

Remote Healthy Living Workshops- What is Massachusetts Offering?

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Presentation Agenda

- The “move” to remote workshops
- Programs being offered remotely
- Barriers to reaching older adults
- Successes and challenges
- What’s next?
- Questions

Overview of HLCE

Vision: Transform the healthcare delivery system. Medical systems, community-based social services, and older adult will collaborate to achieve better health outcomes and better healthcare, both at sustainable costs.

Key Features:

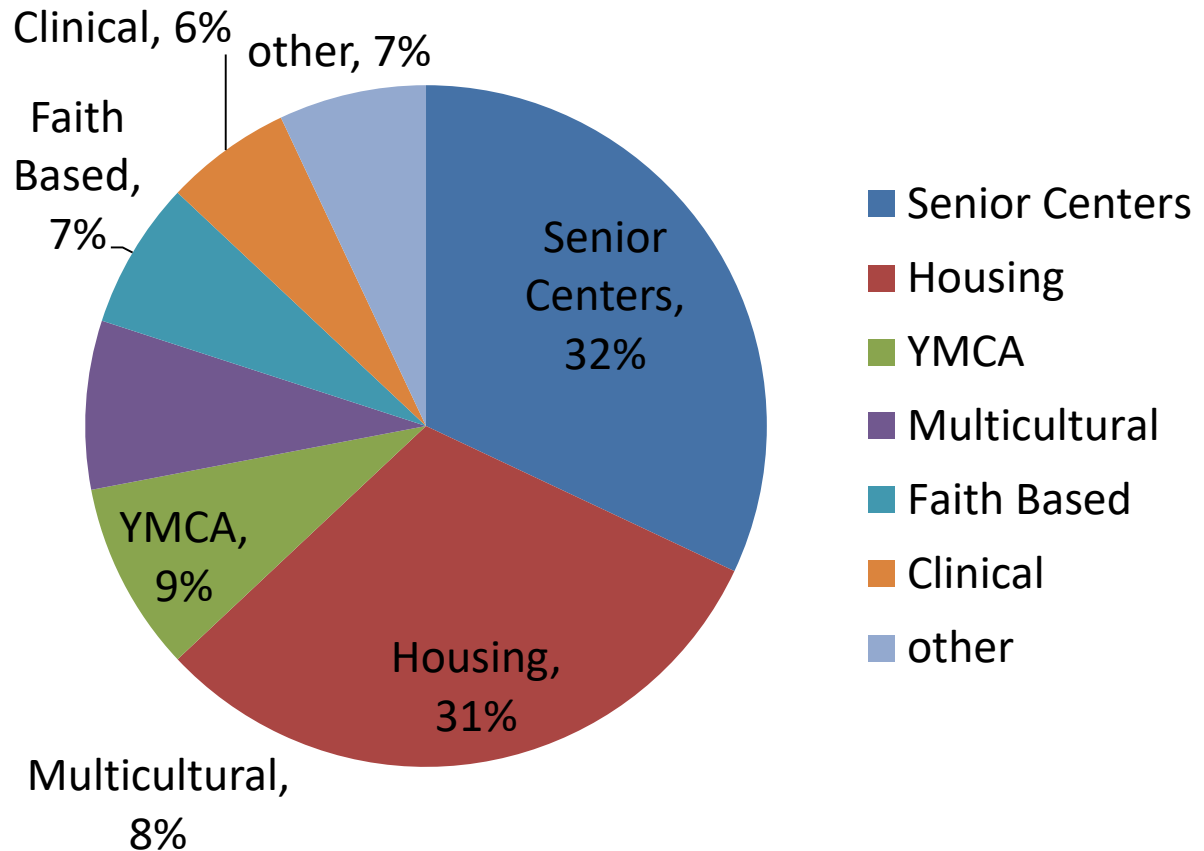
- * Statewide Provider network of diverse community-based organizations
- * Seven (7) regional collaboratives
- * Centralized referral, technical assistance, fidelity, & quality assurance
- * Multi-program, multi-venue, multicultural across the lifespan approach
- * Centralized entity for contracting with statewide payors
- * Diversification of funding for sustainability
- * EBP integration in medical home, ACO and other shared settings

Where community programs happened before COVID

259 sites

91 Community Partners

2.3 workshops per site
2.8 workshops per partner



March 2020

- Over 30 scheduled workshops needed to be canceled
- Over 20 workshops were in process and needed to be canceled without completion
- Several leader trainings and updates canceled
- Many partners pulled into contact tracing and nutrition services
- Program developers quickly move to adapt programs for remote delivery

Evidence-based Program Delivery Options



Online/Remote



Telephonic



Mailed Toolkits

CDSME Suite of Programs

- **Chronic Disease Self-Management, Chronic Pain Self-Management, Diabetes Self-Management, Tomando and Spanish Diabetes**
 - Offering in English, Spanish and Chinese currently
 - Done remotely for 6 weeks, 2.5hr/wk, participant must have camera on their computer, tablet or smart phone
- **Chronic Disease (English and Spanish), Diabetes (English and Spanish) and Chronic Pain Mailed Tool Kits**
 - Tool kit is mailed, participant can complete independently or participate in weekly phone calls with one leader and up to 3 other individuals
- **Better Choices, Better Health- online version of CDSMP**
- **Remote Leader Trainings coming soon**

Falls Prevention Programs

- **Tai Ji Quan: Moving for Better Balance**
 - Offered remotely over 24 weeks, participant must have camera on their laptop, tablet or phone
 - Safety measures are put in place
- **A Matter of Balance**
 - Currently in pilot phase
 - Goal is to offer leader update training and remote Matter of Balance widespread by January 2021

Other Remote Programs

- Savvy Caregiver
 - Offered remotely for caregivers caring for those with ADRD, 6 weeks, 2 hours each week
- Healthy Eating for Successful Living in Older Adults
 - Offered remotely, 6 weeks, 2 hours each week

1:1 Programs Offered via Telephone

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)

The Healthy IDEAS works with participants one on one to identify symptoms of depression and explores the link between mood and activity.

Enhance Wellness

Participants receive a personalized health action plan that identifies health risks and the steps needed to improve their overall health and well-being.

Falls Prevention Program

Receive a falls risk screening (using STEADI), education on falls prevention including a review of potential fall risk factors, discuss community resources that are available and set goals.

Challenges with Remote Delivery

Participants:

- Many older adults do not have needed technology
- Participants want to wait to be back in person
- Remote delivery leaves them feeling disconnected
- Not reaching underserved populations, social and health inequities

Leaders/Community Partners:

- Lack of technology
- Increase in resources/times
- Recruitment challenges
- “Update” or “Adaptation” Trainings

Successes with Remote Delivery

- Some previous barriers are being eliminated; transportation, mobility issues, lack of programming in certain regions
- Participants feel connected after months of physical distancing
- Getting older adults on zoom for the first time!
- Combating social isolation and loneliness with programs and check ins
- Some programs have updated curriculum

What's next?

- A Matter of Balance remote delivery
- When programs can be offered again in person MA will go back to in person workshops
- More trainings will be available remotely in 2021
- Will programs have the option to remain remote?
- Continue to check in with HLCE on what's new

Questions?



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