



## Smart Investments for Oregon's Seniors and People with Disabilities

### Evidence Based Health Promotion & Disease Prevention

**What is it?** Evidence based health promotion and disease prevention programs have undergone the Administration for Community Living Administration on Aging's process to be identified as evidence based. These are research-tested program models, or interventions, demonstrated to deliver **proven health benefits** to participants.

Advances in medical treatments have helped people live longer, though they are more likely to be living with a multitude of chronic diseases such as diabetes, heart disease, and arthritis. Evidence based programs are proven to mitigate the negative impact of chronic disease and related injuries, such as falls, that contribute to higher overall health care and long-term services and supports costs to state and federal budgets. Making investments in evidence based health promotion and disease prevention programs is an important strategy for Oregon's long-term services and supports and health care systems.

**What is the investment?** Oregon's Legislature invested \$1.25 million to develop Evidence-Based Health Promotion and Disease Prevention through the Aging Disability Resource Connection (ADRC) network statewide for the 13-15 biennium. This investment is **supporting health, safety and independence** of our seniors and people with disabilities not currently served by CCOs or the Medicaid system in this same way. This investment means we are taking **proactive and cost effective steps to improve health and quality of life and lower costs.**

**What has happened?** As of September 2014, over 2,000 older adults had participated in these programs with over 12,000 units of service. Programs are expanding into new communities and reaching greater numbers because of these investments. A few of the programs being implemented in a variety of settings to a diverse range of participants are:

- **Living Well/Stanford Self Management Program:** Participants who complete this program have been shown to spend **fewer days in the hospital**, have **fewer outpatient and emergency room visits** and experience improvement in overall health and quality of life.
- **Coleman Care Transitions:** This program includes hospital and home visits by specially trained coaches to individuals transitioning out of the hospital. Participants have a **significantly decreased risk of readmission** – a key driver to higher overall healthcare costs.
- **Powerful Tools for Caregivers:** Participants have significant improvement in emotional well-being, self care behaviors and self efficacy. Oregon's family caregivers provide a significant amount of care that can prevent their loved one's unnecessary or premature entrance into costly entitlement services, at a cost to state and federal budgets.

**What's next?** It is anticipated that this investment will **serve over 4,000 seniors** from July 1, 2014 – June 30, 2015. Now that these programs are in full swing, the goal is to continue this smart investment through the 2015-17 biennium and continue realizing the evidence based outcomes for our state's health care and long-term care systems that increase the independence, dignity, safety and quality of life for seniors.