



Helping People with Chronic Diseases Live Well

A presentation to: [NAME]
Presented by: [NAME, AFFILIATION]

(Date)



Chronic Conditions

Consider the magnitude of chronic disease:

- The 27% of Americans with multiple chronic conditions account for 66% of health care spending.¹
- Every year in Oregon, chronic diseases:²
 - Claim the lives of 19,219 Oregonians.
 - Result in \$1.4 billion in hospitalization costs.
- [*Add local statistics here*]

¹ US Department of Health and Human Services. *Multiple Chronic Conditions—A Strategic Framework*, 2010.
² Oregon Public Health Division. *Keeping Oregonians Healthy*, 2007



Chronic Conditions (cont'd)

We can prevent or lessen these impacts through:

- Eating healthfully.
- Moving more.
- Avoiding tobacco use.
- Getting regular health screenings.
- Communicating better with providers, loved ones and caregivers.

We must create opportunities that put healthy options within reach of everyone.



The Living Well with Chronic Conditions Program

- Six-week workshop, 2-1/2 hours per session
- Free or low-cost to participants
 - Actual program cost is \$375 [*or local cost*]
- Led by trained peers living with chronic health conditions



The Living Well with Chronic Conditions Program (cont'd)

The workshop teaches skills for managing chronic health problems:

- Setting achievable goals and problem solving.
- Dealing with fatigue, frustration, and pain.
- Maintaining strength and flexibility.
- Properly using medications.
- Communicating with health care providers.
- Evaluating new treatments.



Living Well ~ Impacts for Oregon

- More than 5,600 Oregonians have participated.
- Dozens of organizations offer workshops in 29 Oregon counties.
- Tomando Control de su Salud: culturally adapted, Spanish-language version.
- Helped participants avoid more than \$7 million in medical costs due to emergency room visits and hospitalizations.





Living Well ~ Funding

Currently funded by time-limited sources:

- Oregon Health Authority/Department of Human Services
- US Centers for Disease Control and Prevention, US Administration on Aging
- *[Add local time-limited funding sources here]*



Living Well ~ Funding (cont'd)

Background:

The cost of delivering Living Well programs is not covered through state or federal grants.

The result:

- Programs are supported by strong local partnerships and aren't dependent on federal or state dollars.
- Programs must be "owned" locally, with long-term financial support.





Living Well ~ Funding (cont'd)

To ensure Living Well is accessible to all Oregonians with chronic diseases, and to make it a regular part of our health care system, we seek to invest:

- *[Add overarching uses of funds and amounts needed, over what time period]*
- *[Shoot for three to five bullets]*
- *[Customize based on your specific ask to your specific prospect]*



Living Well ~ Generating Support

We ask for your help in generating support for the program:

- Share with others what you've learned today.
- Advocate for funding for this program.
- Connect me with potential long-term funding sources.
- *[Customize based on your specific ask to your specific champion]*





Why It Matters ~ Hospitals

- Prevent unreimbursed hospitalizations and emergency room visits.
- Help patients improve communication with their health care providers.
- Provide a valuable community service by helping people with chronic conditions feel better, stay independent and increase energy and self-confidence.



What Hospitals Can Do

- Help support Living Well:
 - Sponsor workshops.
 - Host leader training and recruit volunteers to lead.
 - Refer patients and publicize programs.
- Make Living Well a standard health education offering:
 - Provide space and healthy snacks.
 - Underwrite scholarships.
- Make Living Well a routine offering at discharge and a standard employee benefit.





Why It Matters ~ Insurers

- Helps members avoid the emergency room and unnecessary hospitalizations.
- Help members improve communication with their health care providers.
- Shifts a portion of the health care burden off the delivery system while empowering and activating members.



What Insurers Can Do

- Incorporate Living Well into standard disease management offerings.
- Cover workshops as a primary benefit.
- Provide outreach and incentives to encourage members and employees to participate.
- Help support delivery of programs in local communities.





Why It Matters ~ Employers

- Build a healthier, more successful and productive workforce.
- Keep valuable employees at work.
- Prevent unnecessary worker's comp claims, emergency room visits and hospitalizations.



What Employers Can Do

- Make Living Well a standard employee benefit and encourage employees to use it.
- Ask your health plan and employee assistance program to include Living Well workshops as a covered benefit.
- Host Living Well workshops at your worksite. Publicize Living Well programs to your employees, and provide incentives for participation.





What Employers Can Do (cont'd)

- Develop flex time or sick leave policies that support employees in attending Living Well workshops.
- Encourage Living Well for family members of employees, and support employees in attending with family members.
- Support employees who want to be trained as Living Well leaders, through flexible work arrangements.



Thank You

With your support, the Living Well program can help make it possible:

- To reduce the demand on our health care system.
- For communities to embrace health and disease prevention.
- For people to **Live Well with Chronic Conditions.**

Thank you for your consideration!



Contact Information

[Your name, title, organization]

[Your phone number]

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Statewide program information:

1-888-576-7414

www.healthoregon.org/livingwell

