



Thriving in Place



**Keep Them Rocking at Home
Maine Quality Counts Webinar
March 19, 2015
Noon - 1 p.m.**

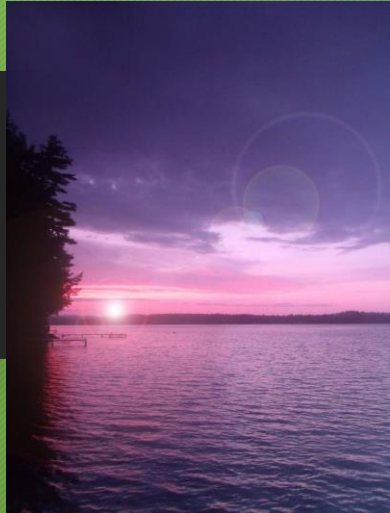
Why Is Thriving in Place Important?

- Maine has highest median age in nation. By 2030, 26.5% will be 65+.
- Maine has high prevalence rates of disabilities (16.1% vs. 12.1% national rate).
- 90% want to stay in their homes.
- Age group with highest rate of suicide—older Mainers



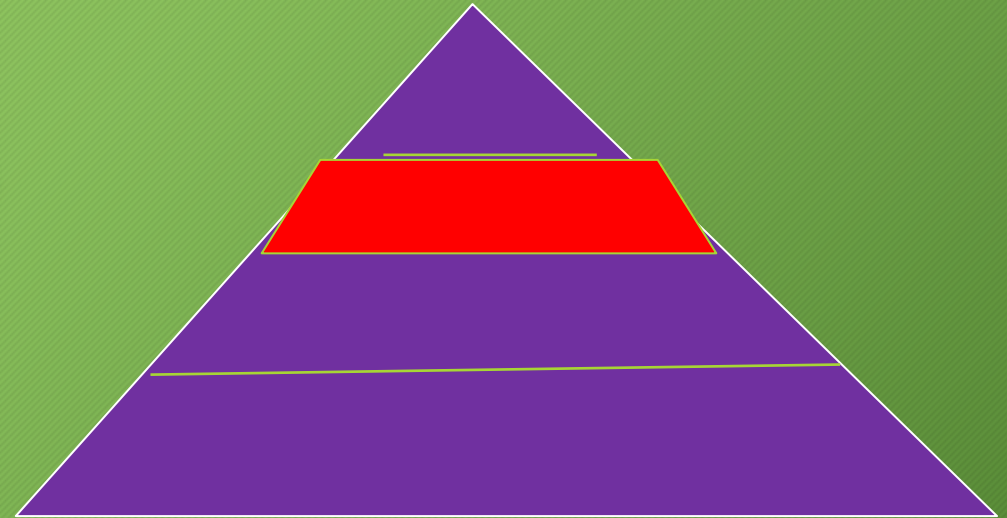
Maine's Thriving in Place

- 8 Planning Grants awarded 2013
- Up to \$40,000 for planning phase
- 4 Implementation Grants 2014 (\$100,000 per year; 3-year grants)
- 2015 Another round of planning and implementation grants



Who Does TiP Serve?

- Top 5% users (CCT)
- **At risk, chronic health issues**
- Some needs, use of health care system
- Healthy. Preventive Care.



Required Partners



**Consumers and
caregivers**

**Local health care
providers**

**Community support
providers**

(Community Action Programs,
housing, transportation, public
safety)

**Home/community-
based service
providers/advocates**

(Area Agencies on Aging,
Community Care Teams, home
health)

What Do TiP Communities Do?



- Listen to the community
- Identify people needing support
- Create coordinated systems of care and support that maintain participants' dignity
- Connect social services, in-home supports, health care, volunteers, community supports and use services “wisely”
- Find innovative solutions and create a plan

