



Partners in Care Foundation and Kaiser Permanente Achieve Great Success With "Best Palliative Care" Program Model

After eight years of combined efforts, Partners in Care and Kaiser Permanente received international recognition for the In Home Palliative Care program (IHPC) study results published in the Journal of the American Geriatric Society, June 2007. The results showed that providing medical care in the home for seriously ill patients improves patient satisfaction and significantly reduces costs in the last year of life by almost 33% when compared with those receiving standard care.

"We are so grateful our mother could participate in your Palliative Care Program."

What a gift! It made possible an independent life until her death. Thank you for your patience, devotion and capable care."

~ IHPC Family Member

"This study provides clear promise for further reforming care at end of life, improving outcomes not only for the patient and their family, but for our health care system as well," said Susan M. Enguidanos, PHD, Director of Research, Partners in Care Foundation, and a co-investigator on the study. "Our next challenge is to test the home care palliative model of care outside of the managed care arena."

In response to the IHPC study findings, Kaiser Permanente is facilitating replication of the "In Home Palliative Care" program nationwide. "The study supported our goal of enhancing care by an interdisciplinary

team of health care providers," said Richard D. Brumley, MD, and Physician-in-Charge for Kaiser Permanente Hospice and Palliative Care. "By involving patients and families with discussions about their illness and various treatment options, we were able to successfully redirect the focus of care to the home setting, which patients much prefer, while reducing crisis oriented emergency department visits and the subsequent inpatient care."

These accomplishments were additionally recognized in September 2007 when the Archstone Foundation announced its support of the program by funding Kaiser Permanente's Bellflower Medical Center's Inpatient Palliative Care Service as one of the six top programs in California that will participate in a two-year best practices study. The \$200,000 award will fund the development of a hospital-based palliative care model that can also be replicated. Partners' Institute for Change Research Center will evaluate the new project under the direction of Susan Enguidanos, PHD, Director of Research.



Kaiser's Dr. Brumley and Partners' Susan Enguidanos, PHD, Oversee IHPC Program Development and Testing

Family Care Network Bridges "Gap in Care" to Assist Rehabilitation Efforts

Thanks to a therapeutic tricycle 9-year-old Jeffrey can now continue his exercise therapy program at home. Jeffrey, who faces multiple daily obstacles due to diagnoses related to Cerebral Palsy, was discharged from his outpatient physical therapy program where he worked to increase his physical strength. Despite several appeals by his loving parents, he was denied this resource.



Following these events, Family Care Network stepped in and provided Jeffrey with a grant of \$1,625 to pay for a therapeutic tricycle. He is now able to continue his exercise program at home. The tricycle facilitates his physical therapy routine daily and increases his physical strength, ultimately moving him towards a higher quality of life, better health and increased self-sufficiency.

Partners On the Move in California and Beyond as Evidence-Based Programs Gain Momentum

Healthy Moves for Aging Well

Partners in Care's evidence-based *Healthy Moves* program continues to earn high marks with users, providers and supporters and has issued a comprehensive Replication Report to facilitate dissemination of the program to other project sites in California and other states. The report was produced with support from the National Council on Aging's Center for Healthy Aging. It can be viewed in its entirety at www.picf.org.

Designed as a simple and safe in-home physical activity program for frail, low-income, and diverse older adults who are currently enrolled in a care management program, *Healthy Moves* has demonstrated positive results including a once sedentary diabetic client who lost 40 pounds, improved his blood sugar levels, and became ineligible for the care management program because he became too healthy. Another participant, 71 years old, and suffering from congestive heart failure began doing stretches, arm and leg lifts, and walking around her community pool. The impact on their quality of life was profound.

Most recent test sites included Partners in Care Foundation, AltaMed Health Services, Jewish Family Service of Los Angeles and Huntington Hospital Senior Care Network. The evaluation of the next generation of the program is in progress until January 2008. To date more than 800 older adults have been enrolled.

Medications Management Maintains Independence

Significant progress has been made by the Partners' Medications Management Improvement System's (MMIS) program in its next evolution with John A. Hartford Foundation funding for dissemination across the nation. This will be accomplished by creating an online version of the medication risk screening software; recruiting and training four California implementation sites; increasing dissemination of program information; and recruiting at least two sites in each of two other states. Completion of a ground-breaking Diffusion of Innovation Tool with NCOA was also cited as a vital factor in the program's contributions to improving healthcare in America.

MMIS' initial focus has been primarily on recruiting and beginning the program with the California sites such as Senior Care Action Network (SCAN), AltaMed Health Services Corporation, Huntington Hospital Senior Care Network and Beach Cities Health District (Beach Cities). The program facilitates social work care managers and nurse care managers working with pharmacists to reduce medication errors among frail elders living in the community.

Healthcare and Business Leaders Support Partners in Care 2007 Golf Classic

The 2007 Partners in Care Golf Classic saw 90 players representing 35 sponsors tee off in perfect October Southern California weather at the beautiful North Ranch Country Club golf course, in Westlake Village, CA. This year's event was hosted by Honorary Chair Mike Garrett, Athletic Director, University of Southern California, together with Committee Co-Chairs Adrian Stern, of Clumek, Stern, Schenkelberg & Getzoff, and Dale Adams, VP, Medical Operations at Long Beach Memorial Medical Center.



