

A Message of Welcome... and Opportunity

This year commemorates Health Foundation of South Florida's 15th anniversary of awarding more than \$75 million in grants to improve the health of residents in Broward, Miami-Dade and Monroe Counties. And what better way to celebrate than by launching an exciting new \$7.5 million Healthy Aging Strategic Initiative.

We welcome the interest of leaders, organizational representatives and participants in the Healthy Aging Initiative as we continually strive to forge a collaborative to improve the health of older adults in South Florida. While we may not be able to stop aging, we are able to improve health and quality of life through the establishment of supportive policies, programs and environments.

Health Foundation's commitment to create measurable impact in the health status of residents is reflected in this initiative as it is in all our grantmaking. Our priority areas include: Primary Care; Healthy Lifestyle Promotion; Preventive Health Measures and Oral Health.

Information on how nonprofit organizations may participate in the Healthy Aging Initiative is outlined in this booklet. On behalf of the Foundation Board members and staff, thank you for your interest in this unprecedented opportunity to help older adults in South Florida.

Sincerely,



Steven Marcus, Ed.D.
President and Chief Executive Officer
Health Foundation of South Florida

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Overview

AVAILABLE GRANTS

Health Foundation of South Florida (HFSF) is dedicating \$7.5 million over five years for the development of a Healthy Aging Regional Collaborative and the implementation of evidence-based health promotion programs. Year one cycle of funding is supporting 18 community-based projects for the implementation of one or more of the following programs: (see appendix for program descriptions)

- Living Healthy or Tomando Control de su Salud (Chronic disease self management)
- Matter of Balance or Un Asunto de Equilibrio (Fall prevention)
- EnhanceFitness (Physical fitness)
- Healthy IDEAS (Identifying and managing depression)

First year grantees will be invited to submit continuation applications for subsequent funding.

PURPOSE

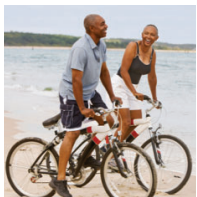
The Healthy Aging Regional Collaborative of South Florida aims to boost quality of life, improve self management of chronic diseases, reduce falls, increase physical activity, decrease depression symptoms and reduce unnecessary health care costs such as preventable hospital admissions, through a network of partners.

ELIGIBLE APPLICANTS

Nonprofit 501 (C) (3) organizations, including aging, human services agencies, health care centers, faith-based and other community-based organizations and units of local government.

APPLICATION PROCESS

The application phase of this project consists of an initial “Letter of Interest” form followed by a pre-proposal workshop and the submission of a full proposal. The calendar for second year grant applications will be available at www.hfsf.org by March 2009.



Background

WHY HEALTHY AGING?

South Florida is home to more than 800,000 adults 60 years of age or older – the largest and most ethnically diverse older adult population in the state. This group is also very diverse when it comes to their daily lives. Some are full or part-time workers across every public and private sector field. Others play key roles as volunteers in family businesses as well as charitable and faith-based organizations. And for those who are retired, they often take on vital roles in their families’ lives and communities.

Thousands assume the sole parental responsibilities for their grandchildren or the children of other family members. Larger numbers play a supportive parental role in single-parent families as well as in homes where both parents work outside the house. Grandparents are taking care of infants, picking up children from school and caring for them until mom or dad return home from work. Other older adults are primary caregivers for frail or disabled spouses or other family members.

The point here – and the first justification for our attention to healthy aging – is that as a community, we depend on older adults each and every day.

The second reason for the attention to healthy aging is that older adults are vulnerable to complications from illness, injury and disability. According to the Center for Disease Control in the United States:

- 73% of persons age 65-74 report no regular physical activity
- 81% of persons age 75+ report having a chronic disease
- 33% fall each year
- 15%-20% have clinically significant depression

Given the higher risk, prioritizing preventive and supportive health measures for older adults yields the greatest impact. That is, it’s strategic.

The third reason is the recent development of effective, low-cost health promotion programs for older adults that have been evaluated showing positive outcomes and can be easily replicated in our communities. The programs address the primary threats to healthy aging (sedentary lifestyle, injuries from falls, chronic disease and depression).

The fourth and related reason deals with the exorbitant amount of preventable health care costs (e.g., hospitalizations) generated from older adults. A majority of health care costs stem from preventable injuries and un-managed chronic disease such as diabetes and hypertension. Billions of dollars of Medicare and Medicaid costs are at stake.

The last and perhaps the most important rationale is our responsibility to a group of community members who have contributed immeasurably to the world we live in.

