



LIVING WELL!
CIAIP PROGRAM
AUSTIN, TEXAS



Health Indicators: Getting and Using Health Risk Data

Project Goal:

Promote a community in which older adults are active and engaged and services to support aging in place are provided. We are focused on healthy aging and the most critical ways to support aging in place.

Target Population:

We work with residents in 5 public housing properties with a total of 456 units occupied by residents who are elderly (age 60+) or disabled.

Partnership:

We are a partnership in public housing. Our partners are governmental and non-profit agencies and include the Housing Authority, City of Austin; Family Eldercare; Area Agency on Aging of the Capital Area; H.A.N.D, New Connections at AGE, WeViva, and Georgetown Housing Authority.

What is the Health Indicators Survey?

- Developed to help community-based organizations identify and take action on the health risks of older adults.
- A total of 72 questions covering: Demographics, Access to Care, Prevention, Promotion, and Wellness Activities, and Management of Chronic Conditions.
- Valuable for planning, identifying specific needs of clients, developing collaborations, providing information to funders.
- Available Online for free! Website includes survey, database, reporting, and training guide.

Health Indicators was developed by the United Hospital Fund and VNSNY available at the NORC Blueprint (www.norcblueprint.org).

Why we chose Health Indicators:

- We wanted to increase our focus on healthy aging and preventative measures.
- We wanted to modify our evaluation process.
- We were adding a new population to our evaluation measures (adults with disabilities under 60 years).



Implementation of Health Indicators

- Followed online training program
- Utilized nursing and social work students in our project.
- Residents offered \$5 to complete the survey.
- Certain questions flagged for immediate follow up by staff (examples: reported as having no health insurance, recent hospitalization, etc.).

Goals and Benchmarks

Goal: Complete 100 surveys in 4 weeks.

Result: Completed 132 surveys. Students completed 65% of our surveys.

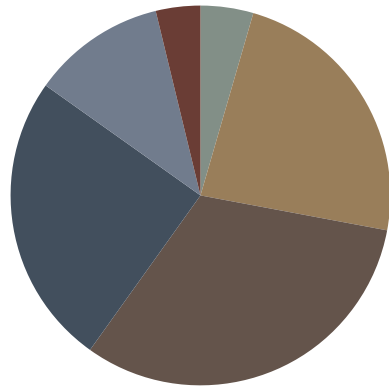
Goal: Provide immediate follow up to residents flagged during survey.

Result: Identified 72 persons in need of immediate follow up for critical or time sensitive issues.

Demographics

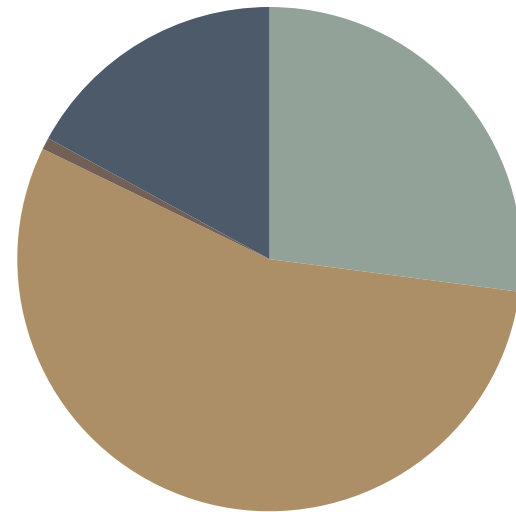
N= 132

Age



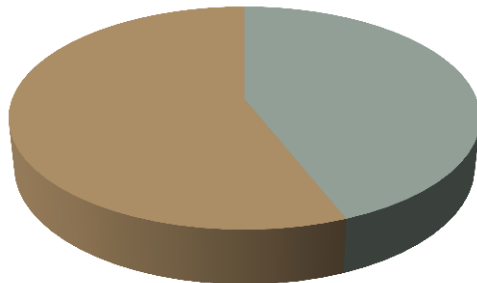
- 20-40
- 41-50
- 51-60
- 61-70
- 71-80

Race



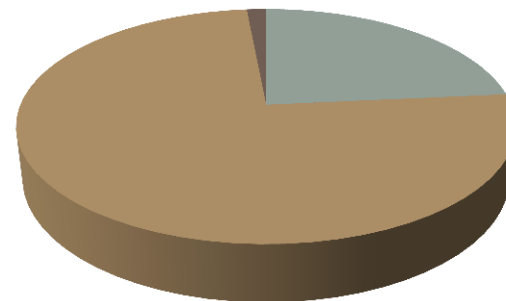
- White
- Black/African American
- American Indian/Alaskan Native
- Other

Gender



- Male
- Female

Hispanic or Latino



- Yes
- No
- Don't Know or Refused

Things We Learned

We identified 17 questions as flags to trigger immediate follow up with resident.

We arranged for consent for follow up to be obtained at time survey was completed.

N= 132

Question	Result
Eye exam in past 12 months?	No= 51%
Dental exam in past 12 months?	No= 69%
Colonoscopy	Never= 52%
Overall Health Rating	Poor= 10% Fair= 42%
Experienced a Fall in the past 12 months? Told Doctor about the fall?	Yes= 25% No= 36%
Emergency Room visit 1+ times in the past 12 months?	Yes= 35%
Problems paying for health care in past 12 months?	Yes= 29%
Depressed Mood (past 2 weeks) Lack of Interest in Activities (past 2 weeks)	Yes= 44% Yes= 33%
Lives Alone?	Yes= 80%
Frequency of seeing family member?	Not at all= 30%
Primary Health Coverage?	Yes= 100%
Health Care Proxy?	Yes= 30%

How We've Used the Data

- Service Coordinators follow up with residents identified with priority needs. Assisted with referrals for medication screening, counseling services, primary care physicians, eye care, dental care, etc.
- Health care providers on-site to provide services
- Planning health care and educational opportunities.
- Grant writing and funding requests.
- Project evaluation.

This is a beautiful home to come to every day. I have lived here nearly 20 years and intend to stay 20 more and enjoy my golden years.

Quote from Optimistic 80+ Resident

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For information about Health Indicators survey visit
www.NORCBlueprint.org.