

Frail Elders Get Physical: Healthy Moves for Aging Well

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Session Objectives

- Learn the program components of Healthy Moves
- Learn the final evaluation outcomes
- Identify challenges, solutions, and the impact on the clinical culture when introducing new programs
- Discuss how organizations can adopt Healthy Moves

Partners in Care Foundation

- Non-profit
- Focuses on aging issues
- Changes the way healthcare services are delivered
- Develops and promotes innovative programs to improve care for everyone
 - Healthy Moves for Aging Well

Collaboration * Innovation * Impact

California Evidence-Based Initiative 2006

- California Departments of Aging and Public Health awarded 3-year grant from U.S. Administration on Aging
- Brings evidence-based programming to community-based organizations
- Partners in Care is the state program office, *California Health Innovation Center (CHIC)*



What is Evidence-Based Programming?

- Tested models or interventions that directly address the health risks of the target population
- Advantages:
 - Provides tangible scientific evidence that program works
 - Increases likelihood of successful outcomes
 - Increases effective use of resources

AoA Approved Evidence-Based Programs

View more at www.healthyagingprograms.org

- *Healthy Moves for Aging Well*
- Medication Management Improvement System
- Chronic Disease Self-Management Program
- A Matter of Balance
- Enhance Wellness
- Active Choices
- Enhance Fitness
- Strong for Life
- Healthy IDEAS or PEARLS
- Prevention & Management of Alcohol Problems in Older Adults



Introducing

Healthy Moves for Aging Well

- Simple and safe evidence-based exercise program designed for frail, high-risk older adults receiving services in the home
- In-home providers teach exercises to their older clients in their homes during scheduled visits

Healthy Moves for Aging Well

- 1st Generation Funder: John A. Hartford Foundation
National Council on Aging
- 2nd Generation Funders: Archstone Foundation
The California Endowment
UniHealth Foundation
- Guided by: National Council on Aging
- Evaluated by: USC Andrus Gerontology Center



Healthy Moves: Three Components

1. EXERCISE COMPONENT: modeled and adapted from Senior Fitness Test (Rikli and Jones, 1999)
2. BRIEF NEGOTIATION COMPONENT: modeled after Motivational Interviewing counseling method (Prochaska and DiClemente, 1983)
3. MOTIVATIONAL PHONE COACHING COMPONENT: supports the new behavior change of each client

Older Adults Need to Keep Moving!



- Few older persons engage in regular physical activity
 - 31% of aged 65-74
 - 23% of aged 75+
- Average decline in physical functioning of 10% each decade between ages 60 & 90
- Active adults experience 1/2 as much loss in physical functioning
- Physical activity can extend life expectancy 28% for frail elderly

Barriers to Exercise for Older Adults

- Belief that inactivity is a natural part of aging
- Exercise is harmful for older people
- Exercise “at my age” is embarrassing
- Time constraints
- Overprotective relatives & friends
- No interest or motivation
- Don’t know how to exercise



Healthy Moves – 1st Generation Exercises

- Chair Stand
Rising from floor or chair
- Arm Curl
Pouring milk; lifting groceries
- Two-Minute Step in Place
Shopping; walking distances
- Chair Sit and Reach
Shoe tying; falls prevention
- Up and Go!
Getting to the toilet in time
- Scratch Test
Washing back; reaching for items on a high shelf

Healthy Moves – 2nd Generation Exercises

- Chair Stand
Rising from floor or chair
- Arm Curl
Pouring milk; lifting groceries
- Seated Step-In-Place
Walking in the home; getting the mail
- Standing Step-In-Place
Walking outside; shopping for groceries
- Ankle Point & Flex
Lifting toes to avoid tripping on rugs, steps, and curbs

Snapshot of Healthy Moves Protocol

- **Care Manager** teaches exercises on regularly scheduled visit
- **Motivational Coach** motivates client, monitors progress, and reinforces the change by phone
- **Care Manager** follows-up with client during monthly phone calls and quarterly home visits

Why Use Care Managers?

