

Living Well Network

Notes for July 9, 2008 1:00 – 2:30 pm Meeting

Participants: Carole Kment, Margy Robinson, Julia Lager-Mesulam, Sharon Johnson, Beverly Cridland, Kelly McDonald, Patty Meagher, Ann Way, Lisa Nielson, Sarah McCall, Rocio Munoz, Theresa McLain, Tracey Robichaud, Sarah Bartelmann, Audrey Sienkiewicz, Jennifer Mead

Guests: Nancy Whitelaw, National Council on Aging; Basia Belza, University of Washington

National update

Nancy Whitelaw, director of the Center for Healthy Aging, National Council on Aging, gave a brief history of the expansion of use of Stanford's self-management programs over the past 20+ years.

- Tremendous variety in how/where it's been offered, with Kaiser in California being the largest US licensed provider, and a 2-woman group in Washington state being the smallest licensed group. The program has been part of the British health system for 5-6 years now.
- Work is now underway to develop more systematic ways of offering the programs – with consistent quality, regularly available programs, and increased awareness so that community members all know where and how to access programs. Oregon's new 3-year "sustainable systems" grant is designed to support state efforts to address these issues.
- Other states are also exploring ways of collaborating with groups like the Living Well Network – although often more focused on training and skill-building rather than addressing the systems issues we've proposed.
- In response to questions on potential reimbursement by Medicare for Living Well programs, Nancy addressed some of the potential challenges if the program becomes a Medicare benefit: reimbursement would be lower than actual cost of offering programs; programs could only be provided by Medicare providers, and Congress has to approve any preventive services offered under Medicare (only 9 approved to date). However, Nancy pointed out that other healthcare reimbursement options – private health insurance plans, Medicaid, health systems, Medicare Advantage plans – don't have these same restrictions and may be more feasible options for future reimbursement.

Oregon Network background

Sarah provided a brief overview of work to date on the Living Well Network, starting with the break-out session at the March 2008 Living Well Forum, and the conference call in June to get input on a proposed structure, and initial focus areas.

Review of proposed Living Well Network structure

The group reviewed the draft 2-page organizational structure.

Comments on steering committee:

- Need to make sure the Network represents all Stanford self-management programs (currently Living Well, Tomando Control, and Positive Self-Management).
- Question on state's commitment to Living Well program – response: DHS is very committed to this program (Stanford self-management programs in their various formats), and is putting staff time and funding into statewide efforts.
- Comment on current public health “tobacco and other related chronic disease” project that is involving 12 counties in doing community assessments with a focus on best practices including Living Well. TROCD counties will all be actively encouraged to be part of the Network, although the key contact may either be a TROCD staff person or an appropriate community partner involved in Living Well programs.

Comments on 3 workgroups:

- Suggestion of using action plan format with workgroups to ensure effectiveness of calls, and to consider use of Extension's video conference capability across the state in holding workgroup meetings.
- Question on how QA workgroup will fit with DHS's contracting with OSU Extension and PeaceHealth's Gerontology Institute to develop some quality assurance tools for Living Well. Response – workgroup will be able to provide feedback and input on tools being developed, and may be able to address other areas of fidelity and quality assurance.
- Workgroups should report back to full Network regularly so that people working on other workgroups are kept up to date on all group efforts.
- Workgroups need to make sure that what's developed meets the needs of all parts of the state, and recognizes the great diversity in programs, populations, and geographic areas.

Initial volunteers for the various groups:

1. Marketing & Recruitment

- Lisa Nielson, OHSU
- Maybe Brenda Johnson, Deschutes County Health Dept (Kelly will check with Brenda)
- Someone from Lincoln County (still to be decided)

2. Reimbursement

- Sharon Johnson, OSU Extension
- Margy Robinson or Julia Lager-Mesulam, Multnomah PSMP programs
- Someone from Lincoln County (still to be decided)

3. Quality Assurance & Fidelity

- Beverly Cridland, PeaceHealth
- Tracey Robichaud, DHS-Mental Health & Addictions
- Sara McCall, National Psoriasis Foundation
- Carol Kment, Samaritan
- Margy Robinson or Julia Lager-Mesalum, Multnomah PSMP programs
- Someone from Lincoln County (still to be decided)

4. Steering Committee

- No volunteers at this time, with most interest in the specific workgroup areas.

Next Steps

- DHS LW team will work with initial workgroup members to set up a first call in late August – first call will focus on defining goals for each group.
- DHS Living Well team will post notes on listserv, inviting others to join workgroups.
- DHS Living Well team will collect and summarize tools and information already available in each of the workgroup areas to provide to workgroup members prior to the initial workgroup call (i.e. resources mentioned by Nancy, from other states, or in use by specific programs here in Oregon).

Next Network Call

October 8, 2008 from 1-2:30 pm