

Coordinating Across Systems: Examples of Health Promotion/Prevention Activities across Oregon
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Coordinated Care Organizations (CCOs), health professionals and Long Term Services and Supports offices including Area Agencies on Aging and state Aging and People with Disabilities offices are working together in innovative ways to foster health promotion and disease management/prevention activities. The following paragraphs describe some of the activities occurring across the state.

Deschutes, Crook & Jefferson

The Department of Human Services (DHS) Aging and People with Disabilities (APD) offices in District 10 are working together with the CCO, PacificSource Community Solutions (PSCS), to promote the Living Well Workshops, focusing on managing chronic conditions and diabetes. PSCS connected the Deschutes County Healthy Communities Coordinator with the local DHS APD office, recognizing that the agency has unique access to community members; the local eligibility and long term services and supports staff support referrals to the Living Well with Diabetes self-management program (DSMP). This program is possible by a grant from PacificSource Foundation for health improvement and is coordinated through the Deschutes County Health Department.

Eastern OR

In Oregon, falls are the leading cause of fatal and nonfatal injuries for adults 65 and older. The APD staff in Eastern Oregon has collaborated with the Oregon Geriatric Education Center and local Public Health authority to offer evidence based fall prevention training to professionals working with the aging population in Eastern Oregon. The fall prevention workshop offered medical professionals, social workers, and long term care providers practical tools to reduce and assess client fall risk. Additionally, APD through the sponsorship of Public Health's Injury and Violence Prevention Program trained instructors for the Evidence based Tai Chi for better balance program. Tai Chi has shown to be one of the most effective programs at reducing fall risk.

Linn, Benton & Lincoln Counties

Oregon Cascades West Council of Governments Senior and Disability Services offer a wide variety of health promotion programs throughout its 3-county region. Senior and Disability Services supports evidence-based programs such as Living Well with Chronic Conditions, Tomando Control de su Salud, Powerful Tools for Caregivers, Hospital to Home Care Transitions Intervention, and the PEARLS Program, a program addressing depression in the elderly.

Marion, Polk, Yamhill, Tillamook & Clatsop

Northwest Senior and Disability Services (NWSDS) is expanding its health promotion efforts throughout its 5-county region (Marion, Polk, Yamhill, Tillamook & Clatsop). This year the organization hired a Health Promotion Coordinator and a Health Promotion trainer and quality assurance person to help develop, train leaders, promote and evaluate all of its programs. The focus is on evidence-based programs such as Living Well with Chronic Conditions, Diabetes and Chronic Pain, the Otago home-exercise program, Strong Women, Taichi: Moving for Better Balance, and Savvy Caregiver, just to name a few. Classes are not restricted to consumers but are open to everyone, including caregivers, many of whom also have chronic health conditions. NWSDS works closely with the three CCOs covering their region (Willamette Valley Community Health (WVCH) CCO, Yamhill CCO, Columbia Pacific CCO) to recruit leaders, refer cases, and promote classes.

Multnomah, Washington, Columbia, and Clackamas Counties

The Metro Aging and Disability Resource Connection has recently expanded its culturally-specific evidence-based health promotion and prevention offerings through contracts with multiple community partners. Resources include Living Well with Chronic Conditions classes, several fall-prevention programs, caregiver support programs, and several home or community-based mental health interventions. The two-fold focus of the efforts in this area are a) to be sure that there is seamless information exchange about the resources available to Medicaid Long Term Services and Supports clients and that case managers encourage the utilization of these resources by clients; and b) to encourage our Coordinated Care Organization and other health system partners to commit to supporting both the expansion and the sustainability of these programs. To that end, the Metro Aging and Disability Resource Connection has just submitted a federal grant proposal seeking technical assistance to better educate and inform medical professionals about the potential of these community-based programs to improve population health, reduce healthcare costs, and improve the quality of life for consumers.

Rogue Valley

Senior and Disability Services at the Rogue Valley Council of Governments (RVCOG) is working with its CCOs to reach people before they become high needs. RVCOG offers a number of preventive and health promotion programs including Living Well with Chronic Conditions, Coleman Care Transitions for people in transition from hospital to home, and Star-C and Powerful Tools workshops for family caregivers. All three CCOs in the Rogue Valley have processes to refer their members to RVCOG programs. AllCare CCO has even welcomed an RVCOG referral specialist into their offices to work with the case management team in identifying members who would benefit from prevention and self-management programs.