- Already doing most of what it takes
- Know and care about their clients
- Focused on maintaining health and delaying institutionalization
- CM programs represent a significant investment of public funds
- Thousands of sedentary seniors receive services in their home
- Distributing new health tools to high-risk older adults is compatible with the current goals of care management



The “Teachable Moment”

Not only a care management model

- Designed to accommodate the special needs of frail elderly safely in most any setting
 - Care Managers (public or private)
 - In Home Supportive Services
 - Meals on Wheels
 - Physician offices
 - Senior Centers
 - Adult Day Health Care Centers
 - Health Plans
 - Congregate Housing



Brief Negotiation Component

- 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)
 - Precontemplation (client has no interest in starting to exercise)
 - Contemplation (client is thinking about starting, but plans not made)
 - Preparation (client is planning to exercise)
 - Action (client starts exercising)
 - Maintenance (client sustains new behavior)

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?



0 1 2 3 4 5 6 7 8 9 10

Not Ready

Thinking About It

Ready

Assess Readiness

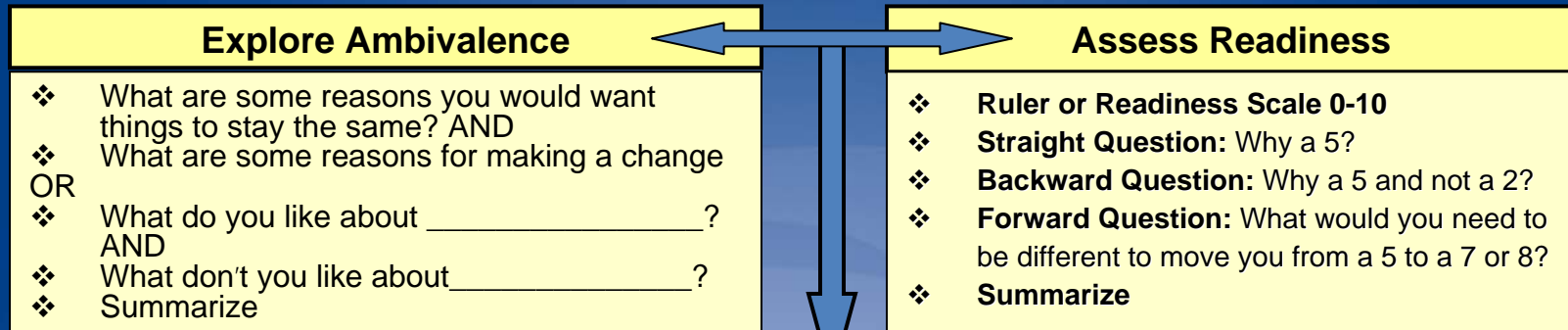
Why a 5 and not a 2?

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



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

“Below are several goals related to your physical health. Which goal stands out for you?”



Many people have tried these movements and within 3 months improved their health.

My hope is that doing these movements 3-5 times a week will help you reach your goal of _____.

Healthy Moves for Aging Well

Remember that **SAFETY** is always your first priority!

Stop if you feel unsteady, dizzy, or uncomfortable.

Read the “Red Flags” on the back for more information.

1. ARM CURLS

Sit in a comfortable position. Place a 1-pound weight (soup can, water bottle) in your right hand. Resting your elbow at your hip, bend at the elbow and touch the soup can to your shoulder. Slowly lower the weight, returning the hand to its starting position. Repeat with your left arm. **Work up to 15 to 20 arm curls two times a day.**

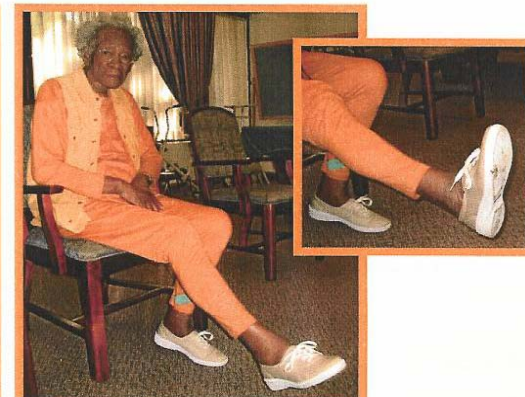


2. ANKLE POINT & FLEX

Sit in a comfortable position. Lift and extend right leg. Point your toes to the ground, then flex your toes to the roof. Repeat on left leg.

For variety, try doing Toe Taps. Put your feet on the floor and tap your feet, lifting the toes as high as possible while keeping your heel on the floor.

Work up to 30 seconds on each foot three times a day.



3. SEATED STEP-IN-PLACE

Sit in a stable chair and move your legs by slowly marching them in place. You only have to lift them an inch off the ground.

Work up to 1 minute once a day.



