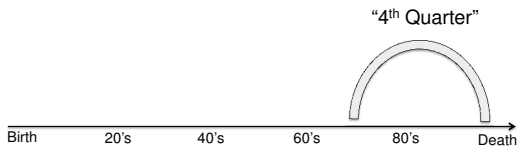


What do we plan for?



Are we talking about Hospice / End of Life?

NO

.....think 10 - 20 years before you die.

**Will a senior be hospitalized?
Will a senior fall?
Will a senior's memory worsen?**

**Instead of reacting,
let's PLAN for
these events...**

Learning Objectives

1. Describe the major events that impact a senior's ability to successfully age in place.
2. Communicate the options available and planning decisions for successfully aging in place.
3. Connect seniors/families to local and national resources for services.
4. Implement Lifespan Planning as a means of helping seniors age in place and plan their future.

Our Interdisciplinary Team



Social Workers
Community Groups
Area Agency Aging Leaders
Nurses
Seniors
Caregivers
Geriatricians
Communication Experts
Researchers

Our Funder



Aim: Develop a Planning Tool to assist seniors in making informed choices about issues in their health trajectory and aging in place

Focus Groups

What decisions seniors and their offspring make in response to advanced life events?

Participants discussed hospitalizations, planning, decision-making, barriers, and resources that might have an impact on their ability to return and remain in their own home.

What events do seniors think will impact their independence?

Advance Life Events

- Alzheimer's Disease
- Hospitalization
- Fall at Home/ Physical Function
- Spousal Death
- Inability to Care for Home

What are the reasons that seniors do not plan ahead?

Too Healthy / Too Sick

"Both of us are in fairly good health right now, so we're not worried, but we also know that tomorrow that could change drastically."

"I'm on borrowed time. I'm not going to worry about where I'm going to go for my old age, because I don't think I'll have one."

Financial and Offspring Influences

"I'm frightened, like a lot of people, that I will outlive my money."

I have a daughter who said, "...you're much too old to start having problems now. Don't worry... you'll be fine."

"You know...I don't have a way to discuss that too much with my daughter because she doesn't want to hear it."

Denial and Procrastination

"I think what I would prefer would be just to drop dead, but who's that lucky, you know?"

"I've decided I'm not going to have dementia."

"You keep kicking the can down the road, and the months turn into years."

"...the new 70 is the old 58!"

Lack of Knowledge

I just don't know where to start.
What will I need?
I don't know where to look or even who to talk to.

Let's find a way to help.

PlanYourLifespan.org



No one knows what their future health holds, but everyone wants to have their voice heard throughout their lifespan.

This website will help you plan for health events such as hospitalizations, falls, and memory loss that may happen as people get older. This planning differs from end of life care and wills.

Do you know...

- What your rehabilitation options are after a hospitalization?
- How to connect with local services and resources such as in-home care, villages, and skilled nursing facilities?
- What steps you can take to help prevent falls?

Plan Your Lifespan will help you learn valuable information and provide you with an easy-to-use tool that you can fill in with your plans, make updates as needed, and easily share it with family and friends.

People are living longer. Are you prepared to turn 80, 90, or 100?

I've used this site before

I'm new to this site



PlanYourLifespan.org



Introduction

What if I am hospitalized?

What are my rehab choices?

Am I prepared to return home?

Most Hospitalizations are Unplanned



Catherine discusses her experience with rehabilitation after a hospitalization.

Transcript

I think an important part of balance is really good physical therapy- to maintain balance, to keep it from deteriorating, and to improve it. Starting last January I went twice a week, in the bitter cold, to a really fine hospital and got physical therapy to improve my balance. I feel it's made a difference for me.

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Outpatient Physical Therapy

If you are able to leave your home, outpatient physical therapy may be a choice for you. Usually it is done at a gym. You will work with a therapist 2-3 times a week for 1 hour a visit. Visits can be scheduled around your availability. Usually, this therapy is done at a gym with equipment, such as treadmills, exercise bicycles, or weights.



Home Based Physical Therapy

If you are unable to leave your home, a therapist can come to your home twice a week for 1 hour sessions. The therapist may use equipment such as light hand weights, elastic bands, or exercise balls to use in your home.



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Subacute Rehabilitation

Subacute rehab usually takes place at a nursing home or skilled nursing facility (referred to as "SNF" - pronounced sniff). Therapy lasts 1-3 hours a day. It is temporary. You can stay for a day or for 3 months. It depends on how weak you are. It is often covered by Medicare.



A typical rehabilitation gym.

Acute Rehabilitation

If you need more therapy before you return home, acute rehabilitation may be right for you. Acute Rehabilitation usually takes place at a hospital that specializes in rehabilitation. Therapy is more intense and you must be strong enough to qualify.

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What choices can I make now?

You can choose where you would like to receive therapy, if the need should arise. When you leave the hospital, you may be given a list of nearby facilities and asked to pick a skilled nursing facility (SNF). When you are sick in bed, this choice can be difficult to make. By considering your choices now, you will have a voice in your future care. To help you make informed decisions, Medicare keeps a list of all SNFs and assigns ratings from 1 (lowest) to 5 (highest) stars: medicare.gov/nursinghomecompare.