Connections with Primary Care

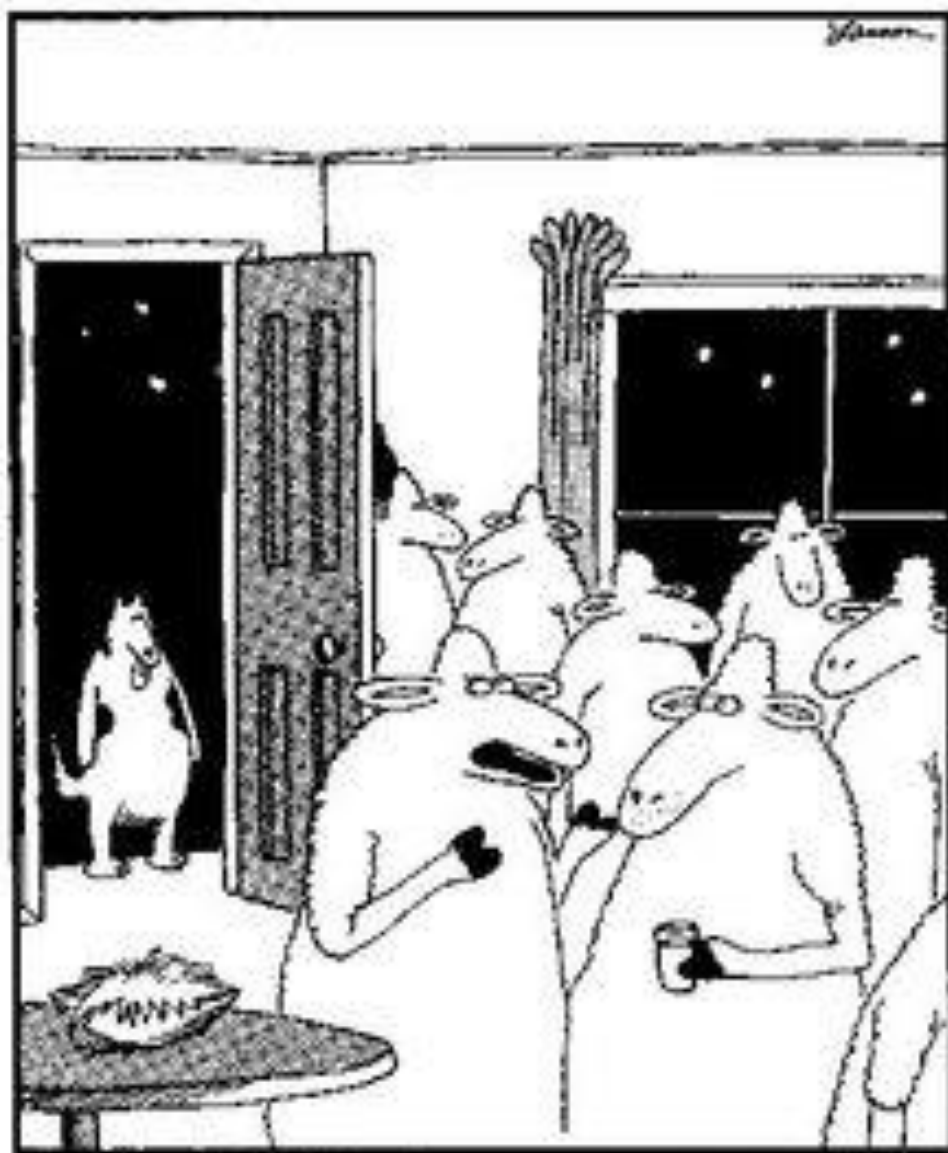


- People don't like to be “takers” so providers can recommend them for “membership”
- Tap into and contract with community organizations already providing services instead of re-creating—expand view of “team”
- Look at how own policies, procedures maximize or waste community services (transportation)

Maine Council on Aging/Speaker's Maine Aging Initiative



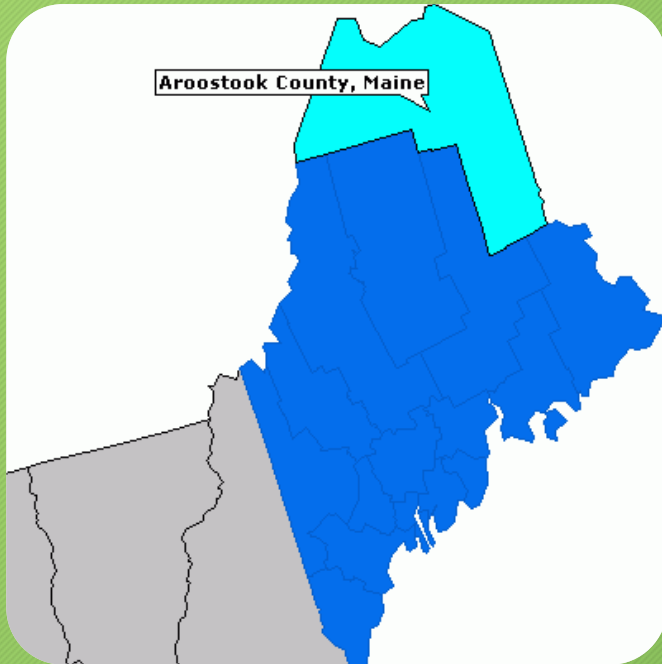
- Roundtable Fall 2013
- Summits January 2014, Fall 2015
- Statewide Blueprint for Action on Aging
- Statewide Work Groups
- Bipartisan Legislative Caucus
- Tri-state Aging Roundtable November 2014