*Ask about the
next step.*

“How do you see
yourself
incorporating these
movements into
your daily life?”
(When & Where?)

Healthy Moves for Aging Well *Advanced Movements*

Remember that SAFETY is always your FIRST PRIORITY!

These movements are more challenging.

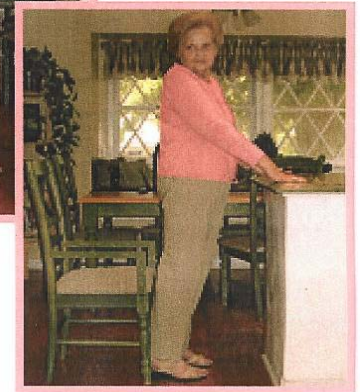
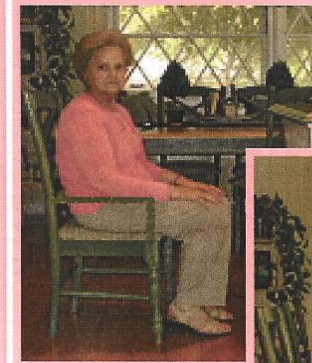
Stop if you feel unsteady, dizzy, or uncomfortable.

Read the “Red Flags” on the back for more information.

1. CHAIR STAND

Sit tall on a stable chair with arm rests. Slowly stand up from the chair to a full stand using your hands to help you push off the chair if needed. Make sure this is performed with a stationary countertop in front of you or something that won't move if you need to use it for support. Return to a seated position.

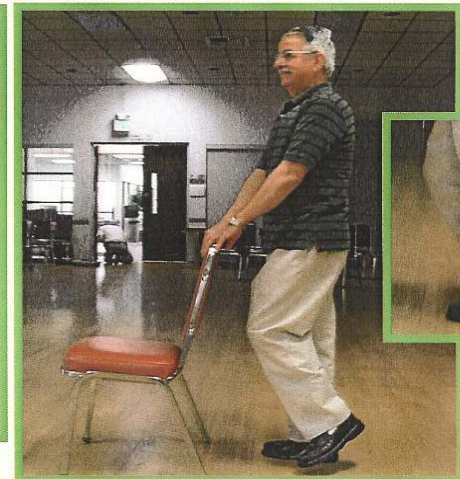
Work up to 10 chair stands a day.



2. STANDING STEP-IN-PLACE

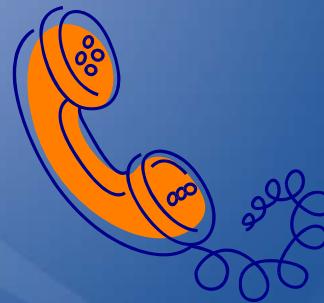
Start by holding onto the back of a stable chair, wall or countertop to maintain your balance. Begin stepping in place lifting your feet only a few inches off the floor.

Try stepping-in-place 15 to 30 seconds two times a day.



Motivational Phone Coaching

- “Are you comfortable having a motivational coach call you to check in on your progress and provide support to you as you try these new movements?”
- If yes, inform client that a coach will call next week.



Motivational Phone Coaching

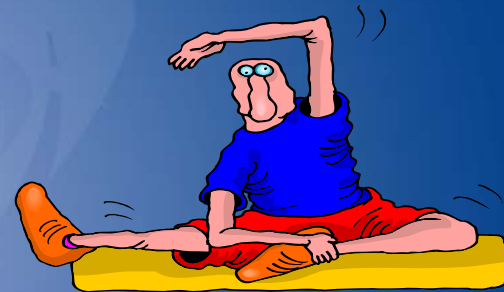
- Offers personal support and encouragement
- Engages client in goal-setting discussions
- Problem solves with client
- Instills confidence in client's ability to exercise
- Frequency of calls (3 months)
 - Weekly for first 4 weeks
 - Weekly or bi-weekly for next 8 weeks
- Coaches complete phone logs to track client progress

Motivational Phone Coaching

- How have your physical activities been going?
 - How often? How long?
- Any new aches or pains out of the ordinary?
- Any challenges that made it difficult to move?
- Any recent falls?

