdom Warriors at Yellowhawk Tribal Health Center.

Successes from the Lac Courte Oreilles Health Center, Wisconsin

- Plan to engage 70 local elders in Diabetes Self-Management Program workshops.
- Developed a partnership with the Lac Courte Oreilles Department of Aging and neighboring tribes to recruit tribal elders to workshops.
- Identify potential patients through the diabetes registry at the health center.
- Include participant note and feedback on program participation in the health center electronic medical record.
- Utilized local transportation assistance to support participants in attending the workshop sessions.

Healthy Living with Diabetes Workshop Series Starting Soon!

January is right around the corner.... have you thought about a New Year's Resolution? How about investing time in your health by learning diabetes self-management skills in a group setting? The next Healthy Living with Diabetes workshop series will begin in January 2017.

Healthy Living with Diabetes is a 6

Evidence-Based Falls Prevention Programs

- A Matter of Balance
- CAPABLE
- CDC's STEADI
- EnhanceFitness
- FallScape
- Fit & Strong
- Otago Exercise Program
- Tai Chi for Arthritis
- **Stay Active and Independent for Life (SAIL)**
- **Stepping On**
- **Stay Safe, Stay Active**
- **Tai Ji Quan: Moving for Better Balance**
- **YakTrak® Walkers**
- YMCA Moving for Better Balance



Stay Safe, Stay Active at Gun Lake Tribe

Benefits of Falls Prevention Programs

Falls Prevention Program	Effectiveness	Net Benefits and ROI
Tai Chi: Moving for Better Balance	Fall rate among participants was reduced by 55%	Net benefit = \$530 ROI = 509%
Stepping On	Fall rate among participants was reduced by 30%	Net benefit = \$134 ROI = 64%
Otago Exercise Program (adults 80+)	Reduction of 35% in adults over age 80	Net benefit = \$429 ROI = 127%
A Matter of Balance	Significant increase in falls efficacy, falls management, and falls control	Total cost savings per Medicare beneficiary = \$938

Sources:

Report to Congress in November 2013: The Centers for Medicare & Medicaid Services' Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act.

Stevens JA, Sogolow, ED. Preventing Falls: What Works A CDC Compendium of Effective Community-based Interventions from Around the World; Atlanta, GA: CDC, 2009.

Carande-Kulis, VG, Stevens, JA, Beattie, BL & Arias, LA cost-benefit analysis of three older adult fall prevention interventions, Journal of Safety Research, 2015

Reported Outcomes

Outcome	% Improved/Maintained	
	Tribal	All in U.S.
Program helped reduce their fear of falling	92%	83%
Feel they can protect themselves from a fall	83%	88%
Can find a way to reduce falls	89%	90%
Can find a way to get up if they've fallen	86%	87%
Can increase their physical strength	84%	88%
Have become more steady on their feet	87%	86%

Successes from Sokaogon Chippewa Community, Wisconsin

- Implemented Stepping On, an 8 week multi-factorial fall prevention community program
- Participants
 - ▶ Increased physical activity
 - ▶ Adopted home safety practices
 - ▶ Reported high satisfaction
- Engaged Tribal members to be leaders
- Exceeded participation targets by 13%
- Health clinic continues to provide weights needed by the program participants



Successes from Match-E-Be-Nash-She-Wish Band of Pottawatomis Indians, Michigan

- Implemented Stay Safe, Stay Active that includes both falls prevention education and physical activity
- Word-of-mouth spread information about the program
- Trained multiple people to be program leaders
- Collaborated with their diabetes program for assessment and referrals
- Partnered with local aging service providers to increase participation
- Sustained program by embedding it into health services offerings



Resource Highlights



Best Practices

Best Practices Toolkit: Resources from the Field

A centralized location for sharing resources from across the U.S. to foster the expansion and sustainability of CDSME and falls prevention programs. The toolkit includes over 200 resources!



<https://www.ncoa.org/center-for-healthy-aging/cdsme-resource-center/cdsme-best-practices-toolkit/>

Online tools and resources

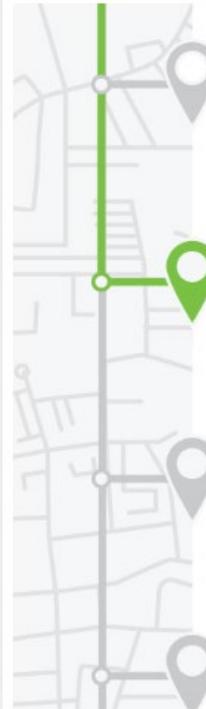
Roadmap to Community-Integrated Health Care

www.ncoa.org/roadmap



Destination: Achieving Better Health and Better Care

This roadmap is designed to help aging, public health, and disability professionals make stronger linkages with the health care sector to achieve better health through better care with Chronic Disease Self-Management Education programming. It provides an interactive journey with various routes that you can choose to get to the destination of community-integrated health care. Simply click the navigation pin for the routes that you wish to take to learn more.



Leadership



Toolkit

Access this interactive web-based resource to assist you with health care integration.