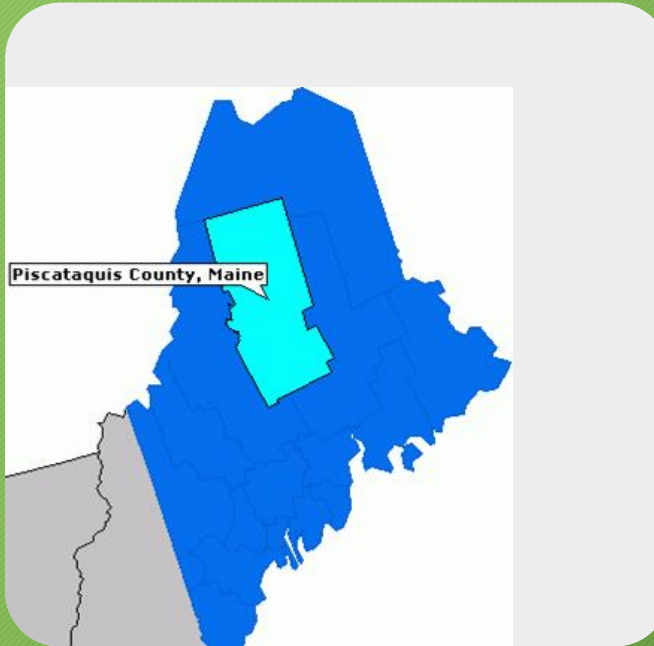
"Henry! Our party's total chaos! No one knows when to eat, where to stand, what to ...
Oh, thank God! Here comes a border collie!"