Pilot Results – Healthy Moves 1st Generation

- 4 Care Management Sites
- Number of Clients = 49
- 76% Client Retention Rate
- Average Age = 78 years
- Living Status =
 - 65.3% Living Alone
 - 30.6% Living with Family
 - 4.1% Living with Family & Caregiver



What We Accomplished



- Success of Healthy Moves Pilot
 - Engaged care managers in the planning stage, promoting program investment and ownership
 - Translated evidence-based work into a community setting
 - Established a new practice standard for care management
- Verified Need to Expand Program Dissemination
 - Funding secured to expand demonstration project (Healthy Moves – 2nd Generation)
 - Addresses care manager's concerns regarding safety of exercises for more frail clients
- Toolkit Available on NCOA Website
 - www.healthyagingprograms.org

Healthy Moves 2nd Generation - Target Population

- 865 participants
- 4 sites
- Age range: 65 to 103
- Mean age: 80
- 84% female
- Willing to participate
- Cognitively capable to follow instructions
- If no caregiver available, must be able to stand unassisted to exercise alone safely

Ethnic Diversity

- 40.5% Latino
- 25.5% Caucasian
- 22.2% African-American
- 3.7% Asian
- 8.1% Other

Languages

English

Spanish

Russian

Korean

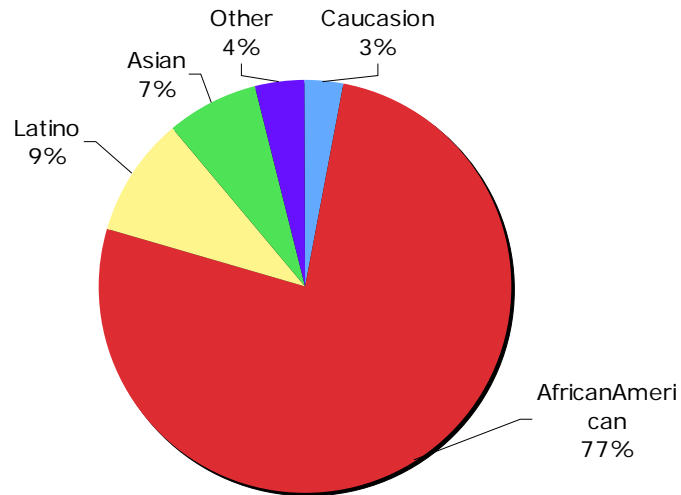
Chinese

