



# Exploring Positive Aging

**June Simmons, President & CEO**

Partners in Care Foundation

**December 9, 2010**

**Fielding Institute 4th Annual International Conference on Positive Aging**





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**Copies of this presentation will be available online at:**

**[www.picf.org](http://www.picf.org) > EVENTS > Presentations**

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Staying mentally and physically active and  
maintaining a positive attitude all have a  
powerful effect on aging.

Aging is not a choice  
but healthy aging is!



# What is Aging?

- Age is not a predictor of health and health is key to positive aging
- The new longer life span brings new opportunities and new challenges

# Healthy Lifestyle OR Fountain of Youth



# Healthy Lifestyle OR Fountain of Youth

- The efficacy of longevity therapies marketed today will not be proven for at least a generation. Nature abhors a vacuum, and scammers are quick to spot an opportunity. The anti-aging industry is an obvious magnet for charlatans.

SOURCE: USC Trojan Family Magazine, Winter 2010,  
"Reaching Toward the Foundation of Youth" Carl Marziali

**Pill to live past 100 ready in 2yrs**



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changing the shape of health care

# What is Positive Aging?

- **Our encore career**
- **Positive aging is a choice** – we can choose to age positively or we can risk the consequences
- Aging positively includes all of the known behaviors we are talking about here at this conference
- Our objective is to reach and engage those who may not have gotten the message....**AGING IS A GIVEN...POSITIVE AGING IS A CHOICE**

# Simple Solutions

- What is the single most powerful determinant of health?
- Physical activity, nutrition and social connectedness
- Medications and timely healthcare
- Choices must be practical, doable, and a good fit for you



# Healthy Aging

- As people age, chronic conditions are not inevitable -- they are largely preventable by:
  - smoking cessation
  - improved diet
  - increase in physical activity
- Even when a person has been diagnosed with a chronic condition, these three activities can help to mitigate some of the more severe effects of these conditions

SOURCE: LA County Dept of Health Office of Women's Health

# Do Yoga – Be Happy

As a mood booster,  
yoga beats walking.



SOURCE: AARP Magazine



# Exploring Positive Aging The Challenges We Face



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# The Scope of the Problem

- 1.7 million Americans die of a chronic disease each year
- Chronic diseases affect the quality of life of 90 million
- 87% of persons aged 65 and over have at least one chronic condition; 67% have 2 or more
- 99% of Medicare spending is on behalf of beneficiaries with at least one chronic condition

# 40% of Deaths in U.S. Attributed to Modifiable Risk Factors

- Smoking was king
- Obesity and lack of physical activity are increasing
- Chronic conditions result:
  - Diabetes
  - Respiratory conditions
  - Cardiovascular
  - Arthritis
  - Cancer

# The Health Status of Caregivers

## Caregiving is an important public health issue

“Caregiver burden” is defined as the state of physical, emotional, and mental exhaustion resulting from the intense demands of caregiving.

