



Harbor Health Services
Elder Service Plan

What is the **PACE** program?

A Program of All-Inclusive Care for the Elderly (PACE)

- A nationally known program that began over 30 years ago in the San Francisco community
- Recognized need for long-term care services among elderly population
- PACE model provides a full range of care to adults over the age of 55 with chronic care needs
- Model allows patients to **remain in their own homes and communities** for as long as possible

A Program of All-Inclusive Care for the Elderly (PACE)

- Covered by Medicare and Medicaid
- 116 PACE Programs throughout the country
- Located in **32 states**, with **8 programs** in Massachusetts
- Serving approximately **32,500 elders nationally**

PACE Participants

- 69% of patients are 80y or older
- 28% of patients are 90y or older
- Currently 9 patients enrolled, 100-102 years
- Despite meeting nursing home level of care criteria, only **14%** of PACE participants are in long term care facilities

Common Diagnoses

- Congestive heart failure **33%**
- Diabetes **30%**
- COPD **40%**
- Dementia w/ complications **51%**
- Dementia w/o complications **22%**
- Behavioral health diagnosis **80%**

Source: PACE presentation, Harbor Health Services

PACE: Covered Healthcare Services

- Primary Care Physicians
- Specialty Physicians
- Inpatient Hospitalization, Short Term Rehabilitation
- PACE Adult Day Center
- Prescription Adult Day Center
- Prescription Medications delivered to the home
- Visiting Registered Nurses and Home Care
- Transportation for Medical Appointments & PACE Day Center
- RN Case Management
- Physical and Occupational Therapy
- Behavioral Health Services and Social Work
- Nutritional Counseling and Dietary Services

PACE: Additional Services

Fair Foods Project

- Non-profit food rescue organization that provides surplus produce to those in need at low or no cost
- Services sites in the Greater Boston Area
- “Two Dollars-a-Bag” program
- Goal is to promote a healthy diet of fresh fruits and vegetables
- Available at PACE every other Wednesday



Harbor Health Elder Service Plan

Harbor Health has sites in
Mattapan and Brockton,
Massachusetts.

This map shows the towns
and cities serviced by **Harbor
Health**.



Source: <https://www.hhsi.us/elder-service-plan/becoming-a-new-patient/>

Why use the **PACE** program?



Snapshot: The aging population in Massachusetts

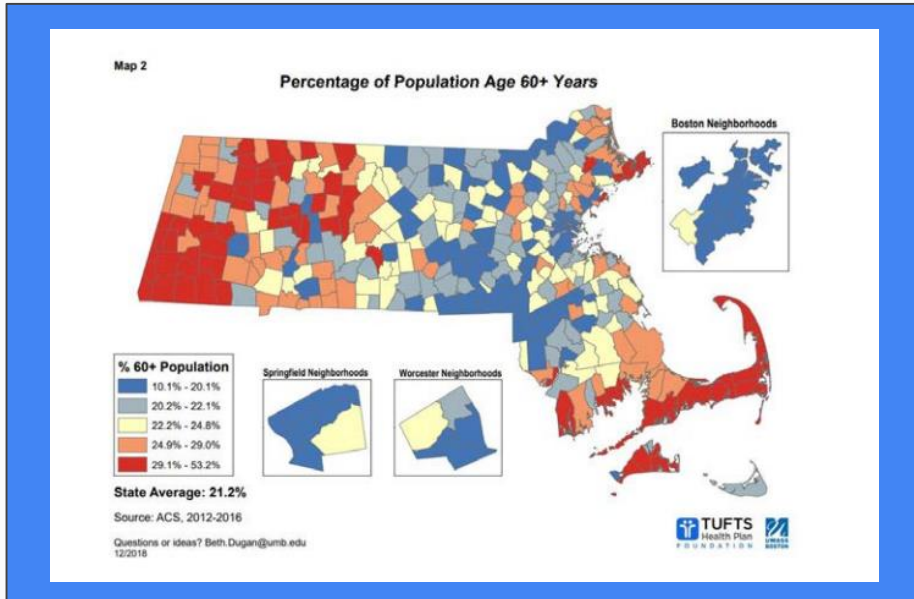


Fig 1. Population percentage of Massachusetts, 2016. As the percentage of the population over 60 increases, the median age also increases. This map illustrates the median age by county across the Commonwealth.