Learning Collaboratives



Public Policy and Advocacy



Resources for Chronic Disease Self-Management Education

Visit <https://www.ncoa.org/center-for-healthy-aging/cdsme-resource-center/> for:

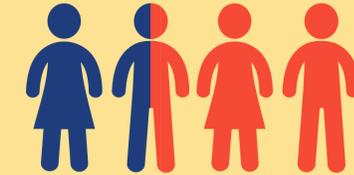
- Blog posts about managing chronic conditions
- Information about malnutrition and ongoing health conditions
- A list of self-management programs
- Information about online CDSMP

10 Common Chronic Conditions for Adults 65+

Quick Facts



80%
have at least 1 chronic condition



68%
have 2 or more chronic conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



Chronic Obstructive Pulmonary Disease
11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015

Engaging American Indian/Alaska Native Adults in Chronic Disease Self-Management Education

This tip sheet provides an overview of health disparities in chronic diseases among American Indians/Alaska Natives (AI/AN) and discusses effective strategies for increasing access to chronic disease self-management education (CDSME) programs to improve their health status. It highlights the Wisdom Warriors program in Washington and summarizes activities of current and former grantees funded by the Administration for Community Living (ACL) to expand and sustain CDSME programs in their states, including tribal communities.



Health Disparities

The AI/AN population experiences poorer health status than the general United States population¹ and carries a much heavier burden of chronic illness. One in five of 5.4 million AI/ANs have two or more chronic conditions, and heart disease and cancer are the leading causes of death. Other chronic conditions, such as obesity, heart disease, and

University's Chronic Disease Self-Management Program (CDSMP),^{viii} have been proven to help people with chronic conditions manage their health and improve their quality of life.^{ix} Research has shown that CDSMP significantly improves self-reported health, communication with doctors, and appropriate medication use, while lowering health care costs.^x When provided in a culturally

https://www.ncoa.org/wp-content/uploads/engaging-american-indian-and-native-adults-in-cdsme-tip-sheet.ncoa_.pdf

Falls prevention resources for older adults and caregivers

Visit <https://www.ncoa.org/healthy-aging/falls-prevention/> for:

- Videos about evidence-based falls prevention programs and 6 steps to prevent a fall
- Information on Falls Prevention Awareness Day (September 22, 2017)
- Falls prevention success stories
- Resources for older adults and caregivers
- The 2015 Falls Free® Action Plan
- And more!

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

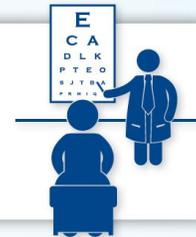
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



Next steps: AI/AN/NH Evidence-Based Program Advisory Council

- Support tribal organizations in training community members to lead evidence-based programs.
- Explore modifications to programs to ensure they are culturally appropriate (for example, Matter of Balance and Stepping On)
- Support tribal communities in developing evidence-based programs specifically for Native American/Alaska Native elders.



Tai Chi for Arthritis leader training in Albuquerque, NM for 18 tribal members representing 9 tribes in the Four Corners area.

Next steps: AI/AN/NH Evidence-Based Program Advisory Council

- Funded by the Administration for Community Living
- Led by NCOA's National CDSME and Falls Prevention Resource Centers
- Co-Chaired by:
 - ▶ Becky Bendixen, Tribal Outreach Coordinator, Northwest Regional Council
 - ▶ Melody Coleman, Community Programs Manager, Northwest Regional Council
- Council includes members from 15 agencies/organizations, including:
 - ▶ ACL National Resource Center on Native American Aging
 - ▶ ACL National Resource Center for Alaska Native Elders
 - ▶ National Indian Council on Aging (NICOA)
 - ▶ National Council of Urban Indian Health
 - ▶ University of Arizona, College of Medicine
 - ▶ Western Carolina University, College of Health and Human Sciences

Helpful tip sheets

- [National Study of the Chronic Disease Self-Management Program: A Brief Overview](#)
- [Increasing Completion of Chronic Disease Self-Management Education Workshops](#) (includes information on session zero)
- [Chronic Disease Self-Management Education and People with Disabilities](#)
- [Tip Sheet: Engaging People with Disabilities in Evidence-Based Programs](#)
- [Developing Partnerships with the Disability Community](#)
- [Engaging American Indian/Alaska Native Adults in Chronic Disease Self-Management Education](#)
- [Engaging American Indian/Alaska Native Elders in Falls Prevention Programs](#)
- [Engaging Veterans in Evidence-Based Programs](#)

Our job is to support you.

- Have you implemented evidence-based health promotion programs?
- Have you had challenges implementing evidence-based health programs?
- Are there resources that would help you serve your elders?
- Any questions?



NCOA Resources – www.ncoa.org/cha

- [Sign up](#) for the Center for Healthy Aging e-newsletter
- Follow [@NCOAging](#) on social media
- E-mail healthyaging@ncoa.org to join our CDSME and falls prevention listservs.
- Share NCOA's free, trusted tools with older adults:
 - BenefitsCheckUp.org
 - EconomicCheckUp.org
 - MyMedicareMatters.org



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