Armenian

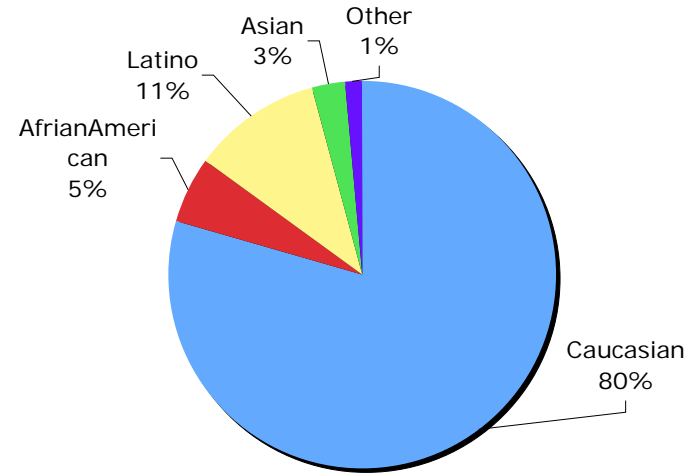
Farsi

Diversity per Care Management Site

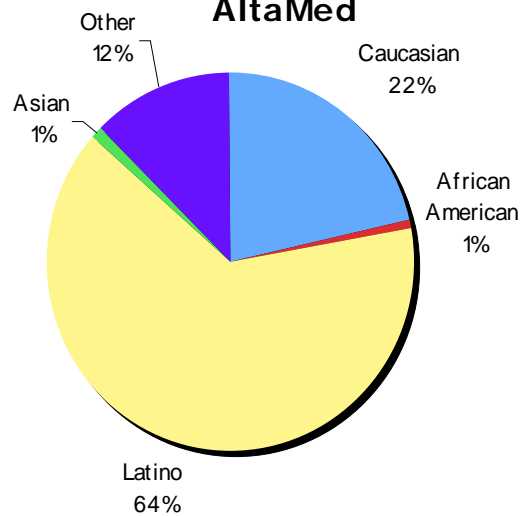
Lynwood



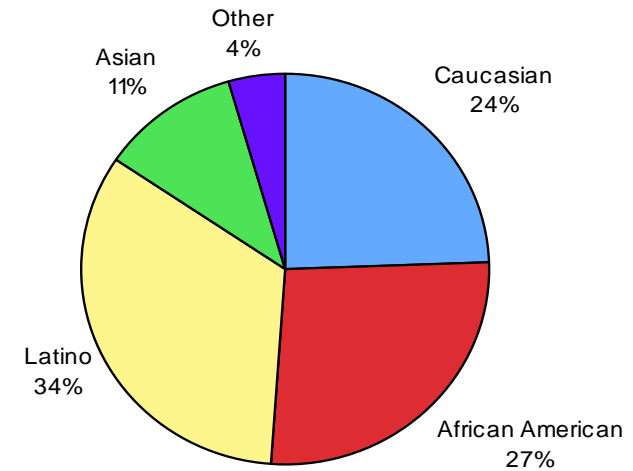
JFS



AltaMed



SCN



Functional Assessment at Baseline

- Highly impaired population
 - ADLs (dressing, eating, bathing, toileting, transferring, grooming)
 - 67% needed help in 5 or 6 ADLs
 - IADLs (telephone, laundry, transportation, shopping, preparing meals, housekeeping, taking medications, handling finances)
 - 70% needed help in 7 or 8 IADLs

Readiness of Participants at Baseline

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



Not Ready

9%

Thinking About It

31%

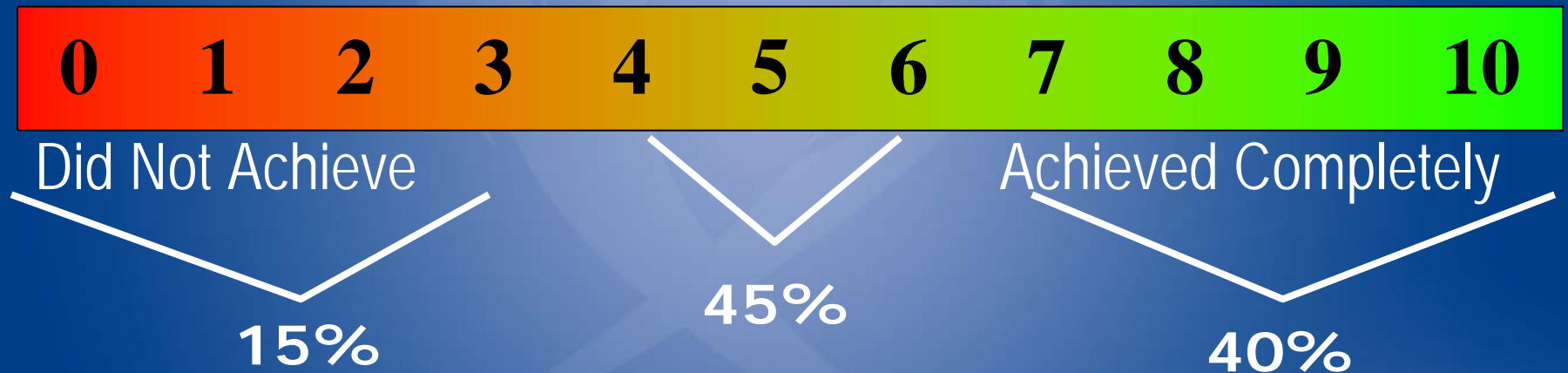
Ready

60%

- 23% reported a 10

Goal Attainment at 3 Month Follow-up

- At enrollment, your goal was _____
- How close are you to achieving your goal?



- 85% reported a score between 4 to 10

Outcomes – 3 Month Follow-up

- Significant improvement in both arm curls and step-in-place ($p < .05$)
- Improvement was associated with being female (arm curl only) and type of coaching (face-to-face rather than phone)
- Decrease in depression (from $n=484$ to $n=371$)

Outcomes – 3 Month Follow-up

- Pain was reduced from an average of 5.5 at pre-test to 5.1 at post-test ($p=.04$)