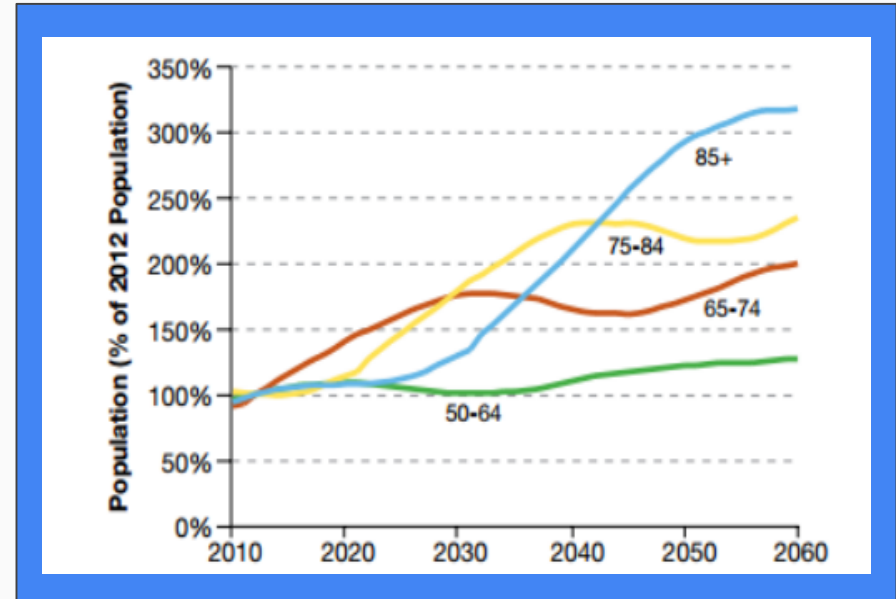


Fig 2. Projected population growth by age group. The fastest growing population in Massachusetts is over the age of 85, with all ages over 50 growing at a rate of over 100% from 2010 to 2060.

Snapshot: The aging population in Massachusetts

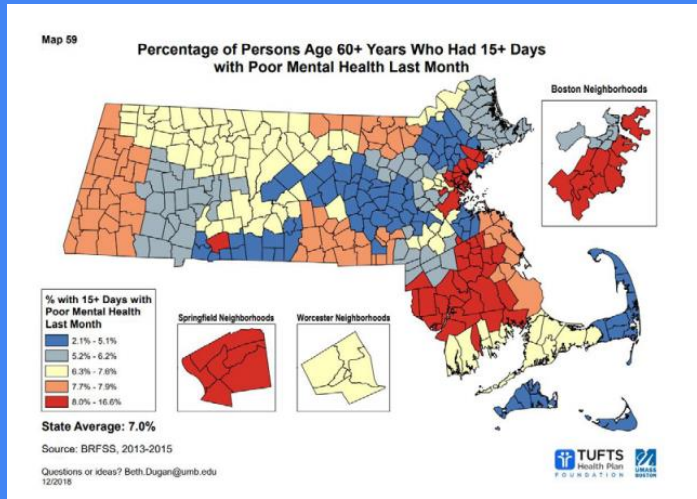


Fig 3. Map of percentage of older adults with poor mental health for 15+ days in a month.

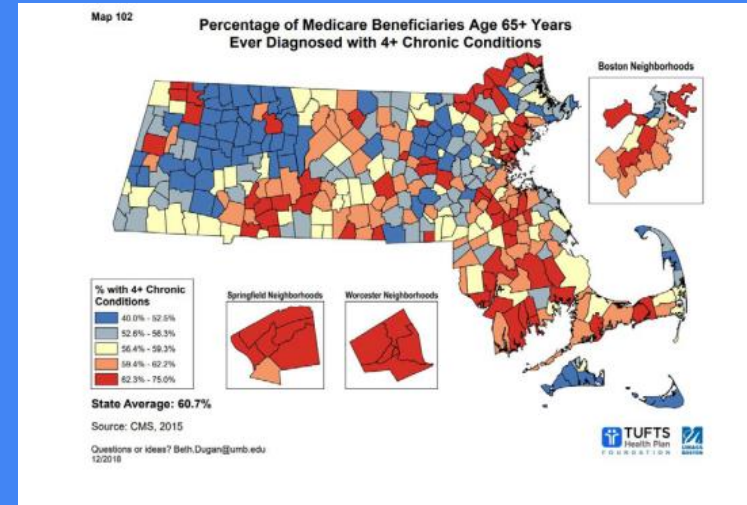


Fig 4. Map of older adults with 4 or more chronic conditions in Massachusetts.