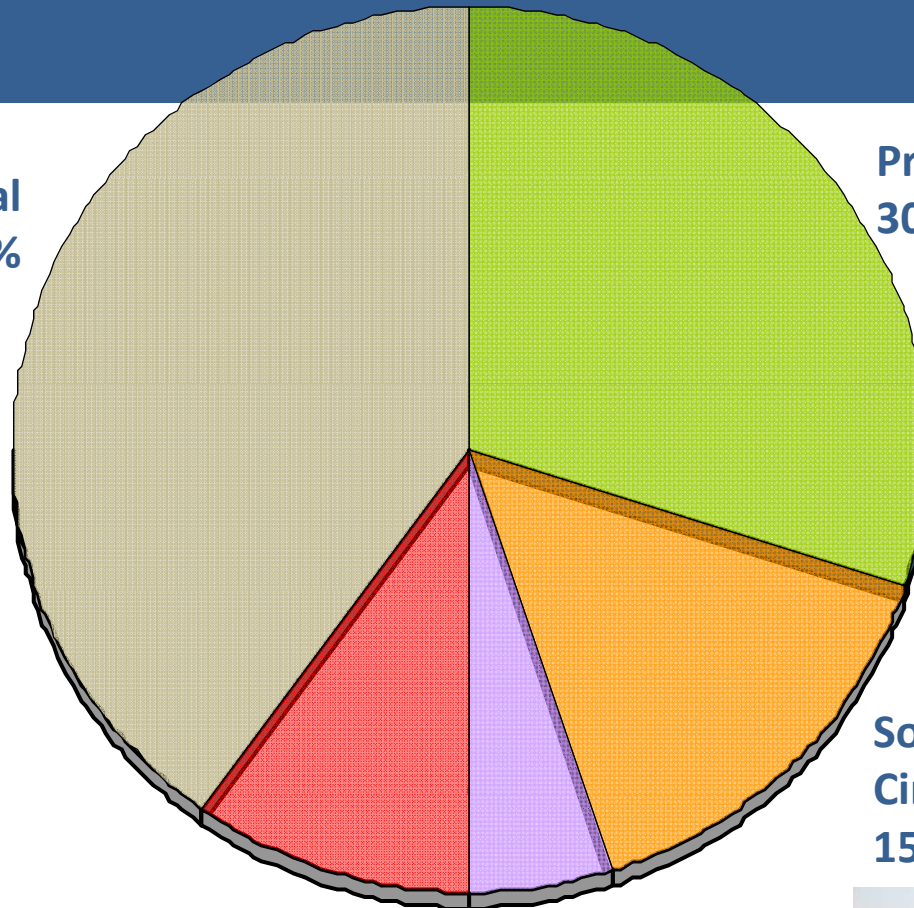
- A higher percentage of caregivers (53.1%) report having one or more of the following chronic conditions than non-caregivers (48.6%): hypertension, high cholesterol, diabetes, heart disease, and depression
- Caregivers reported more unhealthy days in the past month (6.3) compared to non-caregivers (5.2)
- A 2004 study by the National Alliance for Caregiving and AARP reported the most frequently reported unmet needs of caregivers in the US were finding time for themselves (35%), managing emotional and physical stress (29%)

SOURCE: LA Health, Information Caregiving: Implications for Public Health, February 2010  
Los Angeles County Department of Public Health



# Determinants of Health

**Behavioral  
Patterns 40%**



**Predisposition  
30%**

**Social  
Circumstances  
15%**

**Health Care 10%**

**Environmental  
Exposure 5%**



Source: Stephen A. Schroeder, MD. We Can Do Better. NEJM 357:12

# NEW FINDING: Low Social Interaction an important factor to extend lifespan

- Harms lifespan on a par with obesity, smoking and inactivity
- Social ties/social networks with friends, family, neighbors and colleagues can improve odds of survival by 50%\*
- Lack of social relationships as a risk for death is not widely recognized

Social Relationships and Mortality Risk: A Meta-Analytic Review, Julianne Holt-Lunstad, T B. Smith, J B Layton  
PLoS Medicine, 7 (7): e1000316; July 2010

# The Good News is...



- We can change behavior
- We can manage chronic illness
- We can improve quality of life

....and we can Age Positively!



# Exploring Positive Aging Change Takes Time



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# Smoking Declines in California

- **California Smoking Rates Drop 33 Percent Since State's Anti-Tobacco Program Began in 1988**

Article Date: 21 Apr 2005

- **Smoking Rates In California Continue To Decline As Calls To The State's Quit Line Reach Record Highs**

Article Date: 11 Apr 2009

**SOURCE:** *Medical News Today* <http://www.medicalnewstoday.com>  
as reported by the California Department of Health Services