0

1

2

3

4

5

6

7

8

9

10

No Pain

Excruciating Pain

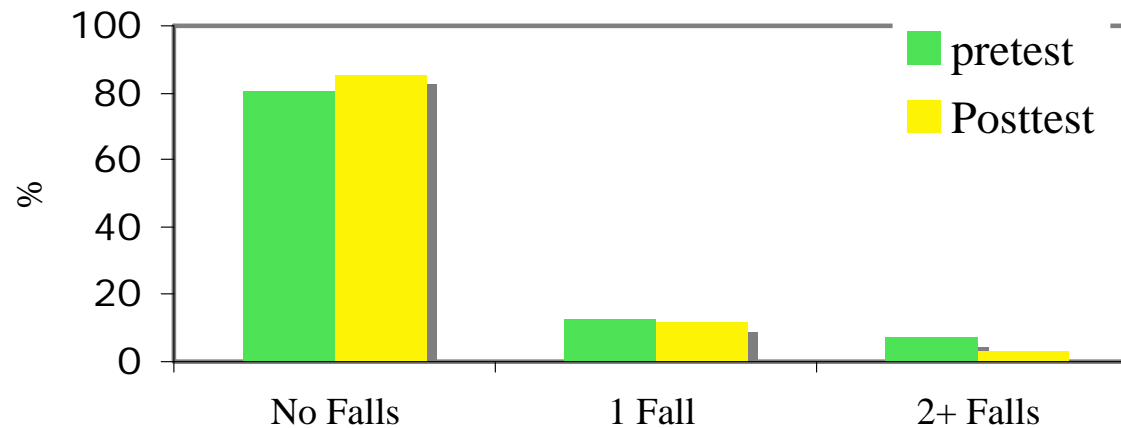


Outcomes - 3 Month Follow-up

- Statistically significant reduction in number of falls ($p < 0.01$), ($n = 328$)
 - 12.5% of participants fell once during 3 months prior to completing baseline
 - 11.6% reported one fall at post-test
 - 7% had more than one fall prior to baseline
 - 3% had more than one fall at post-test

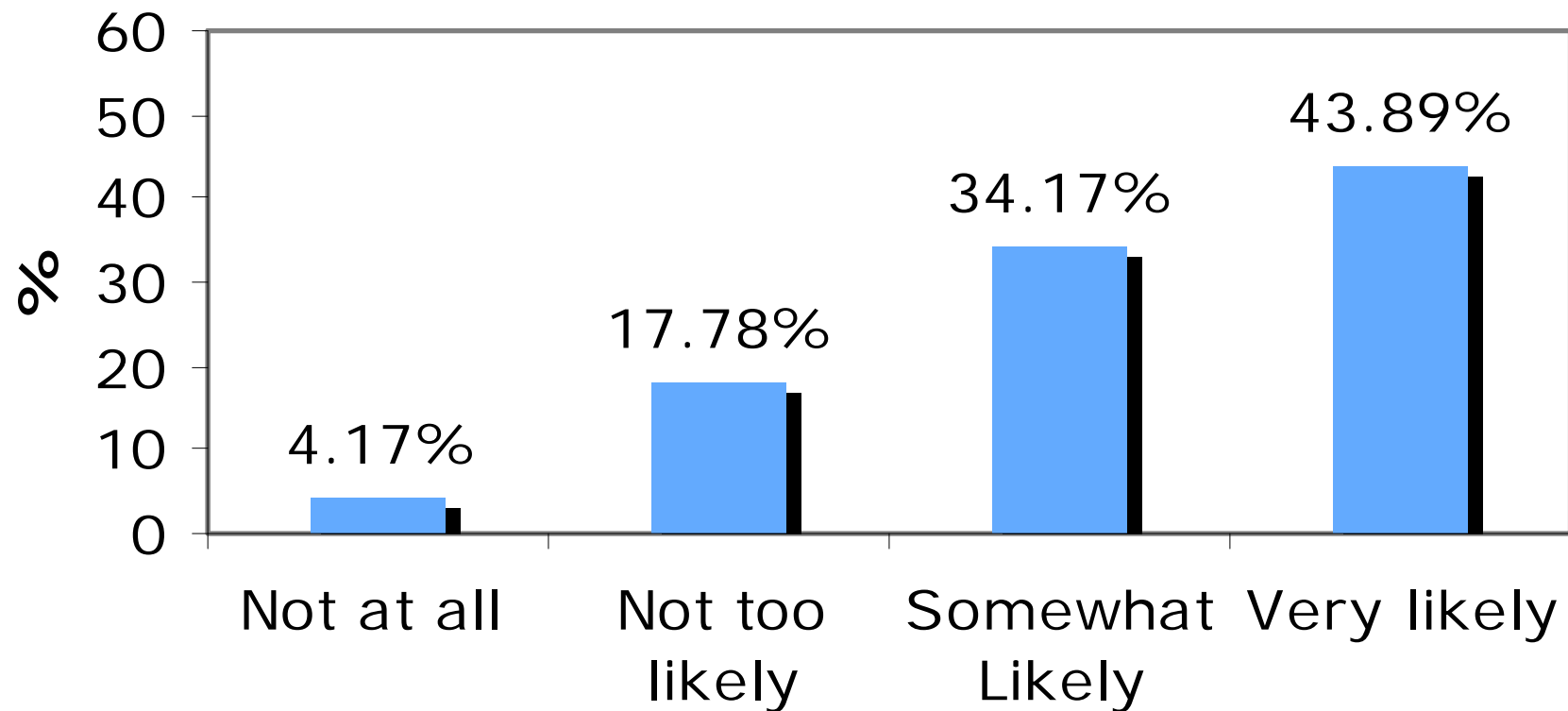
Significant Reduction in Falls!