Healthy Aging Regional Collaborative of South Florida

VISION

Older adults living in South Florida will have greater levels of participation in evidence-based health promotion programs and therefore enjoy better health, quality of life and independence.

MISSION

The Healthy Aging Regional Collaborative of South Florida enhances quality of life and reduces preventable hospital admissions for older adults through a network of partners that will:

- Increase public awareness of the evidence base for health promotion and prevention
- Develop resources, provider capacity and policies to sustainably implement evidence-based health promotion programs
- Conduct on-going evaluation of all phases of the initiative to ensure that goals are met and to disseminate periodically lessons learned by the Collaborative

GUIDING PRINCIPLES

The Healthy Aging Regional Collaborative of South Florida will be guided by the following principles:

- Health promotion programming should be based on solid evidence
- Collaboration across disciplines and sectors (e.g., public, private) leverages resources and avoids duplication
- It is important to build on existing strengths and capacities of local providers
- Disparities in health and access to resources are prevalent and must be eliminated if the vision of healthy aging is to be achieved
- Improvements to policies, programs and environments should be sustainable



GOALS

Goal 1: Engage the Leadership Council for Healthy Aging, a distinguished group comprised of national and regional partners created for the purpose of providing advice and counsel to the Collaborative, with the following objectives: increasing the importance of healthy aging, increasing awareness of evidence-based health promotion, increasing collaboration between health care and social service sectors and informing policy makers.

Goal 2: Develop a Learning and Innovation Network (LIN) to function as a coordinating mechanism for the implementation and evaluation of the evidence-based health promotion programs for older adults. The Learning and Innovation Network will share knowledge, lessons learned from the planning, implementation and evaluation of the various components of the Collaborative. The LIN will also serve as an incubator for testing various approaches to implementing evidence-based health promotion in the community and develop mechanisms for the sustainability of programs.

Goal 3: Develop, train and support a work force able to implement evidence-based health promotion programs to diverse populations of older adults in South Florida. The Collaborative will support the development of a senior community health leader program, promote the development of roles for senior community health workers and will train trainers in evidence-based health promotion programs.

Goal 4: Provide support for the implementation of evidence-based health promotion programs.

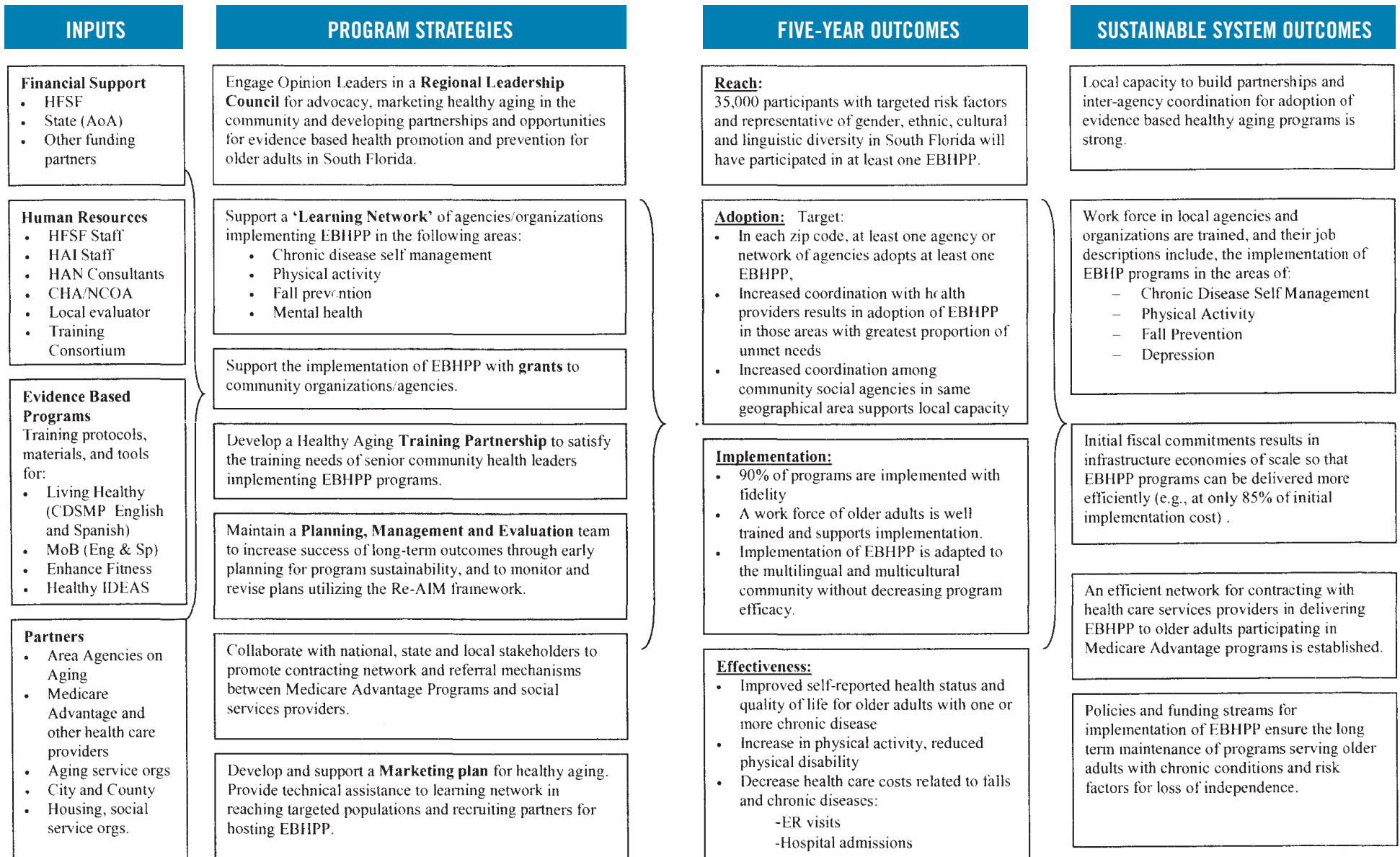
Goal 5: Evaluate and disseminate findings and lessons learned from the process and outcomes of the Collaborative on an ongoing basis. Use information and conclusions to set new goals or revise existing ones and develop strategies for improving the reach, effectiveness, adoption, implementation and maintenance of the EBHPP programs in particular and the Healthy Aging Regional Collaborative in general.