Mike Garrett, Honorary Chair, tees off

The day provided sponsors and players the hallmarks of California golf... , gorgeous greens on a crystal clear day. Highlights included Coach Garrett's and USC's "Song Girls" kicking off the day with a live auction, putting and long shot competitions. The 8TH hole featured the "closest to the pin" challenge against golf pro Cherie Zaun.

"As a Parkinson's Disease patient and spokeswoman for the Parkinson's Foundation, I am thankful for organizations like Partners in Care that are there to help people work through all kinds of difficulties," Cherie noted. "As a golf pro, I hope the fact that I'm still out there trying inspires more people with challenges to keep trying too."



Golf Pro Cherie Zaun and Partner's Committee Co-Chair Adrian Stern, Celebrate Partners 2007 Golf Classic Success

The day was complete with a Horse Race competition, winning team receiving \$1,200, and a celebration of Tournament winners. Proceeds from the event support Partners' work and mission to "Change the Shape Healthcare." The next Partners' Golf Classic will be held October 6, 2008 at North Ranch Country Club, Westlake Village, CA.

Reflections of the Season

As 2007 draws to a close, Partners in Care has many wonderful accomplishments to be proud of and thankful for, all made possible by our generous supporters, an outstanding Board of Directors, steadfast community leaders and healthcare partners, and of course, our talented, dedicated and passionate staff. What we all have in common is an understanding of the importance and urgency of filling gaps in service and needed healthcare change. Once again, we are thankful for another successful year at Partners, dedicated to "Changing the Shape of Healthcare."

Accomplishments and Blessings

The results of Partners' 2007 efforts have been extraordinary. We are now the California Program Center for the state's federally funded, Evidence Based, Prevention and Wellness Programs. This funding is helping transform the Aging Network into an effective force to improve the health and wellness of older adults, which will maintain quality of life and at the same time reduce the cost burden on the healthcare delivery system. Beyond the seed money provided through the California Department of Aging by the U.S. Administration on Aging, this program received in-kind support from Kaiser Permanente, and most recently was awarded additional funding from the California Wellness Foundation in 2007 to enable 500 more older adults in California to maintain their health and independence.



W. June Simmons

2007 also marked a milestone for Partners' Family Care Network. Its 10-year track record has provided more than \$1.8 million in critical healthcare and social service resources for families and individuals in desperate financial medical crisis.

Partners' Care-A-Van mobile charitable health clinic was fortified this year by United Way and Blue Shield support. This funding will help continue primary care services for diverse uninsured and underinsured children and adults in the Antelope Valley, CA. Over 30,000 free or low cost visits have been provided to date.

As you may have read earlier of an extremely gratifying accomplishment after many years of collaboration, Partners' End-of-Life work with Kaiser Permanente has resulted in a new nationwide Kaiser program. This program reduces suffering and provides patients and their family members more choice, dignity and comfort in the final months of life, spanning the national Kaiser network in many states.

Partners has once again proven effective by winning the City of Los Angeles Area Agency on Aging's contract for the Disease Prevention and Health Promotion program funded by the federal Older Americans Act. As the City's Program Center, Partners will serve more than 6,000 seniors with the greatest need this year alone as we continue to educate older adults how to identify, prevent and manage chronic conditions and improve their overall health. Additional support was received in 2007 from the California Community Foundation Centinela Fund, and a grant from AETNA.



Seth Ellis

Major research findings this year show we are learning quickly as a nation that early intervention, education, self-care management, and screenings, are all critical to bring about simple yet profound changes that improve quality of life for all, and at the same time reduce the cost burden on healthcare delivery. That chronic illness can be turned around with prevention and early detection; put simply, with prevention we can significantly reduce suffering and save more lives.

And perhaps what Partners In Care may be most thankful for, is the excitement and strong beliefs we all embrace, which will enable us to create yet another year of great accomplishments and good works as we enter our 10 Year Anniversary of service in Southern California and beyond.

May this holiday season bring you and yours, love, enrichment, health, renewal and the beginnings of a wonderful new year. Thank you for your support of our shared vision of healthier communities, healthier lives and improved healthcare for all,

W. June Simmons
President/CEO

Seth Ellis
Chair, Board of Directors

*"When Someone You Love
Becomes a Memory...
the Memory Becomes a Treasure"*

The holiday season is a time to share memories, remember loved ones, and honor someone who has touched our lives. A mindful and genuine way to pay this respect, can be through a donation to Partners in Care in support of its mission to Change the Shape of Healthcare.

Please use the enclosed envelope to make your donation and list the individuals you wish to remember. Their names will be recognized in the Tribute Section of our next newsletter. Thank You for this remembrance.



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Inside...

- **Partners in Care and Kaiser Permanente Achieve Success with Program Model**
- **Family Care Network Bridges "Gaps in Care"**
- **Evidence-Based Programs Gain Momentum**
- **Successful Golf Classic**

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Our Guiding Principles:

Collaboration Innovation Impact

We believe that today's healthcare and social services need to change in fundamental ways.

This requires new strategies and **high-impact innovations.**

We seek to design, develop, pilot and disseminate new programs that will **serve as replicable models of care.**

Together with community-based organizations and public and private funders we work to create these fundamental changes.