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## A Message of Opportunity

Helping the more than 800,000 adults over the age of 60 in South Florida be the best they can be by staying healthy and independent is the goal behind the Healthy Aging Initiative launched by Health Foundation of South Florida. The Foundation has allocated an unprecedented \$7.5 million over five years to community partners for prevention programs designed to improve health and enhance the quality of life for older adults in Broward, Miami-Dade and Monroe Counties through the Healthy Aging Regional Collaborative.

We welcome the interest of leaders, organizational representatives and participants 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 Regional Collaborative 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.



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 17 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)

Grantees will be invited to submit continuation applications for subsequent funding.

### PURPOSE

The Healthy Aging Regional Collaborative 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 upcoming grant applications is available at [www.healthyagingsf.org](http://www.healthyagingsf.org).



## Why Healthy Aging?

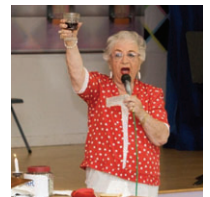
It's a financial marketer's dream. And it boosts the bottom line for cosmetic companies. As the number of older adults in the United States grows at an unprecedented rate, so does the amount of advertisements and articles telling our aging population to project for their financial needs while buying anti-aging products. This focus may brighten baby boomers' faces and wallets, but it doesn't shed light on the single greatest issue that will affect their quality of life in retirement; the high probability of chronic disease.

The Alliance for Aging Research reports that by age 65, nearly nine out of ten Americans will have at least one chronic condition. Most Americans drastically underestimate their chances of getting a chronic disease. An enhanced focus on promoting and preserving the health of older adults is essential if we are to effectively address the health and economic challenges of an aging society.

Taking on this challenge is the Healthy Aging Regional Collaborative. By bringing local, state and national leaders together, and giving health organizations in Broward, Miami-Dade and Monroe Counties the tools they need to provide and promote medical exams, diet and exercise, the Collaborative is ensuring that added years – are healthy years for South Floridians.

### KEY REASONS TO SUPPORT HEALTHY AGING

1. Health is strongly linked to the quality of life in older adulthood.
2. Families, businesses and communities depend upon older adults every day as leaders, caregivers, mentors and volunteers.
3. Older adults are at higher risk of losing their independence due to preventable injury and/or disability.
4. Substantial amounts of health care and nursing home costs can be avoided.
5. Effective, low-cost programs that improve the health of older adults exist but are not widely offered.
6. We have a responsibility to a group of community members that have contributed immeasurably to the world we live in.
7. The societal costs of ignoring healthy aging will be catastrophic as the Baby Boomers reach older adulthood.



# Healthy Aging Regional Collaborative

## 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 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 will be guided by:

- 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

*“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.”*

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



## GOALS

**Goal 1:** Provide grant support for the implementation of evidence-based health promotion programs.

**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.

**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.

**Goal 4:** 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.

**Goal 5:** Evaluate and disseminate findings and lessons learned from the process and outcomes of the Collaborative on an ongoing basis.

## EXPECTED OUTCOMES

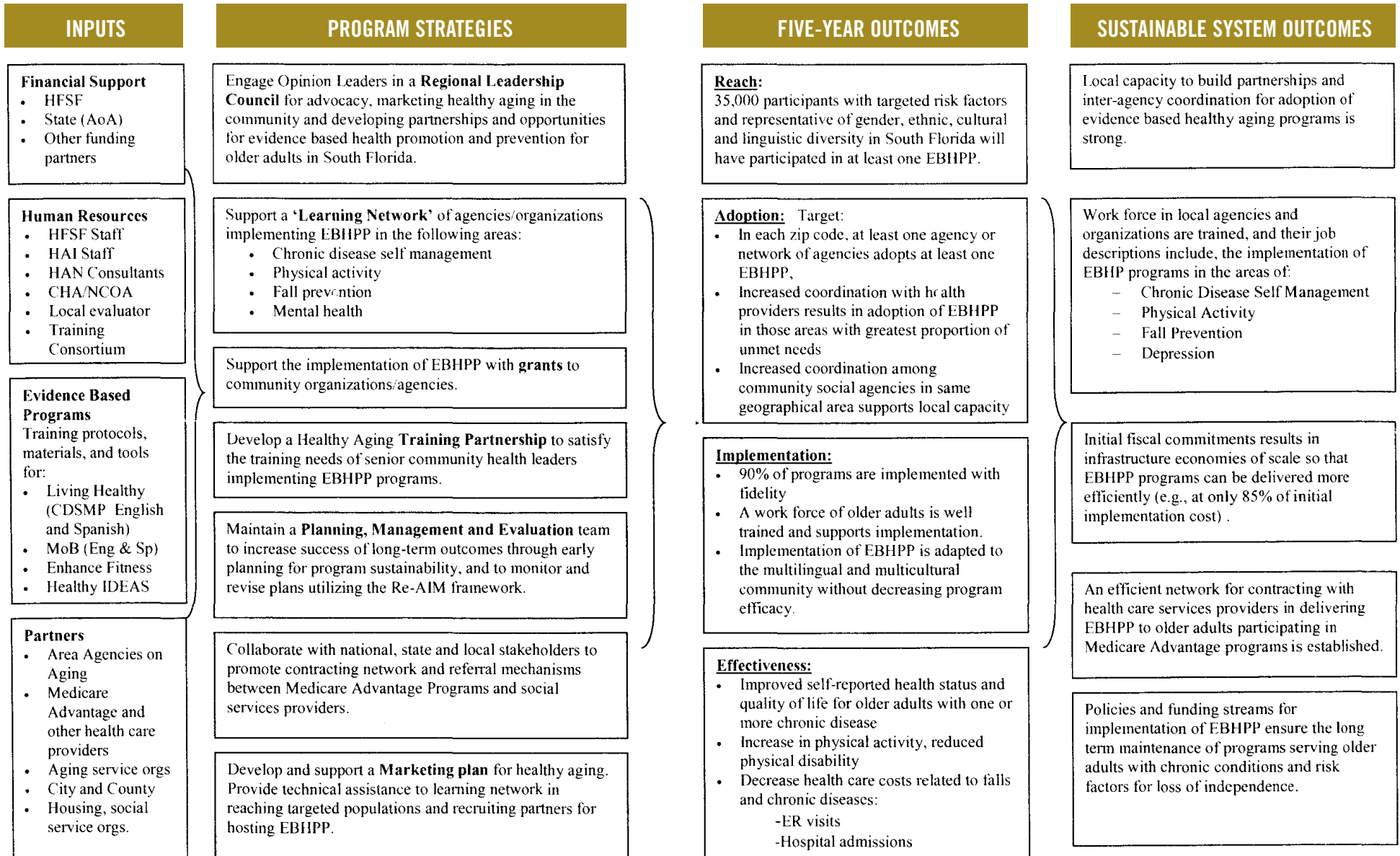
- Increased healthy behaviors among older adults in the region
- Increased physical functioning among older adults (strength, flexibility, balance)
- Reduced falls
- Reduced depression severity and increased activity levels among homebound older adults
- Reduced health care expenditures
- Improved quality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