EXPECTED OUTCOMES

- Increased healthy behaviors among older adults in the region
- Increased physical functioning among older adults (strength, flexibility, balance)
- Reduced falls
- Reduced depression severity and increased activity levels among home bound older adults
- Reduced health care expenditures



Healthy Aging Regional Collaborative – Health Foundation of South Florida



Funding Details

An allocation of \$7.5 million dollars will be distributed throughout a five year period to a diverse range of communities in Broward, Miami-Dade and Monroe Counties.

In the first year, the Grantee is asked to provide at least ten percent (10%) of the total Project budget through in-kind contributions which are expected to increase during subsequent years.

The sustainability of these programs will come from a variety of sources. Over the next few years it is anticipated that support will come from health care resources such as Medicare and Medicare Advantage programs.

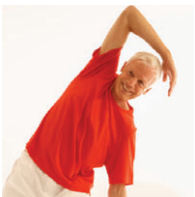
Use of Grant Funds

Grant funds may be used for Project staff salaries, volunteer stipends, project related travel, materials and equipment deemed essential to the implementation of the program. Health Foundation of South Florida will not fund indirect costs unless they are itemized as separate line items.

This Program will not provide funding for general operating support, cash incentives for participants, capital expenses or renovation projects.

Healthy Aging Initiative Funding

Please visit www.hfsf.org for information related to the timetable funding.



Eligibility Criteria

Applicant agencies should:

- Offer services to persons 60 years or older in Broward, Miami-Dade or Monroe Counties
- Be either a nonprofit, tax-exempt organization under Section 501 (c) (3) of the Internal Revenue Code or a government entity or agency. However, nonprofits may partner with for-profit companies.
- Acknowledge that their agency is responsible for the overall performance of grant activities and for maintaining financial accountability on behalf of the network or partnership.

Selection Criteria

Applications are evaluated as follows:

- Local community partnership. We expect each selected applicant to demonstrate capacity for building local neighborhood coalitions to ensure reaching about 300 eligible older adults in their first year increasing this number by 25% in each subsequent year. The applicant agency is encouraged to include in their community partnership a mix of organizations or agencies including health care providers, senior housing, volunteer programs, park and recreation, university, colleges and senior centers.
- Financing. A key interest of the Healthy Aging Regional Collaborative is to achieve financial sustainability. Grantees are expected to develop a business plan for cost-sharing during the five years of Health Foundation funding and to achieve full sustainability by 2012.
- Work force. The applicant has the capacity to ensure that sufficient staff members (paid and/or volunteer) are recruited and receive required training.
- Participation in the Learning and Innovation Network. Because collaboration among grantees is a good strategy for improving the delivery of evidence-based programs, grantees are required to participate in the Learning and Innovation Network in order to foster continuous quality improvement, shared learning and use of best practices.
- Data collection. Grantees are required to collect and submit a core set of data related to program implementation.