Changes in the Number of Falls During the Past Three Months



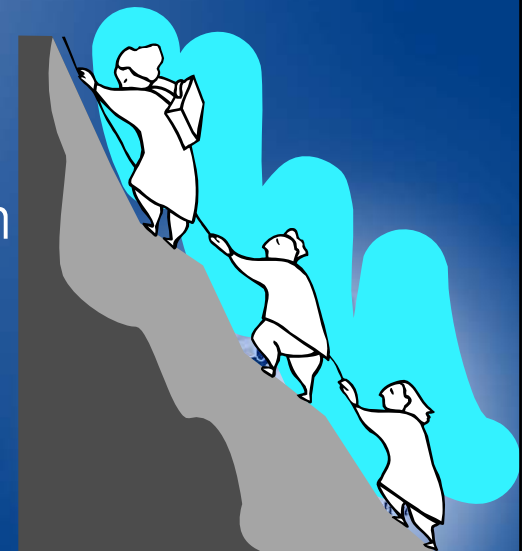
78% Very or Somewhat Likely to Continue without a Motivational Coach (3 Month Follow-up)

Figure 5: Likely to Continue the Exercises Without a Coach



Lessons Learned: Agencies Must be “Ready” to Adopt a New Innovation

- There must be a champion
 - Ensure supervisors are engaged
 - Involve staff in the decision process
- There must be underlying stability
 - Resources viewed as adequate
 - Staff turnover minimal
 - Recovery time since last big change
- There must be a “felt need”
 - Client testimonials generate enthusiasm for adoption
 - *Fewer injuries & less decline = less work over time*