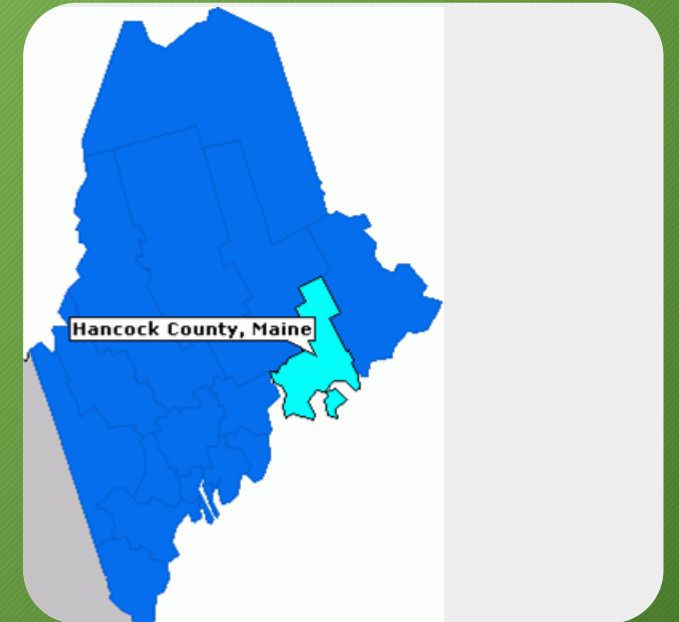
Thriving in Place



Aroostook



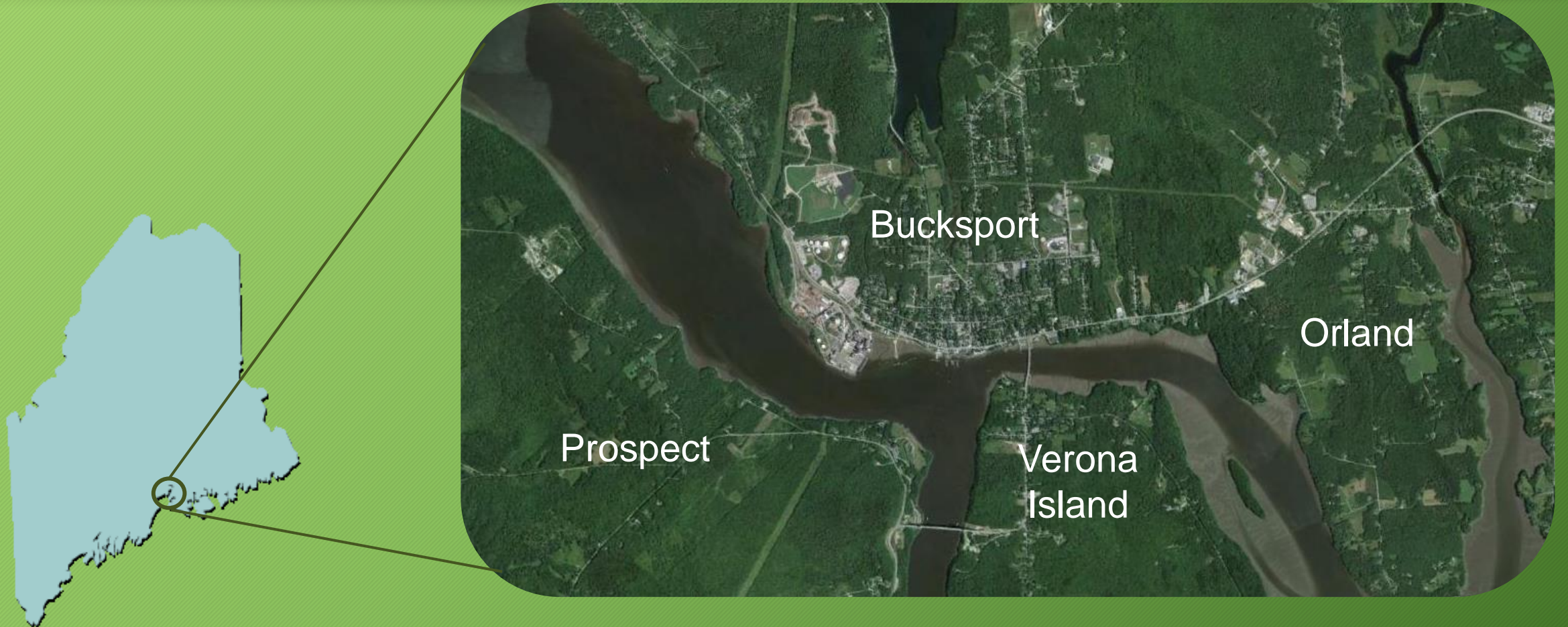
Piscataquis



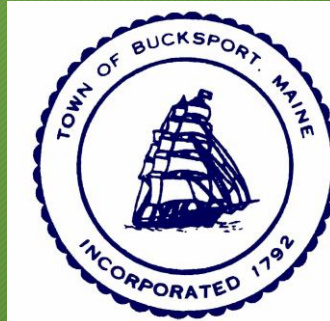
Hancock

Bucksport Bay

Thriving in Place Partnership



Bucksport Organizational Partners



Coastal Care Team

Bucksport Community Concerns

The Senior Center

Bucksport Parks and Recreation

Gardner Commons

Maine Long-Term Care Ombudsman's Program

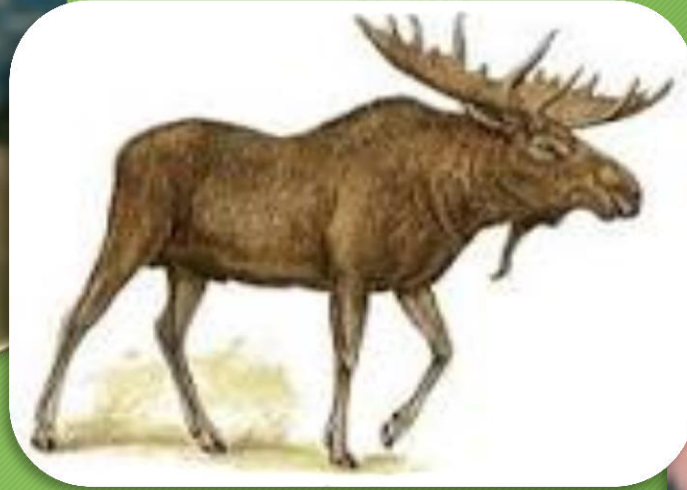
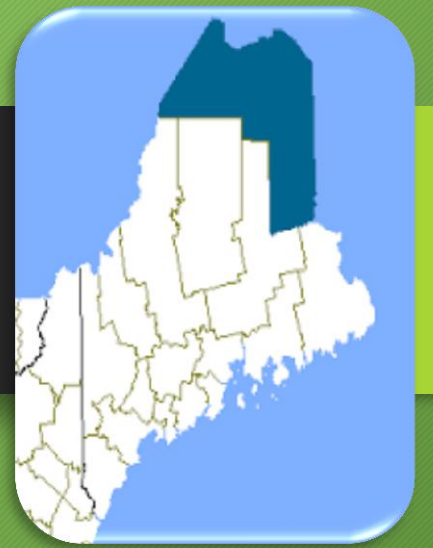
RSU 25 Senior Meals Program