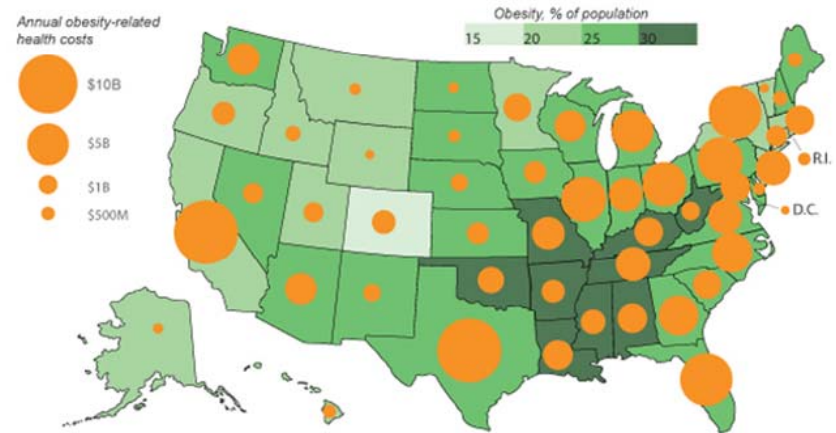
# Obesity on the rise..over time

## The Economic Costs of Obesity, 2009

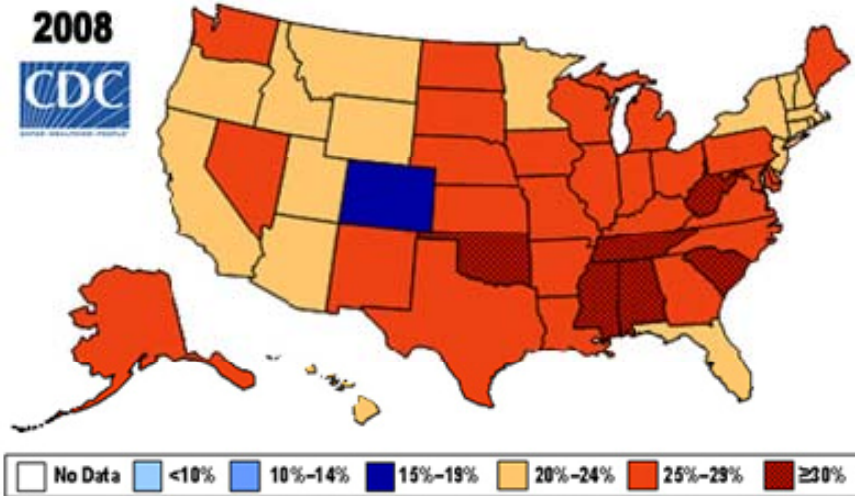


Twenty Years Ago  
3-inch diameter  
140 calories

Today—Noah's Plain Bagel  
5-6-inch diameter  
350 calories



Source: CDC Behavioral Risk Factor Surveillance System; U.S. Census Bureau, population division, Dec. 2009



[http://upload.wikimedia.org/wikipedia/en/3/35/BRFSS\\_obesity\\_1985-2006.gif](http://upload.wikimedia.org/wikipedia/en/3/35/BRFSS_obesity_1985-2006.gif)



# Exploring Positive Aging Vision of the Future – Systems Change



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The Expanded Chronic Care Model:

# Integrating Population Health Promotion



Barr V et al. The Expanded Chronic Care Model: An Integration of Concepts and Strategies from Population Health Promotion and the Chronic Care Model. *Hospital Quarterly* 2003;7(1):73-82

# America is working on this...

- *Healthy People 2020*
- Centers for Disease Control and Prevention
- Administration on Aging (AoA)



# Understanding the Health of Older Adults

- The Healthy People 2020 objectives on older adults are designed to promote healthy outcomes for this population
- Many factors affect the health, function, and quality of life of older adults

# Individual Behavioral Determinants of Health in Older Adults

- Behaviors such as participation in physical activity, self-management of chronic diseases, or use of preventive health services can improve health outcomes
  - Maintaining a healthy weight
  - Physical activity
  - Nutrition
  - Medication management
  - Timely medical care
  - Managing stress and emotions
  - Quitting smoking
  - Treating alcohol or substance abuse

