Statewide Collaboration for Evidence-Based Programs in Michigan

Benefits and New Directions

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Michigan Area Agencies on Aging

- Area Agency on Aging Association of Michigan
- 16 Michigan Area Agencies on Aging
- Separate Not-For-Profit Organizations
- Different Staffing & Program Priorities
History of Collaborative Start-up

- Michigan AAAs needed to switch to a virtual format for delivery of Evidence-Based Disease Prevention programs
- We brought together the Area Agencies on Aging Association of Michigan, Michigan AAA Program Coordinators, and the Michigan Bureau of Aging, Community Living, and Supports

#agingwellinMichigan
We Looked at What Other States are Doing

- Minnesota: www.yourjuniper.org
- Massachusetts: healthyliving4me.org
- California: www.picf.org
Challenges Faced

- No single point of entry or centralized hub to make referrals to
- Each AAA operates as its own private, non-profit organization with different staffing and priorities.
- Overlap and scheduling duplication.
- Barriers to developing an infrastructure that can access or operate in partnership with various Electronic Health Record systems
- Internet Accessibility challenging in rural areas
- No statewide data to demonstrate the need
Needed Co-Branding: Same Program, Different Look

PATH Personal Action Toward Health

What is PATH?
PATH is a six-week, 2.5 hour evidence-based workshop that has been studied and found to help participants better self-manage their chronic condition through a variety of skills and tools.

The program was designed by Stanford University and is lead by two certified leaders who one or both have a chronic disease themselves.

More than 5,400 people have participated in over 470 PATH classes between 2000 and 2019 through the National Kidney Foundation of Michigan. 76% of those who enroll complete PATH.

How do participants feel after the workshop?
Participants feel more confident about taking care of their health. 93%
91% Would recommend PATH to others.

Do you want to take charge of your health and better understand your chronic condition? Then you are ready to take Personal Action Towards your Health.

What skills and tools do participants continue to use?
- 75% said Healthy Eating
- 76% said Physical Activity
- 63% said Action Planning
- 59% said Weight Management
- 44% said Proper Use of Medication
- 40% said Problem Solving
- 40% said Communication
- 37% said Using your mind

What types of conditions do participants have?
- High Blood Pressure (61%)
- Diabetes (59%)
- Disability (48%)
- High Cholesterol (41%)
- Arthritis (40%)
- Obesity (27%)
- Depression/Anxiety (22%)
- Heart Disease (13%)
- Chronic Kidney Disease (10%)

Upcoming Diabetes PATH Workshop

Virtual Class via Zoom: Thursdays, October 29 thru December 10, 2020
*No class on Thanksgiving
Time: 1:00pm - 3:00pm

To register for the class please email Andrea Mars, Health and Wellness Program Manager at amars@valleymsa.org. Please register for this class by Monday, October 26 to ensure time to mail participants book and materials.

Valley Area Agency on Aging
102 N. Main Street, Brooklyn, MI

(517) 592-1974
(517) 592-1678
www.2aaanet.org

PATH to Better Health

You are invited to participate in a free 6-week virtual workshop.

Learn to manage your ongoing health condition, so you can improve your health and feel better.

DIABETES PATH Personal Action Towards Health is designed to help people living with Type 2 Diabetes and their support system live a healthier life. In this workshop, you will:
- Manage everyday activities by making an action plan
- Avoid Complications
- Learn to balance your blood sugar
- Improve you communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy!

TAKING PATH bc TO LIVING WELL

While we might not have control over the health conditions that come into our lives, we can learn how to manage and still live well.

PATH is a 6-week workshop that teaches tools to better self-manage symptoms and side effects while facing the daily challenges of living with a chronic health condition.

The group meets once a week for 2 ½ hours of instruction and peer support.

You choose your own goals to gain a healthy, meaningful lifestyle and feel better.

