



AGING SERVICES

Improving the quality of life of the region's older adults

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.

BY THE
NUMBERS

+13%

Increase in Patient
Activation Measures
(PAM®) among
participating seniors

7

Regional
Partners

MEDICATION MANAGEMENT

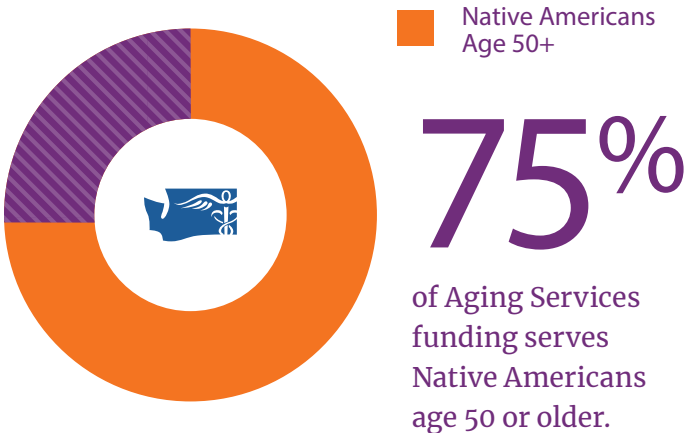
In 2018, Newport Hospital and Health Services launched an innovative integrated medication management pilot that equips high-risk, rural seniors with the skills for self-management of their prescriptions and overall health. The model coordinates primary care, pharmacy and social services under one service 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