# Social Environment Determinants of Health in Older Adults

- Maintaining social networks
- Housing and transportation services affect the ability of older adults to access care
- People from minority populations tend to be in poorer health and use health care less often than people from nonminority populations due to barriers to basic options for aging well

# Health Services-Related Determinants of Health in Older Adults

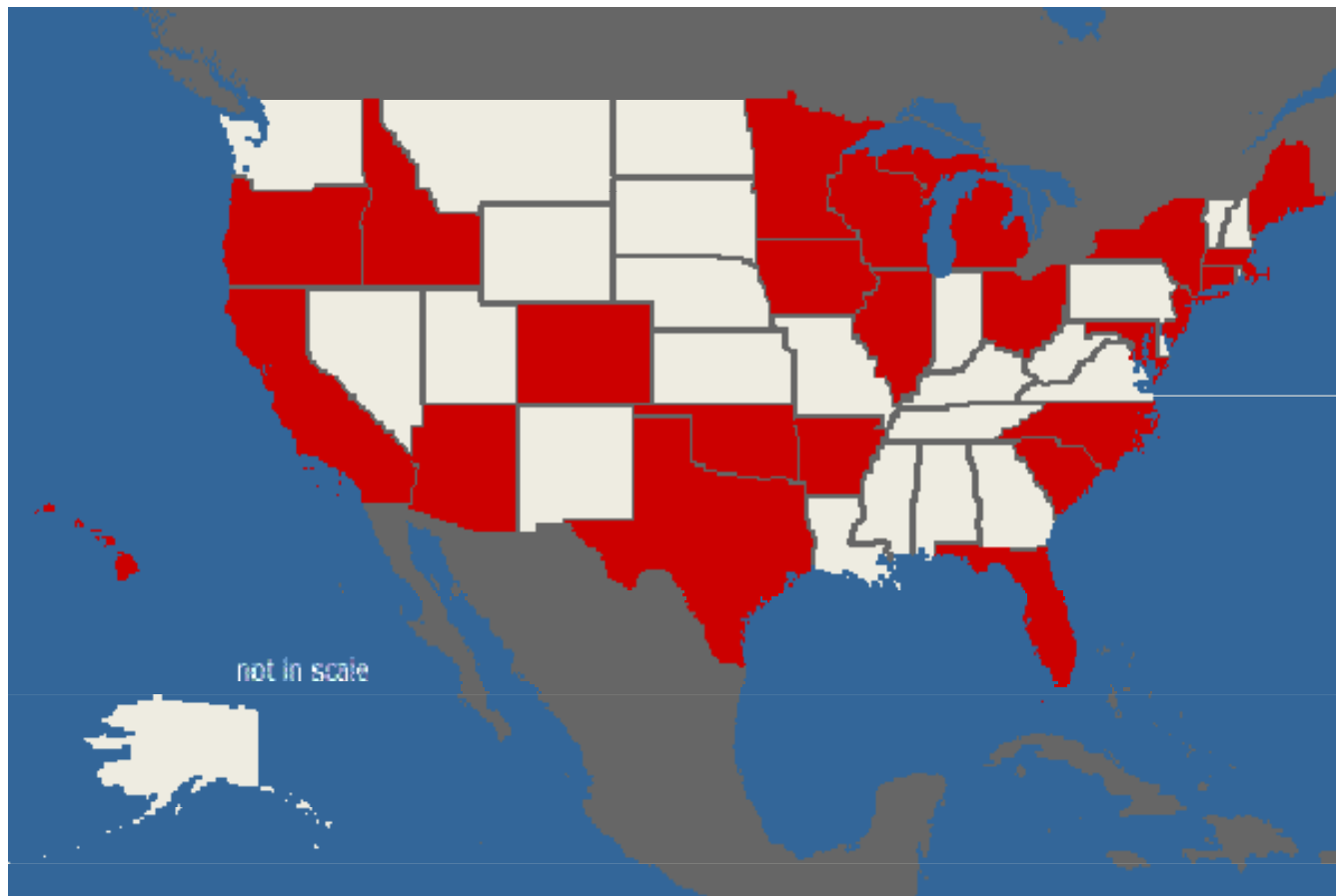
- The quality of the health and social services available to older adults and their caregivers affects their ability to manage chronic conditions and long-term care needs effectively

