Today, 35% of people in our region are age 50 or older, yet most families and communities don’t have the resources to provide vital care to our aging population, especially in rural areas and tribal communities. Since 2014, our Aging Services program’s goal has been to improve the quality of life of the region’s older adults by fostering conditions of dignity and respect where they are free to age gracefully. With our regional partners, we utilize health coaching and integrated medication management to transform the health of older adults in our region.

**OUR STRATEGIES**

**HEALTH COACHING**

Community-based health coaches provide tailored education to patients around their chronic conditions, connect patients with necessary resources that address barriers related to social determinants of health, and practice patient-centered goal setting.

**MEDICATION MANAGEMENT**

In 2018, Newport Hospital and Health Services launched an innovative integrated medication management pilot that equips high-risk, rural seniors with the skills for self-management of their prescriptions and overall health. The model coordinates primary care, pharmacy and social services under one service umbrella. Funding and resources from Empire Health Foundation (EHF) support pilot evaluation and exploration of advanced value-based payment models.

“Management of high-risk or moderate-risk patients must include elements of health care that are typically difficult to maintain, such as medications and social determinants of health. This program offers another level of assistance.”

**Tom Wilbur**, CEO

*Newport Hospital and Health Services (Partner since 2018)*
CONFRONTING INEQUITY AND DISPARITY

Five of the seven counties in our service area have lower life expectancies than the state average, and each of the seven counties we serve have higher rates of chronic disease than the state and national average.* EHF is committed to reducing and ultimately, eliminating these disparities as well as supporting the three tribal communities in our region as they work to heal from their intergenerational trauma.

“EHF has always backed us up, supporting us in doing some amazing things around improving the health of our Elders. The health coaching is working and our Elders are becoming healthier.”

Nora Flett  
Health Coordinator/Health Coach  
Spokane Tribe of Indians,  
Partner since 2015

*Source: healthdata.org/countyresources

OUR PARTNERS

Spokane Tribe  
Partner since 2015

Kalispel Tribe  
Partner since 2015

Confederated Colville Tribes  
Partner since 2018,  
program just launched

Volunteers of America  
Partner since 2018,  
program just launched

Newport Hospital and Health Services  
Partner since 2018,  
program just launched

Lake Roosevelt Community Health Centers  
Partner since 2016,  
program sunsetted in 2018

Rural Resources Community Action  
and Providence Northeast Washington Medical Group  
Partner since 2017,  
program sunsetted in 2017

For additional information, please contact Jeri Rathbun at Jeri@empirehealthfoundation.org or Emma Noyes at emma@empirehealthfoundation.org, or visit www.empirehealthfoundation.org.

JUNE 2019