If I need subacute rehabilitation in a SNF, I would like to go to:

Skilled Nursing Facility

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SNF (Skilled Nursing Facility)

- 24-7 nursing care, therapy daily, nutrition, social work available
- Medicare rules state that a doctor must see the patient within 30 days of admission.
- SNFist?
- Each facility must have a medical director (physician overseeing physicians at the facility)

SNF Things to Know

- No on-site pharmacy.
- All Controlled Substances require paper scripts.
- Patient Rights are paramount under Medicare [Patient can eat/drink anything they choose, can refuse treatment, refuse blood draws]
- SNFs can remove staples, sutures, G-tubes, Trachs, decath trials

What is a good quality SNF? Where should we send Mom?

<https://www.medicare.gov/nursinghomecompare>

Medicare.gov | Nursing Home Compare

The Official U.S. Government Site for Medicare

Nursing Home Compare
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About the Data
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Find a nursing home

A link with an address is required.

Location

Example: 45001 Main St, City, State

ZIP code or City, State or State

Nursing home name (optional)

General information	Health & life safety inspections	Staffing	Quality measures	Penalties	
TERRACES AT THE CLARE 55 EAST PEARSON CHICAGO, IL 60611 (312) 951-9890 Distance 0.8 miles Add to my Favorites Map and Directions			Nursing home information • 45 certified beds • Participates in Medicare		
Overall rating			Above Average		
Staffing			Much Above Average		
RN staffing			Much Above Average		
Total number of residents			45	92.1	86.4
Total number of licensed nurse staff hours per resident per day			2 hours and 8 minutes	1 hour and 34 minutes	1 hour and 42 minutes
RN hours per resident per day			1 hour and 56 minutes	56 minutes	51 minutes
LPN/LRN hours per resident per day			11 minutes	37 minutes	51 minutes
CNA hours per resident per day			2 hours and 44 minutes	2 hours and 15 minutes	2 hours and 28 minutes
Physical therapy staff hours per resident per day			14 minutes	6 minutes	6 minutes

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Am I prepared to return home?

Bill talks about regaining his strength after being hospitalized.

Transcript: When you're in the hospital there's extended periods of time when you're in bed and there's nothing that causes debilitation and tiredness and weakness. It seems to me, than lying in bed. And the recent hospitalizations that I've had, in every case, they say "we need to get you up and have you..."

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How can I find help at home?

Paid caregivers can be hired through an agency. Although you may not need a caregiver now, it's important to know the agencies in your area. Some national organizations are dedicated to helping consumers make the correct choices for their home health care. One such organization is the Home Care Association of America. Click Here

If you would like to search for an agency through the Home Care Association of America. Click Here

If I need help in my home, I would like to use:

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More local resources

State and local governments have resources to help older adults who cannot afford services. These resources are provided through Area Agencies on Aging or "AAA." They may be able to offer low cost or subsidized services.

To search for an agency near you, enter your ZIP code: 60611 Submit

Please click your preferred choice:

Chicago Department of Family & Support Services (312) 744-4016 (312) 743-0300 1815 N. Chicago Ave. Chicago, IL 60622	Illinois Department on Aging (217) 524-6911 (800) 252-8966 One Natural Resources Way Springfield, IL 62702
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Other sections

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Why do I need to talk?
How can I start a conversation?

Sharing My Plans With Others

Now that you have thought about your future preferences, it is important to make sure that others know what you want. For many of us, talking about these topics can be tough. But it is important to be prepared, and to know that others around you are prepared.

Some of you may already have started talking to others about your future goals. Maybe you and a loved one even worked through this website together.

Now you want to make sure that your voice is heard. If a time comes when you cannot make your own decisions, you want your loved ones to know what your goals are.

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Alzheimer's Disease

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Introduction
What about Daily Activities?
What if I need more help?

Memory Loss can make daily tasks more difficult.

Remembering Medications

Paying Bills and Managing Finances

Driving

Daily Activities (Cooking, Cleaning, Laundry)

Home Upkeep

There are ways to make these tasks easier. It sometimes helps to simplify your life.

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Driving?

Should I be driving?

No one wants to stop driving. There are simple things to make sure that you, your passengers, and your neighbors are safe when you drive. If people are concerned about my driving,

☐ I would like to have a younger loved one or friend drive with me once a month to check on my driving

☐ I would like to be evaluated by a senior driving evaluation group

☐ My physicians can be asked about my driving

☐ I would like to reduce the need to drive by considering options such as home delivery

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Decisions on Long Term Goals?

Long term goals

People can live with Alzheimer's disease for years without needing help. Alzheimer's disease progresses differently for different people. It is important that if you ever need more help, people know your ultimate goal when it comes to your future.

☐ I am open to having someone help me in my home if it means I can stay there longer.