Healthy People 2020  
NEW: OLDER ADULTS



# The National Scene

## States Implementing Administration on Aging Funded Evidence-Based Programs



AR, AZ, CA, CO,  
CT, FL, HI, ID,  
IL, IA, ME, MD,  
MA, MI, MN,  
NJ, NY, NC, OH,  
OK, OR, SC, TX,  
WI

Source: Administration on Aging [www.AOA.gov](http://www.AOA.gov)

# AoA Approved Evidence-Based Programs

- Healthy Moves for Aging Well
- Medication Management Improvement System
- A Matter of Balance
- Enhance Wellness
- Enhance Fitness
- Healthy IDEAS or PEARLS
- Chronic Disease Self-Management Program /Healthier Living



View more at [www.healthyagingprograms.org](http://www.healthyagingprograms.org)



# Our shared great cause

- California Department of Aging and Public Health has designated non-profit Partners in Care as their program office to scale up the Chronic Disease Self-Management Program and other evidence-based health programs
- California Dept of Public Health is collaborating



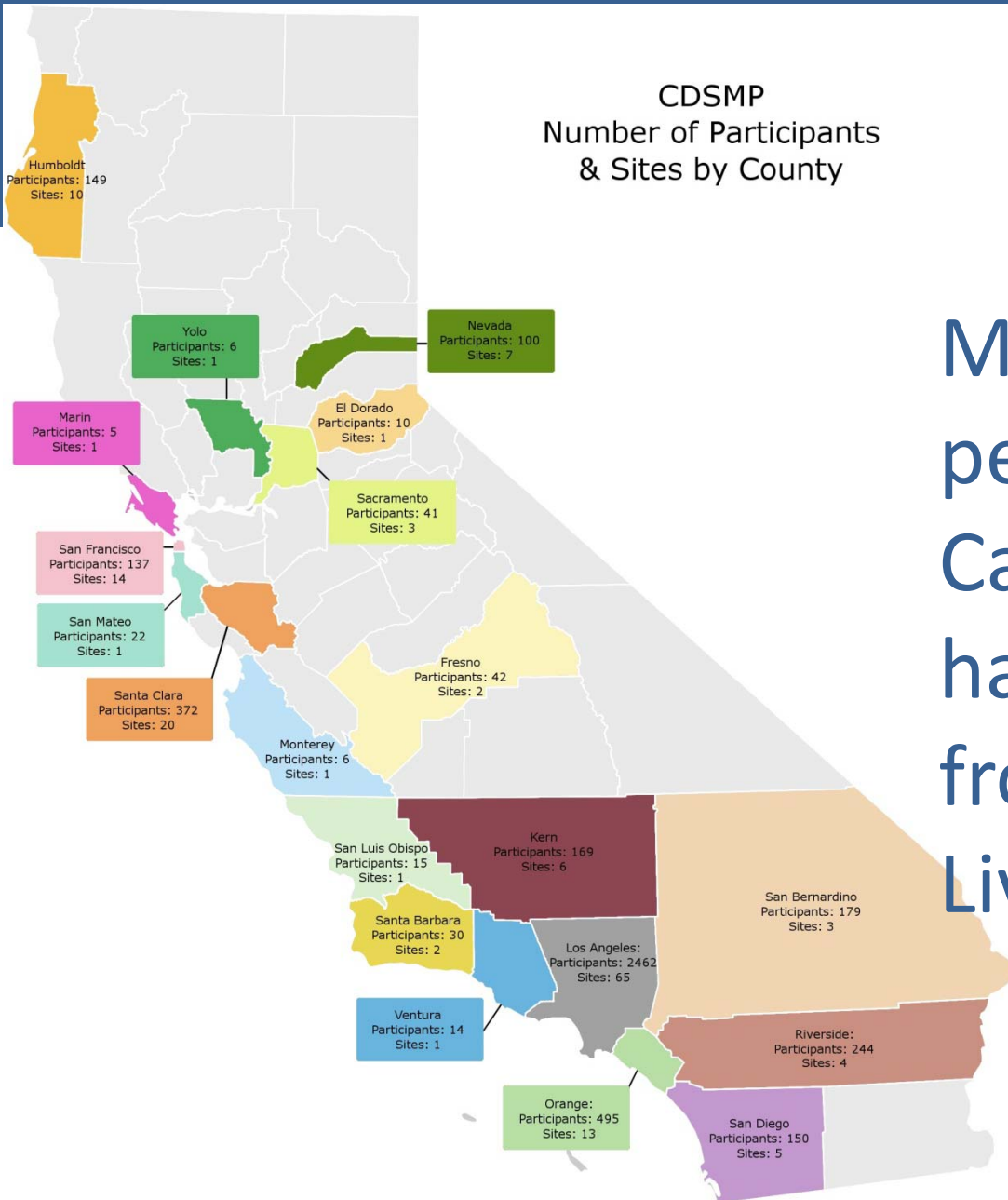
# What is CDSMP / Healthier Living?

