

MEMORANDUM

To: Strategic Action Planning Group on Aging
From: Natalie Triedman and Sara Schmitt, Colorado Health Institute
Re: Supportive Community Research: Proposed Programs
Date: June 9, 2016

The Colorado Health Institute (CHI) has compiled a list of proposed programs to include in the supportive community research. We are eager for feedback from the many experts on the SAPGA to ensure that we have considered all of the most promising evidence-based programs.

We would like to hear whether there are evidence-based programs you would like us to consider adding to the list. We also welcome feedback on programs we have included on the list. Perhaps you would like to reinforce their value or you may feel we should remove them. After receiving feedback from the SAPGA, CHI will score each program based on consistent criteria to narrow the list.

For members on the SAPGA who have not been closely involved with the RFQ process, this is a brief summary of our research.

Research Question: What evidenced-based programs offer services and supports – including technological supports – that help residents to independently age in place?

Goal of this Research:

The goal of this analysis is to highlight evidenced-based programs that Colorado communities may choose to implement or take to scale. The first step of was to identify the needs of Colorado adults and seniors. The evidence-based programs included in the research reflect those areas of need.

Identifying Needs of Colorado's Older Adults:

CHI reviewed the Community Assessment for Older Adults (CASOA) as well as various reports from state commissions focused on aging. Based on this research, CHI identified four categories of need:¹

- Health Care
- Personal Wellness
- Home Services and Community Engagement
- Financial Wellness

Selecting the Programs:

CHI conducted a comprehensive review of existing evidence-based programs that address these needs. We narrowed our list of programs based on the following factors: direct impact on identified

¹ Transportation and housing needs were also identified. These were not included since the SAPGA is already exploring best practices and policy options for transportation and housing as part of other research questions.



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issue/needs of Colorado seniors, evidence basis, positive outcomes for seniors, cost/resource requirements, cost savings and opportunity for replication.

CHI's preliminary list includes 19 programs. This list will be pared down to a maximum of 15 programs.

The **health care** programs being considered are:

- Coleman Care Transitions Intervention (CTI)
- Program for the All-Inclusive Care for the Elderly (PACE)
- Virtual Dental Homes for Seniors
- Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)
- Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)
- Senior Reach
- Community Paramedicine

The **personal wellness** programs being considered are:

- Matter of Balance
- Healthy Moves
- Enhance Fitness
- Chronic Disease Self-Management Program
- Store to Door
- Congregate Meals/Meals on Wheels
- Project Lifesaver

The **home services and community engagement** programs being considered are:

- Village to Village
- Naturally-Occurring Retirement Communities (NORCs)

The **financial wellness** programs being considered are:

- Savvy Saving Seniors
- Benefits Check-up

Other cross-cutting needs and opportunities for aging in place were identified in the CASOA and the commission reports. The following apply to all four of the identified categories and will be taken into consideration for the program selection:

- Role of technology within each of the domains;
- Screening tools to proactively identify needs of older adults;
- Challenges for older adults in rural Colorado and other vulnerable seniors.

Please submit feedback to Natalie Tiedman (tiedmann@coloradohealthinstitute.org) and Lorez Meinhold (lmeinhold@keystone.org) by Thursday, June 16. It would be helpful if suggestions are accompanied by a brief explanation. We look forward to hearing from you!