CALL TO SIGN UP
or for MORE INFORMATION ON OTHER WORKSHOPS in your area:
REGION 2 AREA AGENCY ON AGING
102 N. Main Street, Brooklyn, MI

(517) 592-1974
(517) 592-1678
www.2aaanet.org
NEW CO-BRANDING: Similar format between programs, with buy-in from ALL AAAs to use logos and co-promote
OBJECTIVE: to partner across regions in running and collectively promoting our virtual Evidence-Based Programming

Q. How can we avoid duplication of services?

Q. How do we create a shared calendar of programming?

A. Entailed a shift in thinking about scheduling and contracts: No longer “mine”, but “ours”
Value and ROI in the Collaborative Effort

- Full workshops reaching more people
- Shared License
- Broader array of services offered, and more person-centered
- Eliminates transportation and weather barriers
- Reaches rural areas
- Co-Branding leads to greater image recognition for AAAs
- Benefits for attendees
Virtual Programming – a Whole New Era

- Tools
- PowerPoints
- Zoom Basics
- On-line Forms & Registrations
- Tech Support “Experts”
Monthly Collaborative Meetings

- Enhanced Communication between AAAs, 4AM, and MDHHS
- Created shared tools, strategies, & best practices for implementing virtual programs
- Shared statewide license agreements
- Established cost-sharing opportunities and methods
- Reviewed data collection history and current needs
Benefits of New Shared Data Collection

- Removal of unnecessary data collection
- Comparisons statewide
- Track important focus areas
  i.e. social isolation
- Gather better demographic data
- Accessible to AAA’s
Standardized Data Collection – Race and Ethnicity
Demographics – FY 2022

Participants Served by Reported Race
- American Indian or Alaskan Native: 3%
- Asian: 1%
- Black or African American: 1%
- Native Hawaiian/Other Pacific Islander: 0%
- White or Caucasian: 20%
- Other: 20%
- Multiple Races: 64%
- Prefer not to answer: 5%

Participants Served by Reported Ethnicity
- Hispanic or Latinx: 30%
- Middle Eastern or Arab American: 5%
- My ethnicity is not listed: 1%
- Prefer not to answer: 64%
Standardized Data Collection – Race and Ethnicity
Demographics – FY 2023

Participants Served by Reported Race
- American Indian or Alaskan Native: 1%
- Asian: 1%
- Black or African American: 16%
- Native Hawaiian/Other Pacific Islander: 0%
- Other: 0%
- Multiple Races: 1%
- No Response/Prefer not to answer: 62%

Participants Served by Reported Ethnicity
- Hispanic or Latinx: 38%
- Middle Eastern or Arab American: 1%
- My ethnicity is not listed: 60%
- No Response/Prefer not to answer: 1%
Standardized Data Collection – Gender & Sexual Orientation Demographics

Participants Served by Reported Gender

- Female: 71%
- Male: 21%
- Transgender: 8%
- Gender Non-Conforming: 0%
- Other: 0%
- No Response/Prefer not to answer: 0%

Participants Served by Reported Sexual Orientation

- Straight/Heterosexual: 70%
- Homosexual/Lesbian/Gay: 30%
- Bisexual: 0%
- Other: 0%
- No Response/Prefer not to answer: 0%
Standardizing Data Collection – Social Isolation

**How Often Do You Feel Isolated From Others?**

<table>
<thead>
<tr>
<th>Level</th>
<th>BEFORE/PRE</th>
<th>AFTER/POST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Often</td>
<td>5.31%</td>
<td>1.97%</td>
</tr>
<tr>
<td>Some of the Time</td>
<td>20.77%</td>
<td>30.92%</td>
</tr>
<tr>
<td>Hardly Ever</td>
<td>73.91%</td>
<td>67.11%</td>
</tr>
</tbody>
</table>

**How Often Do You Feel You Lack Companionship?**

<table>
<thead>
<tr>
<th>Level</th>
<th>BEFORE/PRE</th>
<th>AFTER/POST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Often</td>
<td>9.62%</td>
<td>6.58%</td>
</tr>
<tr>
<td>Some of the Time</td>
<td>24.36%</td>
<td>30.92%</td>
</tr>
<tr>
<td>Hardly Ever</td>
<td>66.03%</td>
<td>62.50%</td>
</tr>
</tbody>
</table>