- Award-winning program developed by Stanford University
- Designed to help people better manage chronic health conditions and live a happier, healthier life
- Consists of six 2½ hour sessions led by 2 trained leaders
- Groups are small (10-15 people)
- Highly scripted

# Workshop Overview

- Managing symptoms
- Dealing with difficult emotions (frustration, anger, pain)
- Relaxation techniques
- Tips for eating well
- Medication “how to’s”
- Improving communication (family, friends, doctors)
- Effective problem-solving
- Setting weekly goals

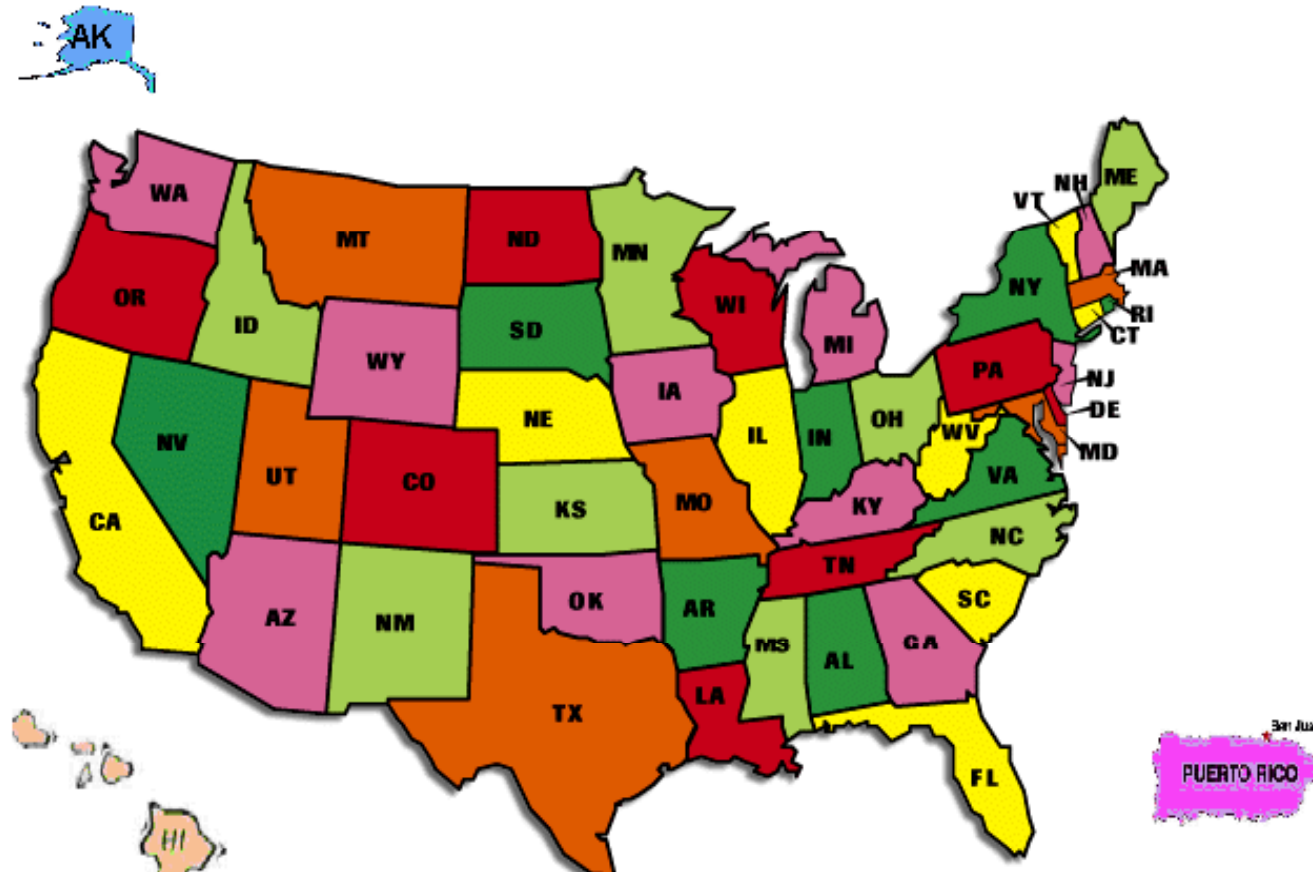
## CDSMP Number of Participants & Sites by County



