

**Department:** County Human Services

**Program Contact:** Erin Grahek

**Program Offer Type:** Existing Operating Program

**Program Offer Stage:** As Proposed

**Related Programs:**
**Program Characteristics:**

### Executive Summary

Aging, Disability & Veterans Services Division (ADVSD) supports older adults, people with disabilities, and Veterans by providing health promotion activities and interventions that support healthy, active living, and chronic disease self-management that contribute towards quality of life. Working with culturally-specific and culturally-responsive community organizations, ADVSD employs proven practices to maintain or improve health through exercise, disease self-management, healthy eating, and other activities. These services are part of ADVSD's access and early intervention continuum.

### Program Summary

**ISSUE:** Older adults are at risk of developing chronic health conditions and have risk factors for falling, precipitating further health decline, and potential hospitalization.

**PROGRAM GOAL:** As a federally designated Area Agency on Aging, ADVSD is required by the U.S. Administration for Community Living to provide Evidence-Based Health Promotion and Disease Prevention (EBHP) programs that support older adults, people with disabilities, Veterans, and caregivers to adopt healthy behaviors, improve health status, better manage chronic conditions, reduce hospitalizations, and reduce risk of falling. Evidence-based programs have been proven by scientific research to improve health outcomes and reduce healthcare costs.

**PROGRAM ACTIVITY:** Evidence-based health promotion activities include physical activity and exercise, healthy eating, chronic disease self-management, fall prevention, medication management, anxiety and depression management, and Alzheimer's disease and dementia support. This Program Offer provides health promotion programs and outreach to minority and at-risk populations. With numerous community partnerships hosting preventative activities, ADVSD coordinates to streamline access to services and support healthy aging. Community agencies provide evidence-based programs including Tai Chi Moving for Better Balance; Living Well with Chronic Conditions; PEARLS – treatment program for depression; Diabetes Prevention Program; and Powerful Tools for Caregivers. Each program has required elements that are conducted with fidelity to the curriculum proven in clinical trials. In the coming year, ADVSD will increase access to these services by establishing a calendar of activities on the County's website and will utilize a new statewide database that will manage registration and data collection. Evidence-based health promotion programs serve a wider department goal of preventing health decline and supports the ability for individuals to age in place while providing proven health care cost savings.

### Performance Measures

Measure Type	Primary Measure	FY16 Actual	FY17 Purchased	FY17 Estimate	FY18 Offer
Output	# of people enrolled in evidence-based health promotion activities	744	744	744	750
Outcome	% of EBHP participants who had a reduction in fall risk compared to non-EBHP participants <sup>1</sup>	55%	55%	55%	55%
Outcome	% of EBHP participants with a reduction in hospitalizations compared to non-EBHP participants <sup>1</sup>	36%	36%	36%	36%

### Performance Measures Descriptions

New Measures – See Significant Program Changes section for explanation.

<sup>1</sup>Outcomes are from national EBHP clinical trials and are not data from Multnomah County participants; however, ADVSD undertakes fidelity monitoring to ensure similar outcomes. Information regarding falls prevention taken from clinical trials from the Tai Chi: Moving for Better Balance Program, created at the Oregon Research Institute. Hospitalization reduction is taken from clinical trials for Stanford's Chronic Disease Self-Management suite of programs.

## Legal / Contractual Obligation

The federal Older Americans Act requires funding be used for evidence-based activities that meet their standards for effectiveness as tested through clinical trials.

## Revenue/Expense Detail

	Proposed General Fund	Proposed Other Funds	Proposed General Fund	Proposed Other Funds
<b>Program Expenses</b>	<b>2017</b>	<b>2017</b>	<b>2018</b>	<b>2018</b>
Personnel	\$91,503	\$383,958	\$0	\$513,883
Contractual Services	\$0	\$501,178	\$0	\$520,572
Materials & Supplies	\$0	\$6,350	\$0	\$4,216
Internal Services	\$0	\$8,758	\$46,130	\$49,197
<b>Total GF/non-GF</b>	<b>\$91,503</b>	<b>\$900,244</b>	<b>\$46,130</b>	<b>\$1,087,868</b>
<b>Program Total:</b>	<b>\$991,747</b>		<b>\$1,133,998</b>	
<b>Program FTE</b>	1.01	3.80	0.00	4.70

<b>Program Revenues</b>				
Indirect for Dept. Admin	\$0	\$0	\$13,556	\$0
Intergovernmental	\$0	\$900,244	\$0	\$1,087,868
<b>Total Revenue</b>	<b>\$0</b>	<b>\$900,244</b>	<b>\$13,556</b>	<b>\$1,087,868</b>

## Explanation of Revenues

\$290,630 – ADRC Mental Health Grant  
\$98,655 – Evidence Based Health Promotion  
\$96,135 – OHSU Care Transition Program  
\$258,778 – Older & Disabled Mental Health Services  
\$249,544 – Options Counseling & Gatekeeper Services  
\$55,650 – Title IIIB  
\$38,476 – Title IIID

## Significant Program Changes

**Last Year this program was:** FY 2017: 25020A ADVSD Access & Early Intervention Services

In FY18, Program Offer 25020 Access & Early Intervention Services has been split into 7 Program Offers: 25032 Outreach, Information & Referral, 25033 Nutrition, 25034 Health Promotion, 25035 Case Management & In-home Services, 25036 Safety Net Services, 25037 Transportation Services, and 25038 Advocacy & Community Program Operations.

In 2016, ADVSD developed and implemented a division-wide performance management system to articulate and test participant outcomes and improve program administration. As a result, all ADVSD Program Offers were redesigned for FY18 to reflect the new measurements.