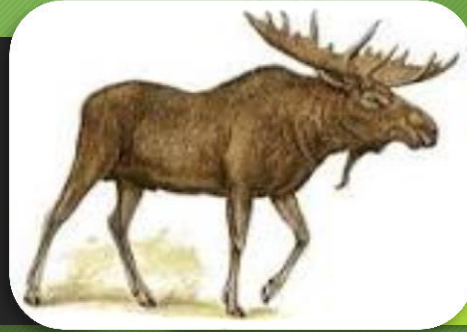
Volunteer Capacity



Aroostook Thriving in Place

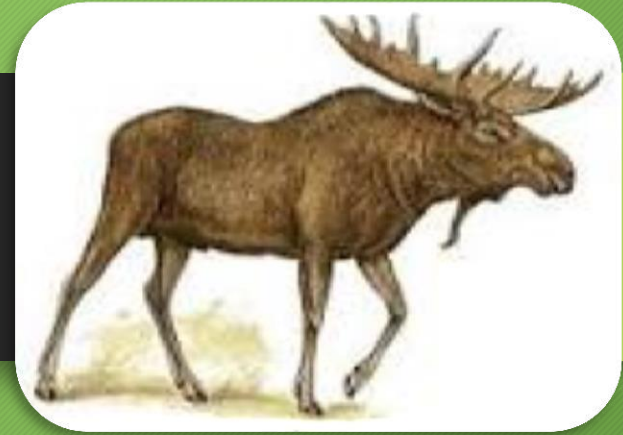


Aroostook Partners



- Aroostook Band of Micmacs
- Aroostook County Action Program
- Aroostook Home Health Services/
Valley Home Health Services
- Aroostook Mental Health Center
- Aroostook Regional Transportation System
- Aroostook Retired & Senior Volunteer Program
- Cary Medical Center
- Crown Ambulance
- Eastern Maine Health Systems
- HomeCare for Maine
- Maine Association of Area Agencies
on Aging
- Northern Maine Community
College
- Northern Maine Medical Center
- Pines Health Services
- State of Maine Office of Aging and
Disability Services
- Seniors Domestics Homecare
- The Aroostook Medical Center
- University of Maine at Fort Kent

Aroostook TiP Features



Needs & Supports

- Medical transportation
- Homecare
- Home-based supports
- Respite/adult day services
- Enhanced screening
- Care plan development
- Collaborative partnerships
- Resource development
- Community integration
- Volunteer networking
- Care transitions support
- Patient ownership
- Participant inclusion

Blue Hill Peninsula, Deer Isle, Stonington





TiP Downeast Partners



Thriving in Place Downeast



Resources

- Collaborative online resource guide
- Integrated provider network
- Coordinated volunteer recruitment & cross-training
- Comprehensive communication/marketing plan to “connect dots” between systems

Expansion of proven programs

- Cooking Matters
- Thai Chi
- A Matter of Balance
- Volunteer mentoring for caregivers
- Health Advocacy
- Behavioral Health System
- Caregiver support groups
- Grieving on the Installment Plan
- Community Clinics and Forums

Piscataquis Thriving in Place Collaborative



Piscataquis Funded & In Kind Partners



- Charlotte White Center
- University of Maine Center on Aging
- Pine Tree Hospice
- Eastern Area Agency on Aging
- Community Health & Counseling
- Maine Highlands Senior Center
- Jack Does That hours exchange
- University of Maine Center for Community Inclusion & Disability Studies
- Community advisors
- Social service providers
- Health care providers
- Hospitals
- Other grant-funded project leaders
- University program leaders
- Municipal leaders
- First responders
- Economic developers

Building Capacity

- Volunteers
- Home-based care
- Caregiver support
- Health-related transportation
- Person-centered planning
- Access to community activities
- Improved integration and coordination of services & supports
- Developing a resource & referral network



Lessons Learned

- What people need:
 - Housing support (snow shoveling, repairs, heating)
 - Care giver support
 - Less social isolation
 - Like their PC, but need more listening/shared decision making from specialty care
 - Coordination of care and services and access to resource directory
- People need dignity and ongoing sense of purpose, of contributing
- The aging population is an Opportunity for Maine, not a burden

Lessons Learned

- Resources are scarce and pulling together to take care of our own is essential.
- Sustaining partners' investment in the process and outcome is critical.
- Partners' energy and participation fluctuates.
- People have a saturation point when it comes to meetings and email.
- Nurturing relationships is fundamental.

Lessons Learned

- Cultivating a volunteer work force is challenging.
- Recruiting and managing a large group of people can be unwieldy.
- A strategic structure for organizing and managing partners can be very helpful.
- Change is slow and patience necessary.
- Being open to restructuring efforts and revising objectives is important.



Keep in Touch

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