More than 7,400  
people in 30  
California counties  
have benefitted  
from Healthier  
Living since 2006!

# Healthier Living Across the Nation

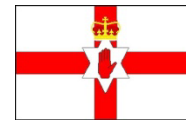
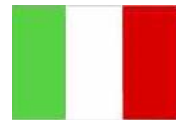
## Offered in 48 States, District of Columbia and Puerto Rico



Stanford School of Medicine. Patient Education. Organization Licensed to Offer the Chronic Disease Self-Management Program. *Stanford School of Medicine. Patient Education.* Available at: <http://patienteducation.stanford.edu/organ/cdsites.html>. Accessed on March 1, 2010.



# 22 Countries Host Healthier Living



Stanford School of Medicine. Patient Education. Organization Licensed to Offer the Chronic Disease Self-Management Program. *Stanford School of Medicine. Patient Education.* Available at: <http://patienteducation.stanford.edu/organ/cd sites.html>. Accessed on March 1, 2010.

# How do we change behaviors?



# Stages of Behavior Change\*

- Precontemplation (no interest in starting new behavior)
- Contemplation (thinking about starting, but plans not made)
- Preparation (planning change)
- Action (starts change)
- Maintenance (sustains new behavior)

\* Prochaska & DiClemente

# Brief Negotiation Components

- Evidence-based counseling style that increases intrinsic motivation for making and sustaining health behavior change
- Modeled after the Stages of Change Model (Prochaska & DiClemente 1983)

# Motivational Interviewing

- Introduction & Ask Permission. “As part of our visit today, I was hoping to introduce you to some movements you can do at home to increase your strength, flexibility, and balance. It will only take a few minutes.
- Is it OK if I ask you a few questions?”



# Readiness Ruler – A Simple Tool

**How ready are you to consider increasing your physical activity?**



## Assess Readiness

Why a 5 and not a 2?

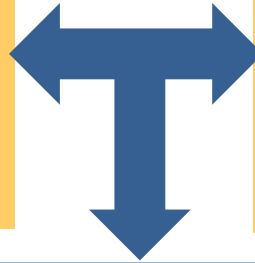
What would help you move you from a 5 to a 7?

