

Tackling Rural Health Challenges for Older Mainers: A Community Approach

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Maine Association of Area Agencies on Aging (M4A)

- Leader in Maine's Aging Network
- Unifying voice for Maine's five Area Agencies on Aging
- Advocate for disabled and aging Mainers on issues that promote health, safety and independence

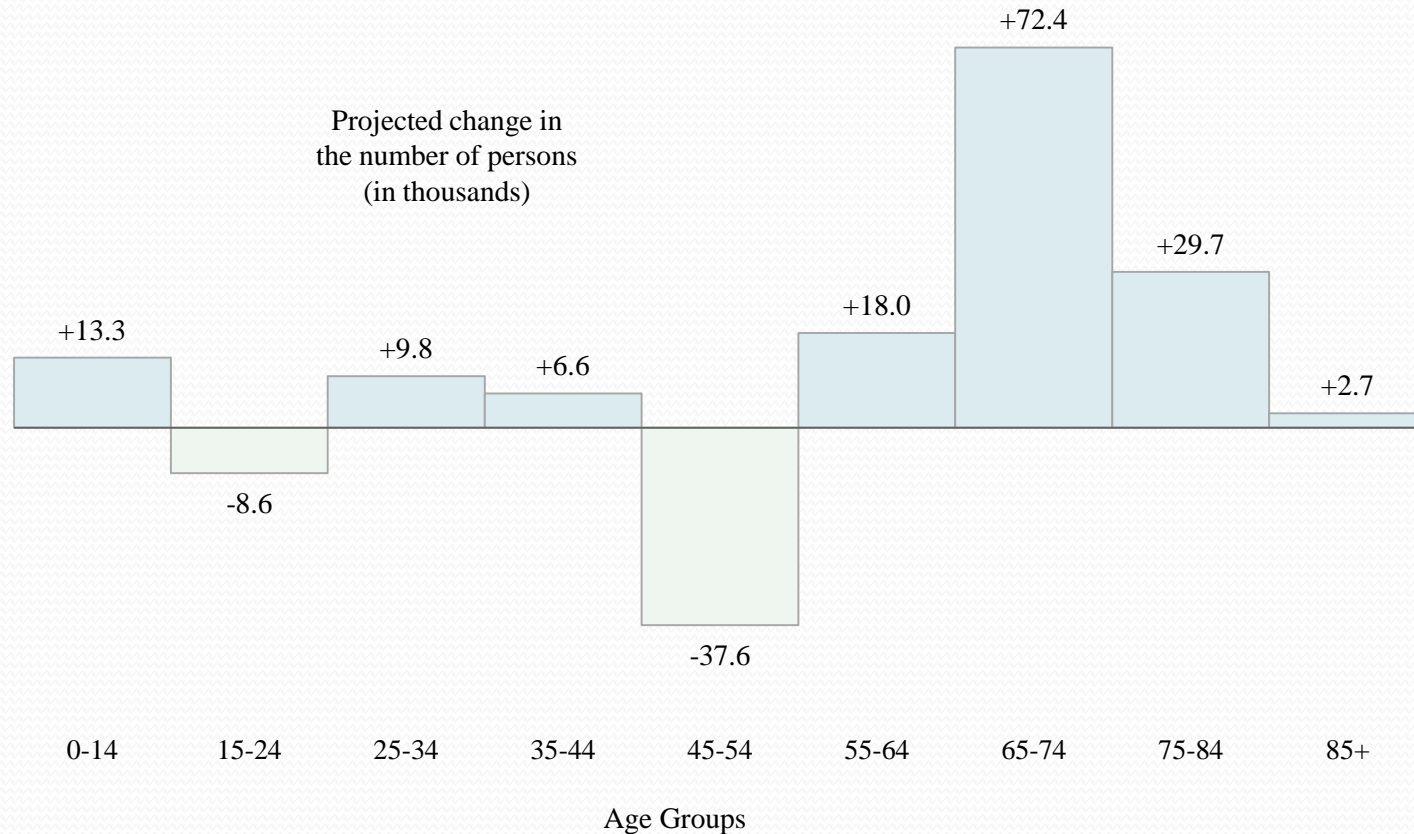


Face of Aging in Maine

- Oldest state by median age
- Largest concentration of boomers per capita
- Most rural state in the country
- Lowest 0-18 population
- Very low in-migration (700 net new Mainers in 2013)
- Third lowest number of working-age adults (20-64)
- High rate of Alzheimer's and related dementias
- High concentration of working family caregivers
- Higher than average poverty rate for those 65+