☒ I would like to move in with Dorothy

☐ My goal is to remain in my home as long as it is safely possible.

☐ I am willing to move into a senior community.

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Talking to Others

Why should we start conversations?

So, I was lucky. I have a daughter who is a nurse and I wanted to change my healthcare power of attorney and so I called her up and I said, "I would like you to be my healthcare power of attorney but let's have a talk. And why don't we do a sleepover and why don't you come over?" And so she did. She

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PlanYourLifespan.org

Summary

Send Your Summary Via Email

Please enter the email address you'd like to share the summary with:

Please type it again:

Add a personal message (optional):

Submit

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Testing the Effectiveness of PlanYourLifespan.org

Question: Compared to an attention control group, does PlanYourLifespan.org help seniors plan for the events and their subsequent home needs in their 4th Quarter?

Our Interdisciplinary Team

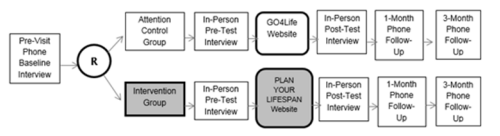


Geriatricians
Seniors
Caregivers
Social Workers
Area Agency Aging Leaders
Nurses
Communication Experts

Funding: Patient-Centered Outcomes Research Institute (PCORI) award (1H-12-11-4259) for Improving Health Care Systems (PI: Lindquist).

Multi-Site Randomized Control Trial was conducted.

- Illinois, Indiana, Texas (Rural/Suburban/Urban)
- English-Speaking, ≥ 65 yrs, Score ≥ 4 on Brief Cognitive Screen, Currently use a computer.
- Recruited by community-based patient partners.
- Planned Interim Analysis at $n=300$



- Participants exposed to either the intervention or attention control websites
- Minimum 15 min. to Maximum 45 min. allotted.
- Researcher present – no coaching/ assistance with decision making.
- Participant able to continue using at home as needed.

Outcomes Measured

	Baseline (In-Person)	Immediate Post (In-Person)	1 Month (Phone)	3 Month (Phone)
Planning Behavior Assessment (primary) Sum of the score on five behavior questions related to making plans: (examples) - I have made a new plan or changes to an existing plan for an unexpected hospitalization. - I have made new plans or changes to existing plans to make changes to my home to decrease my risk of falls.	x	x	x	x
1 Strongly Disagree 2 Disagree 3 Unsure 4 Agree 5 Strongly Agree				
Understanding/Knowledge of Services	x	x	x	x
Confidence in Accessing Home Services	x	x	x	x
Communication About Living Preferences	x		x	x
Current Utilization of Services	x			x

PlanYourLifespan.org significantly increased planning behaviors.

Overall Mean Planning Behavior Assessment = 16.51 (SD=4.56), with comparable scores across arms at baseline.

Controlling for baseline score, participants in the PlanYourLifespan.org arm had a 1-month behavior score that was significantly higher than those in the attention control arm.
(1.25 points, CI 0.37-2.12, $p < 0.001$)

Controlling for significant baseline covariates, treatment effect remained significant ($p < 0.01$)

Secondary longitudinal generalized linear mixed modelling suggested 4 significant baseline covariates:

1. Self-reported health rating,
2. Self-efficacy,
3. Support,
4. Power of attorney.

RCT Ended at Interim Analysis

PlanYourLifespan.org demonstrated efficacy in helping seniors plan for their health and support needs that typically follow health crises.

Leakage / Sharing of PlanYourLifespan.org:

Although secure website during the RCT and participants instructed to not to share website

Google Analytics:

688 unique visitors with 3634 visits
(only 194 subjects in PYL arm)

PlanYourLifespan.org

- Released Publicly September 15th, 2015
- Free to Use.
- National Dissemination ongoing – Hawaii, Washington, Oregon, Idaho, Arizona, Minnesota, Wisconsin, Montana, New York, California, Alaska, Florida (26/50 states)....
- EPIC dot phrase

EPIC dot phrase

in patient instructions

Go to **www.PlanYourLifespan.org** - Created at Northwestern University by geriatricians, social workers, seniors, nurses, and aging experts, PlanYourLifespan.org is a free website that helps people plan for the health events that happen with age and their long term health needs.

Do you know...

- What your rehabilitation options are after a hospitalization?
- How to connect with local services and resources such as in-home care, Villages, and skilled nursing facilities?
- What steps you can take to help prevent falls?

Plan Your Lifespan will help you learn valuable information and provide you with an easy-to-use tool that you can fill in with your plans, make updates as needed, and easily share it with family and friends.

Dissemination, Practical Use, and Contact Information

- Conferences, Area Agencies on Aging, Village Network. Public Policy. Government Groups.
- Lee Lindquist, MD MPH MBA
LAL425@northwestern.edu or
- Planyourlifespan@northwestern.edu

PlanYourLifespan.org



Contact Dr. Lee Lindquist or Vanessa Ramirez-Zohfeld
(planyourlifespan@northwestern.edu) for dissemination/
tailoring to health systems.