What are some reasons for making a change?

What barriers might you encounter when making this change?

# Brief Negotiation Roadmap

- What are some reasons you would want things to stay the same? AND
  - What are some reasons for making a change
- OR
- What do you like about \_\_\_\_\_? AND
  - What don't you like about \_\_\_\_\_?
  - Summarize



- **Ruler or Readiness Scale 0-10**
- **Straight Question:** Why a 5?
- **Backward Question:** Why a 5 and not a 2?
- **Forward Question:** What would you need to be different to move you from a 5 to a 7 or 8?
- **Summarize**

## Tailor the Intervention

<p>Not Ready 0 - 3</p> <ul style="list-style-type: none"> <li>• Raise Awareness</li> <li>• Elicit Change Talk</li> <li>• Advise &amp; Encourage</li> </ul>	<ul style="list-style-type: none"> <li>• What would need to happen for you to think about changing?</li> <li>• How can I help?</li> <li>• Would you be interested in knowing more about _____?</li> <li>• What might need to be different for you to consider making a change in the future?</li> <li>• Summarize as appropriate</li> </ul>
<p>Unsure 4 – 6</p> <ul style="list-style-type: none"> <li>• Evaluate Ambivalence</li> <li>• Elicit Change Talk</li> <li>• Build Readiness</li> </ul>	<ul style="list-style-type: none"> <li>• Where does that leave you now?</li> <li>• What do you see as your next steps?</li> <li>• What are you thinking / feeling at this point?</li> <li>• Where does _____ fit into your future?</li> <li>• Summarize as appropriate</li> </ul>
<p>Ready 7 - 10</p> <ul style="list-style-type: none"> <li>• Strengthen Commitment</li> <li>• Elicit Change Talk</li> <li>• Negotiate a Plan</li> </ul>	<ul style="list-style-type: none"> <li>• What are your main reasons for _____? / Why is this important to you?</li> <li>• What are your ideas for ____? / How might you do it?</li> <li>• How might your life be different when you make this change?</li> <li>• What barriers might you encounter when making this change?</li> <li>• Summarize as appropriate</li> <li>• How might you work around the barriers?</li> </ul>

# HOW DO WE CHANGE SYSTEMS

- Changing our culture to promote health
- Changing our approach to health
  - From healthcare...to health promotion
  - Focus on the person ...not the presenting problem

# Target Sectors For Adoption / Engagement



# New Emerging Opportunities

- Health Reform Opportunities
- Health system – “care vs. health”
- Accountable Care Act
- 1115 Waiver
- Focus on the person – adding social determinants

# Need to work with whole person, family and community

- Facing complex and fragmented system
- Need to integrate personal care and medical care
- Interdisciplinary team needed
- Fundamental re-design is required – in large, complex system
- Requires a new “utility” of easily available self-care

# Care Transitions

## What is Care Transitions?

- The movement of patients through the continuum of care from one setting to the next
- Partners at Home's Post-Acute Support System (PASS<sup>®</sup>):
  - Acute Hospital → Home & Community
  - Acute Hospital → Sub-Acute → Home & Community
  - Nursing Home → Home & Community



# Special Needs Plan (SNP Care Management)

- New regulations require annual Health Risk Assessment (HRA) and care plan

# The Good News is...



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- We can manage chronic illness
- We can improve quality of life

....and we can Age Positively!

# Getting Healthy Takes a Village

## Fast Facts from AARP Magazine

- Gyms have an increasingly older clientele: about 25% of all health club members are 55 and up, a 500% increase from 1987
- One year after a Minnesota town resolved to get fit and find purpose, residents are thinner, happier and adding years to their lives

**KEY RESULTS:**  
More activity,  
more friends,  
fewer calories

# Changing American Culture

- We are in the service of a great vision
  - Mainstreaming access to powerful tools for health
  - Building a platform for better quality of life
    - Less pain
    - Less illness
    - Greater mobility and better function
  - **This is a MISSION, not a PROJECT**