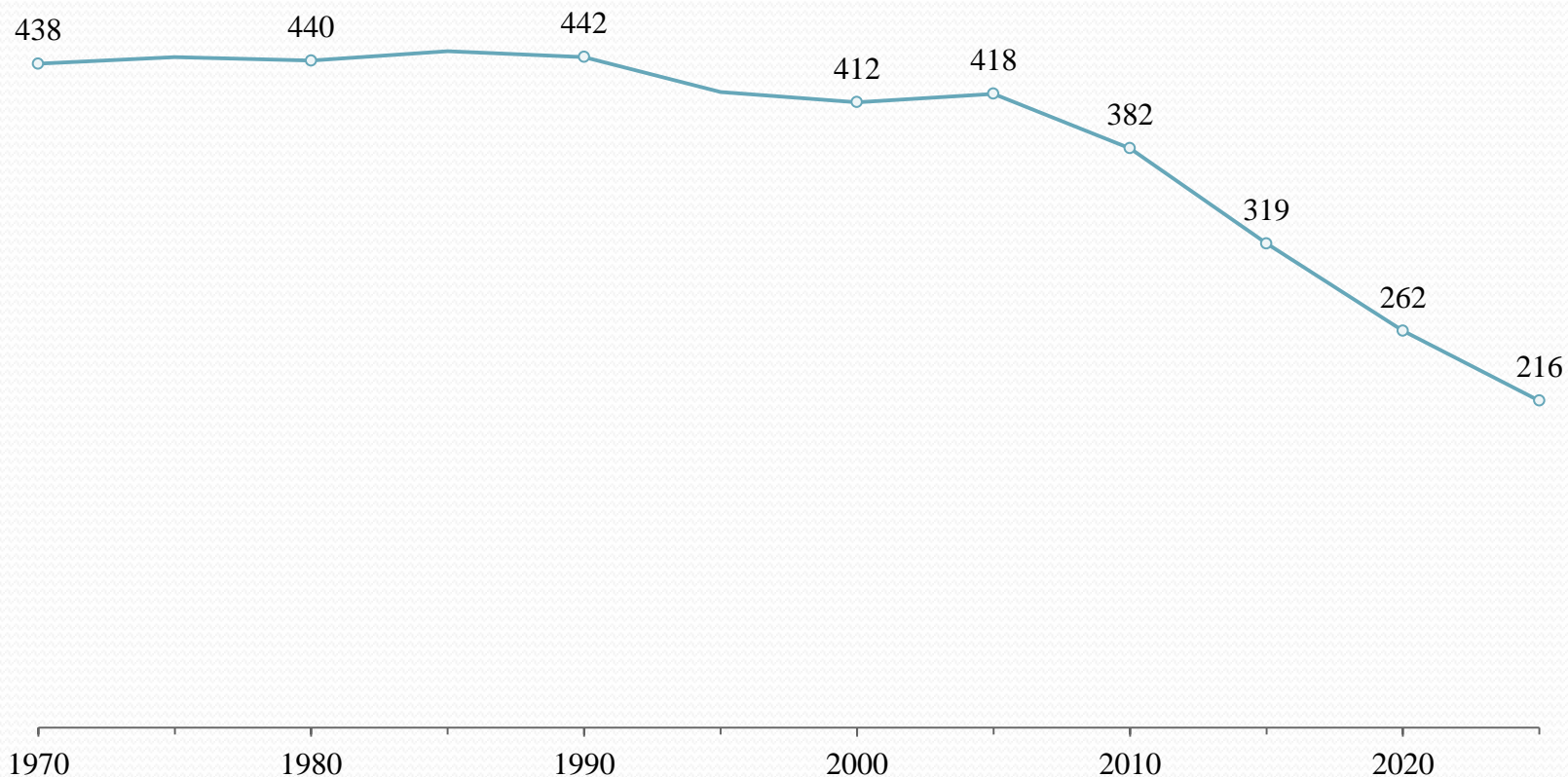
Maine's expected change in population from 2012-2022



Fralich, J. et al., Older Adults and Adults with Disabilities: Population and Service Use Trends in Maine, 2012 Edition. (Chartbook) University of Southern Maine, Muskie School of Public Service; 2012.