**How Often Do You Feel Left Out?**

<table>
<thead>
<tr>
<th>Level</th>
<th>BEFORE/PRE</th>
<th>AFTER/POST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Often</td>
<td>5.16%</td>
<td>5.30%</td>
</tr>
<tr>
<td>Some of the Time</td>
<td>26.45%</td>
<td>31.79%</td>
</tr>
<tr>
<td>Hardly Ever</td>
<td>68.39%</td>
<td>62.91%</td>
</tr>
</tbody>
</table>
Standardizing Data Collection – Social Isolation

How often do you feel isolated from others?

Before/Pre
- Often: 9%
- Some of the Time: 27%
- Hardly Ever: 65%

After/Post
- Often: 4%
- Some of the Time: 25%
- Hardly Ever: 71%

How often do you feel isolated from others?

More than 12 months
- Often: 11%
- Some of the Time: 88%

10-12 months
- Often: 3%
- Some of the Time: 12%

7-9 months
- Often: 4%
- Some of the Time: 93%

4-6 months
- Often: 18%
- Some of the Time: 81%

1-3 months
- Often: 21%
- Some of the Time: 78%

Less than 30 days
- Often: 16%
- Some of the Time: 82%
Standardizing Data Collection – Social Isolation

How often do you feel left out?

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Almost Never</th>
<th>Some of the Time</th>
<th>Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before/Pre</td>
<td>7%</td>
<td>30%</td>
<td>63%</td>
</tr>
<tr>
<td>After/Post</td>
<td>4%</td>
<td>29%</td>
<td>66%</td>
</tr>
</tbody>
</table>

How often do you feel left out?

<table>
<thead>
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<th>Time Period</th>
<th>Almost Never</th>
<th>Some of the Time</th>
<th>Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 12 months</td>
<td>87%</td>
<td>8%</td>
<td>12%</td>
</tr>
<tr>
<td>10-12 months</td>
<td>86%</td>
<td>9%</td>
<td>7%</td>
</tr>
<tr>
<td>7-9 months</td>
<td>92%</td>
<td>8%</td>
<td>7%</td>
</tr>
<tr>
<td>4-6 months</td>
<td>84%</td>
<td>8%</td>
<td>15%</td>
</tr>
<tr>
<td>1-3 months</td>
<td>80%</td>
<td>8%</td>
<td>15%</td>
</tr>
<tr>
<td>Less than 30 days</td>
<td>81%</td>
<td>7%</td>
<td>17%</td>
</tr>
</tbody>
</table>
Standardizing Data Collection – Social Isolation

How Often do you feel that you lack companionship?

- **Before/Pre**
  - Often: 11%
  - Some of the Time: 28%
  - Hardly Ever: 62%

- **After/Post**
  - Often: 4%
  - Some of the Time: 34%
  - Hardly Ever: 63%

How often do you feel that you lack companionship?

- **More than 12 months**
  - Often: 4%
  - Some of the Time: 17%
  - Hardly Ever: 81%

- **10-12 months**
  - Often: 4%
  - Some of the Time: 16%
  - Hardly Ever: 82%

- **7-9 months**
  - Often: 1%
  - Some of the Time: 6%
  - Hardly Ever: 93%

- **4-6 months**
  - Often: 1%
  - Some of the Time: 21%
  - Hardly Ever: 78%

- **1-3 months**
  - Often: 4%
  - Some of the Time: 23%
  - Hardly Ever: 76%

- **Less than 30 days**
  - Often: 16%
  - Some of the Time: 16%
  - Hardly Ever: 80%
Advantages of Continued Collaboration

Greater name recognition
Shared promotion impacting more people
Richer data collection and analysis
Greater success sustaining our Evidence-Based Programs
Prepared for next generation using virtual programming even more
Positions us for a centralized hub and generating other revenue streams
Statewide Collaboration for Evidence-Based Programs

Presenters:

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