

Elder Options

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year grant are to:

- Goal 1: Through robust partnerships, develop a result-based, comprehensive strategy for addressing behavioral health and/or chronic pain among older adults and adults with disabilities living in your community.
- Goal 2: Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and/or self-management support programs to empower them to better manage these chronic condition(s), while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Elder Options and its partners will:

- Strengthen the existing partnerships and establish new ones with health care agencies to demonstrate the reduced burden on the healthcare system and the cost-effectiveness of the Program to Encourage, Active Rewarding Lives (PEARLs);

- Develop and build a collaborative care model, including a referral and Medicare billing mechanism; and
- Offer PEARLs to clients who exhibit symptoms of depression during screening, with a focus on outreach to participants from rural counties.

Proposed Interventions

- Program to Encourage Active, Rewarding Lives

Partnerships

To achieve the goals of the grant, Elder Options will collaborate with the following key partners:

- Health Promotion Research Center at the University of Washington
- University of Florida Health Shands Hospital (UF Health)
- UF Health Shands HomeCare

Prevention and Public Health Fund 2020, effective August 1, 2020



Anticipated Results

Elder Options and its partners propose to achieve the following results:

- Engage 496 participants in need of behavioral and mental health services in PEARLS, with a minimum 10% increase in enrollment of participants from rural counties;
- Achieve a participant completion rate of 60%;
- Sign an agreement with UF Health to outline the steps needed to develop and implement a collaborative care model; and
- Demonstrate the Return on Investment of PEARLS for health care partners with hard data.

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For more information:

Administration for Community Living

U.S. Department of Health and Human Services

Washington, DC 20201

<http://www.acl.gov>

Prevention and Public Health Fund 2020, effective August 1, 2020



Grant Impact Summary

Most Significant Accomplishments:

- Over this grant, 388 older adults and people with disabilities were engaged.
- Delivered programs in 16 counties in predominately rural areas in North Central Florida.
- Trained 5 staff in PEARLS program service delivery and co-facilitated trainings in two other service regions.
- Partnered with UF Health Shands, churches, and community centers throughout the service region, targeting non-traditional sites for mental health service delivery.
- Successfully established referral process with UF Health Shand's Care Transitions Services, creating a system in which community healthcare workers and social workers would refer patients with depression to PEARLS as part of their discharge planning from UF Health.
- Significantly expanded the PEARLS program delivery area to rural locations where there had been very limited access to mental health services.
- Contracted with the University of Florida Department of Psychiatry to serve as the clinical psychiatric consultant for Elder Options' PEARLS program beyond this grant period.

Lessons Learned:

- 1) Navigating the COVID-19 pandemic was significantly challenging for our clients with depression. We learned how to engage our clients and partners virtually and quickly adapted to the changing needs of both clients and staff, preventing disruption in service delivery.
- 2) Throughout this grant, we learned how to develop strategies, resources, and tools to assess different payment and contracting methodologies to use with private payers. With our own tools, template, and value proposition, we began negotiating with two health payers.
- 3) Staff turnover impacted service delivery as the Covid-19 pandemic settled into a new normal. We successfully cross-trained multiple staff in the delivery of PEARLS to assist with service gaps. Cross-training empowered staff to utilize new techniques to engage with clients in other programs.

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What's Next:

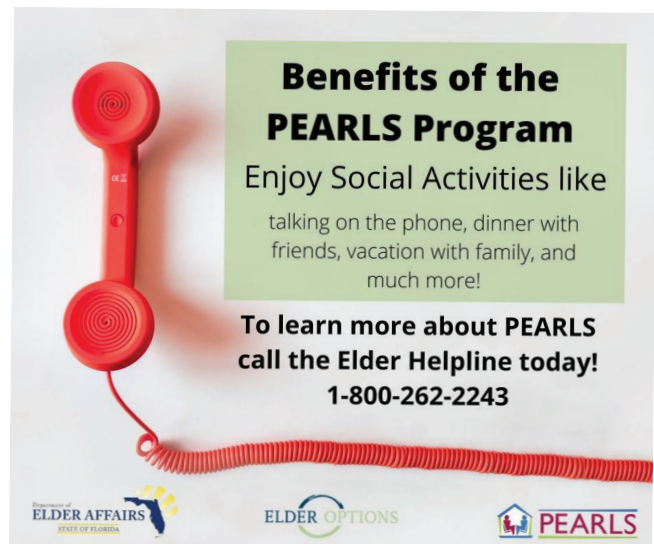
Elder Options will continue to support the delivery of PEARLS program. We are actively in pursuit of additional sustainability methods for PEARLS service delivery. We hope that more services, including PEARLS, will be funded through our new relationships with health plans and through the Community Care Hub.

The relationships and resulting partnerships we created through our outreach activities in rural communities will continue to be nurtured and replicated. We received welcoming support from faith and community-based organizations throughout the region to bring awareness and services for mental health services in rural communities that otherwise would not or could not access.

We will also support replication of PEARLS in other locations. Our PEARLS Master Trainer has co-facilitated training for new PEARLS coaches in two other service regions. She will continue to share her experience on engagement of rural and minority participants.



Symptoms of Stress Social Media Post



Benefits of PEARLS Social Media Post