Number of persons of working age (20-64) for each 100 persons age 65+

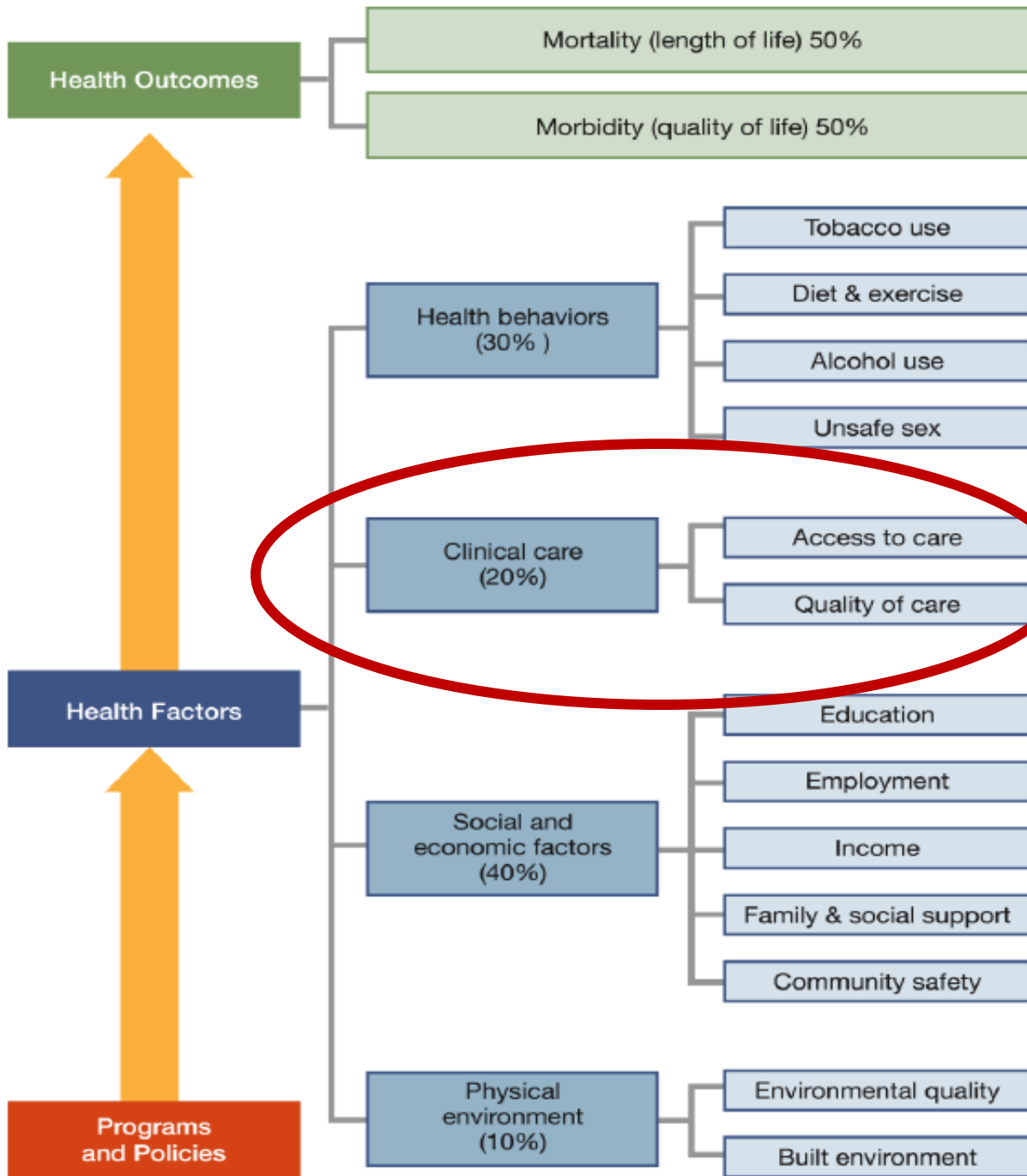


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Older Adults in Maine Are:

- Fiercely independent and proud
- In need of help and unwilling to ask for it
- Reliant on friends and family for support
- Uninformed about how to find services
- Vulnerable, isolated and afraid
- Want to remain in their homes and communities (often unwilling to leave)



What Are We Trying to Achieve?
And what Contributes?

Univ. Wisconsin - RWJF
 County Health Rankings

Maine's Area Agencies on Aging:

- Have been the leading and trusted source for older adults for 40+ years
- Provide consumer directed (patient centered) services
- Offer services to older and disabled adults that address the 80% of factors that drive health outcomes but are seldom prioritized or funded
- Are the community partners that help older adults stay out of hospitals and long term care



Core Services Provided by Area Agencies on Aging:

- Meals on Wheels and Nutrition Programming
Resource Information and Assistance
- Medicare and Insurance Counseling Family Caregiver
Support and Training
- Chronic Disease Self-Management & Falls Prevention
- Long Term Care Options Counseling
 - Many, many others...

Building A Community Response

AAAs have been collaborating with health care on care coordination, care transitions and case management.

About to launch a Community Health Worker Program targeting vulnerable older or disabled adults who want assistance in managing their health.

2 AAAs have received SIM CHW award; 3 others will apply to use the CHW model through another offered grant.



Program Components

Assessment and plan development for self-management to include:

- Benefits counseling, screening and application assistance
- Nutrition assessment and access to food
- Caregiver counseling & support
- End of life counseling
- Medication reconciliation
- Home safety assessment
- Help addressing transportation and housing needs
- Coaching or navigation services (staff and volunteer)
- In home evidence based programming and/or
- Short term case management

Shared Care Plan

One major goal and component of the program is to

- a) ensure consumer has a PCP
- b) work with PCP and consumer to create share care plan that addresses the socio/economic/physical needs of the consumer
- c) Facilitate information sharing that supports the consumer meeting the shared care plan

Contact Information

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