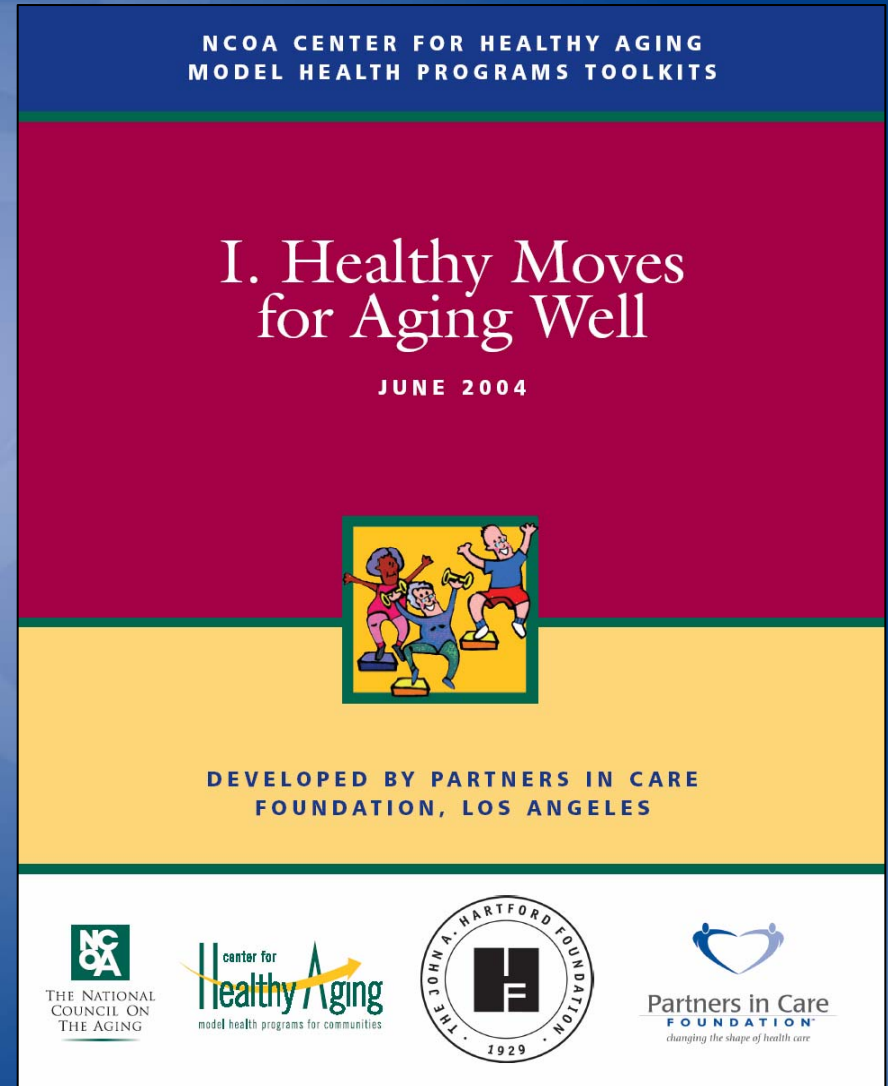


Ideal Care Management Site

- AltaMed Health Services MSSP, Los Angeles, CA
 - 17 care managers enrolled 400+ clients in 12 months
 - Average of 33.3 clients a month
- Designate a passionate care manager to be the champion
 - Internal program “cheerleader” for the agency
 - Encourages and reminds co-workers to enroll clients
 - Sets up an internal quality control system to assure that data is complete and collected in a timely manner
- Introduce Healthy Moves program in advance by phone when scheduling the next home visit
- Enroll clients in the spring and summer to avoid arthritic pains impacted by the colder months
- Motivate care managers to be more physically active themselves

Adopt the Healthy Moves Program!

- Kristie Patton
- (818) 837-3775, ext. 159
- Website: www.picf.org
- Replication Report
- Training DVD
- Multiple Languages:
English, Spanish, Russian,
Korean, Chinese,
Armenian & Farsi



Additional Information

- Presentations will be available online after March 23rd at www.picf.org
- Be sure to visit us at Booth #310 for more information and a chance to win a free copy of the *Healthy Moves* DVD!

Healthy Moves DVD – Now Available!

Healthy Moves *for Aging Well*

Get your *Moves* on now!

"Healthy Moves has helped my clients increase their independence and confidence, improve their disposition and quality of life."
~Nancy, Care Manager

A proven program that improves the health status among older adults. Ideal for:

- Care management programs
- Home care agencies
- In-home supportive services
- Senior centers
- Congregate housing
- Healthcare providers

- Safe & simple.
- Meets the special needs of the frail elderly.
- Low-cost, minimal care management time.
- Succeeds in a wide variety of settings.
- Available in multiple languages.

Supporting Materials available in:
English Spanish Chinese Farsi
Russian Armenian Korean

"The Healthy Moves program has helped me both mentally and physically, and I'm only getting better every day."
~Janette, 80 year old

Please consult your physician before engaging in the Healthy Moves exercises. Partners in Care is not responsible for any discomfort or injury as a result of these exercises.

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© Healthy Moves for Aging Well is presented by the California Health Innovation Center™ (CHIC) of Partners in Care. CHIC creates local and statewide partnerships to develop, evaluate and disseminate vital and tested self-management programs to improve health functioning and quality of life. To obtain more information or to order additional copies of Healthy Moves for Aging Well please contact Partners in Care at 818-837-3775 or www.picf.org.

This video was made possible by the generous contribution of The California Endowment.

CARE MANAGER SPECIAL EDITION

Partners in Care and its
California Health Innovation Center™
Present:

Healthy Moves *for Aging Well*

Healthy Moves *for Aging Well*

gives you the power to lead your clients toward more mobility, more independence, and a more healthy approach to daily life.

- Safe & proven techniques clearly demonstrated
- Ready for replication in care management agencies across the country

Healthy Moves for Aging Well

Lead your clients toward more mobility, more independence...

- 25-Minute Instructional Video Covering:
 - Brief Negotiation method
 - Healthy Moves exercises