Healthy Aging Regional Collaborative – Health Foundation of South Florida

INPUTS

Financial Support
- HFSF
- State (AoA)
- Other funding partners

Human Resources
- HFSF Staff
- HAI Staff
- HAN Consultants
- CHA/NCOA
- Local evaluator
- Training Consortium

Evidence Based Programs
Training protocols, materials, and tools for:
- Living Healthy (CDSMP English and Spanish)
- MoB (Eng & Sp)
- Enhance Fitness
- Healthy IDEAS

Partners
- Area Agencies on Aging
- Medicare Advantage and other health care providers
- Aging service orgs
- City and County
- Housing, social service orgs.

PROGRAM STRATEGIES

Engage Opinion Leaders in a **Regional Leadership Council** for advocacy, marketing healthy aging in the community and developing partnerships and opportunities for evidence based health promotion and prevention for older adults in South Florida.

Support a **'Learning Network'** of agencies/organizations implementing EBHPP in the following areas:
- Chronic disease self management
- Physical activity
- Fall prevention
- Mental health

Support the implementation of EBHPP with **grants** to community organizations/agencies.

Develop a Healthy Aging **Training Partnership** to satisfy the training needs of senior community health leaders implementing EBHPP programs.

Maintain a **Planning, Management and Evaluation** team to increase success of long-term outcomes through early planning for program sustainability, and to monitor and revise plans utilizing the Re-AIM framework.

Collaborate with national, state and local stakeholders to promote contracting network and referral mechanisms between Medicare Advantage Programs and social services providers.

Develop and support a **Marketing plan** for healthy aging. Provide technical assistance to learning network in reaching targeted populations and recruiting partners for hosting EBHPP.

FIVE-YEAR OUTCOMES

Reach:
35,000 participants with targeted risk factors and representative of gender, ethnic, cultural and linguistic diversity in South Florida will have participated in at least one EBHPP.

Adoption: Target:
- In each zip code, at least one agency or network of agencies adopts at least one EBHPP,
- Increased coordination with health providers results in adoption of EBHPP in those areas with greatest proportion of unmet needs
- Increased coordination among community social agencies in same geographical area supports local capacity

Implementation:
- 90% of programs are implemented with fidelity
- A work force of older adults is well trained and supports implementation.
- Implementation of EBHPP is adapted to the multilingual and multicultural community without decreasing program efficacy.

Effectiveness:
- Improved self-reported health status and quality of life for older adults with one or more chronic disease
- Increase in physical activity, reduced physical disability
- Decrease health care costs related to falls and chronic diseases:
  - -ER visits
  - -Hospital admissions

SUSTAINABLE SYSTEM OUTCOMES

Local capacity to build partnerships and inter-agency coordination for adoption of evidence based healthy aging programs is strong.

Work force in local agencies and organizations are trained, and their job descriptions include, the implementation of EBHP programs in the areas of:
- Chronic Disease Self Management
- Physical Activity
- Fall Prevention
- Depression

Initial fiscal commitments results in infrastructure economies of scale so that EBHPP programs can be delivered more efficiently (e.g., at only 85% of initial implementation cost) .

An efficient network for contracting with health care services providers in delivering EBHPP to older adults participating in Medicare Advantage programs is established.

Policies and funding streams for implementation of EBHPP ensure the long term maintenance of programs serving older adults with chronic conditions and risk factors for loss of independence.