*“Health is the key to life!  
It is a pleasure to participate actively and it is  
beneficial to use weights for our muscles.”*

Alex Hirsh  
85-years-young program participant  
at Miami Beach Senior Center



# Healthy Aging Regional Collaborative – Logic Model



## 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.

Grantees are asked to provide at least ten percent (10%) of the total Project budget for the first year 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 increased collaboration between health care providers.

## 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 consider indirect costs unless they are itemized as separate line items.

Grant funds will not be provided for general operating support, cash incentives for participants, capital expenses or renovation projects.

For more information please visit [www.healthyagingsf.org](http://www.healthyagingsf.org)

*“I enjoy doing exercise every morning;  
it makes me feel invigorated.”*

Paulina Kossler

96 years young participant at Jewish Community Services'  
Miami Beach Senior Center



## 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](http://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.

*“The staff at the rehabilitation center attributed my quick recovery to the fact that I had been in the Enhance Fitness program. The program accounted for my strong upper and lower body strength.”*

Angela Jackie Aguila  
participant at Memorial Hospital Senior Partner Center



## 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 year-end evaluation of the work of the Learning and Innovation Network



## Contact Information

Frequently asked questions (FAQs) and answers regarding the Healthy Aging Regional Collaborative are posted on the Web site, [www.healthyagingsf.org](http://www.healthyagingsf.org). Applicants are encouraged to review the FAQs before submitting proposals. Inquiries on the application process should be directed to Eliane Morales. Her e-mail address and telephone number, along with the contact information for other key members of the program, appear below.

### Martha Pelaez, Ph.D

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### Peter N. Wood, MPA

Vice President of Programs and Community Investments  
Health Foundation of South Florida  
[pwood@hfsf.org](mailto:pwood@hfsf.org)



## Information on Evidence-Based Programs Funded by the Initiative

### 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/](http://www.patienteducation.stanford.edu/programs/)

Center for Healthy Aging Web site links:

[www.healthyagingprograms.com/resources/EBSummary\\_CDSMP\\_Overview.pdf](http://www.healthyagingprograms.com/resources/EBSummary_CDSMP_Overview.pdf)

[www.healthyagingprograms.com/resources/CDSMPFinalReport.pdf](http://www.healthyagingprograms.com/resources/CDSMPFinalReport.pdf)

### 2. Project Enhance, EnhanceFitness, Seattle, Washington

Project Enhance Web site: [www.projectenhance.org/contactus.html](http://www.projectenhance.org/contactus.html)

Center for Healthy Aging web site links:

[www.healthyagingprograms.com/resources/EBSummary\\_EnhanceFitness\\_Overview.pdf](http://www.healthyagingprograms.com/resources/EBSummary_EnhanceFitness_Overview.pdf)

[www.healthyagingprograms.com/resources/ReplicationReport\\_EnhanceFitness.pdf](http://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](http://www.mmc.org/mh_body.cfm?id=432)

Center for Healthy Aging Web site links:

[www.healthyagingprograms.com/resources/EBSummary\\_MatterBalance\\_Overview.pdf](http://www.healthyagingprograms.com/resources/EBSummary_MatterBalance_Overview.pdf)

[www.healthyagingprograms.com/resources/MOB%20Replication%20Report.pdf](http://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](http://www.careforelders.org/index.cfm?menuitemid=290)

Center for Healthy Aging Web site links:

[www.healthyagingprograms.com/resources/EBSummary\\_HealthyIdeas\\_Overview.pdf](http://www.healthyagingprograms.com/resources/EBSummary_HealthyIdeas_Overview.pdf)

[www.healthyagingprograms.com/resources/ReplicationReport\\_HealthyIDEAS.pdf](http://www.healthyagingprograms.com/resources/ReplicationReport_HealthyIDEAS.pdf)