Evaluation and Monitoring

All Grantees are expected to use the RE-AIM framework for planning and evaluation. RE-AIM is an on-going effort to plan and assess the following domains: reach, adoption, effectiveness, implementation and maintenance. Information about RE-AIM can be found at re-aim.org.

Health Foundation of South Florida has selected the Stempel School of Public Health of Florida International University to serve as the Local Evaluation Team. They work with all grantees to facilitate data collection in a timely fashion in order to ensure that information is available for quality assurance. All grantees are expected to collaborate with the Local Evaluation Team.

“Health Foundation’s Healthy Aging Initiative is visionary and can be expected to change the way health promotion efforts are delivered to seniors in South Florida.”

Marcia G. Ory, Ph.D., M.P.H.
Director, Active for Life National Program Office



Training and Technical Assistance

In addition to grants provided by Health Foundation of South Florida for the implementation of programs, members of the Learning and Innovation Network receive:

- Program licenses
- Access to free Master Trainers’ certification in selected Healthy Aging evidence-based programs
- Access to training and mentoring for class instructors
- Access to bulk purchase of materials needed for the implementation of Healthy Aging programs
- Access to national experts in the field of Healthy Aging; including members from the Healthy Aging Research Network (HAN) and the Center for Healthy Aging of the National Council on Aging
- Access to a Web site dedicated to sharing knowledge and training related to evidence-based health promotion and prevention programs

The amount of time and resources Grantees will dedicate to the Learning and Innovation Network will vary during the different phases of the collaboration, but general expectations are as follows:

- Attend two (2) Learning and Innovation Network meetings over the first 12-months. Meetings will be about four hours
- At least one of the team members will participate in monthly conference calls or Web-seminars to discuss specific issues related to the implementation of evidence-based healthy aging interventions
- Complete a health promotion service and utilization inventory questionnaire
- Collect data regarding reach, adoption, implementation and maintenance of evidence-based health promotion and prevention services and share lessons learned with other members of the network (on-going)
- Participate in end-of-year evaluation of the work of the Learning and Innovation Network



Initiative Staff

Martha Pelaez is the Healthy Aging Initiative Director in conjunction with Health Foundation of South Florida staff.

Additional Information

Frequently asked questions (FAQs) and answers about the Healthy Aging Regional Collaborative will be posted on Health Foundation's Web site. Applicants are asked to review these FAQs before submitting full proposals.

All inquiries regarding the Healthy Aging Regional Collaborative of South Florida application process should be directed to Eliane Morales. She can be reached by E-mail Eliane Morales at emorales@hfsf.org or by phone 305.374.7200.

“To my knowledge, this is the largest single investment by a local foundation in healthy aging and has gained the attention of leaders around the nation.

We are committed to helping the Foundation and its partners achieve extraordinary results, and to sharing your learning and achievements to achieve broader impact”

Nancy Whitelaw, Vice President, Healthy Aging Director
National Council on Aging



For More Information on Evidence-Based Programs Funded by the Initiative in Year One

1. Stanford University Chronic Disease Self Management Program

In English: Living Healthy

In Spanish: Tomando Control de su Salud

Stanford Web site: www.patienteducation.stanford.edu/programs/

Center for Healthy Aging Web site links:

www.healthyagingprograms.com/resources/EBSummary_CDSMP_Overview.pdf

www.healthyagingprograms.com/resources/CDSMPFinalReport.pdf

2. Project Enhance, EnhanceFitness, Seattle, Washington

Project Enhance Web site: www.projectenhance.org/contactus.html

Center for Healthy Aging web site links:

www.healthyagingprograms.com/resources/EBSummary_EnhanceFitness_Overview.pdf

www.healthyagingprograms.com/resources/ReplicationReport_EnhanceFitness.pdf

3. Matter of Balance: Managing Concerns about Falls

In Spanish: Un Asunto de Equilibrio

MaineHealth Partnership Web site: www.mmc.org/mh_body.cfm?id=432

Center for Healthy Aging Web site links:

www.healthyagingprograms.com/resources/EBSummary_MatterBalance_Overview.pdf

www.healthyagingprograms.com/resources/MOB%20Replication%20Report.pdf

4. Healthy IDEAS (training materials available in English and Spanish)

Care for Elders Web site: www.careforelders.org/index.cfm?menuitemid=290

Center for Healthy Aging Web site links:

www.healthyagingprograms.com/resources/EBSummary_HealthyIdeas_Overview.pdf

www.healthyagingprograms.com/resources/ReplicationReport_HealthyIDEAS.pdf