PACE Service Areas in Massachusetts

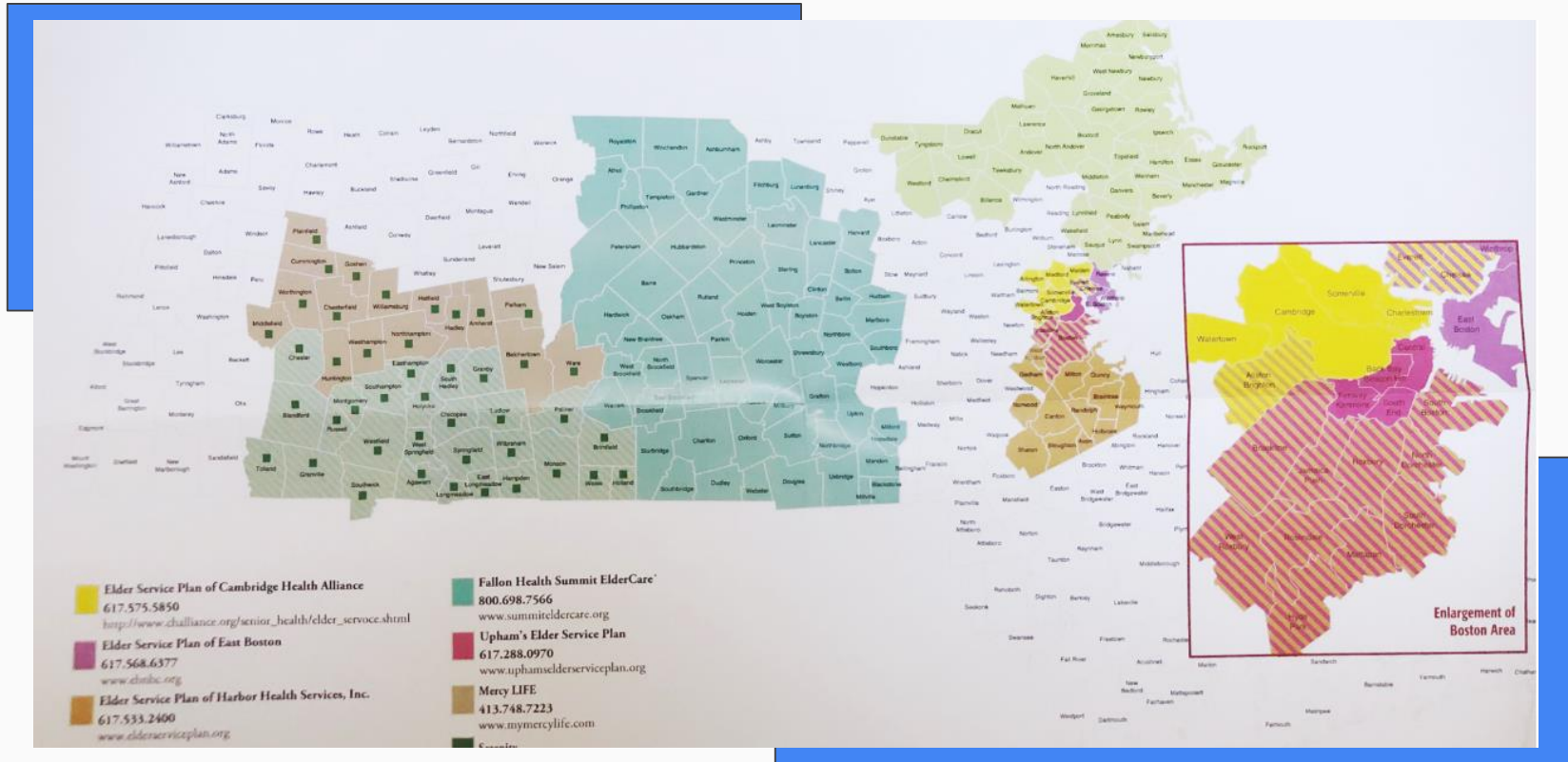


Fig 5. Massachusetts PACE Service Areas. Data provided by the National PACE Association.

Life after PACE (Program of All-Inclusive Care for the Elderly): A retrospective/prospective, qualitative analysis of the impact of closing a nurse practitioner centered PACE site.

2016 article in the Journal of the American Association of Nurse Practitioners

“This study was conducted with former participants of a PACE site that opened in 2008 and closed in 2011, after the state legislature voted to terminate funding to the project.”

Purpose: “Evaluate how participants enrolled in a PACE program fared after returning to standard medical care following the program’s closure.”

- 34 participants (average age 79, 57% male and 53% VA participants).
- After 2-years, 14 participants (average age 77, 77.8% male and 71.4% VA participants)


Results:

- Both number of ED visits and hospitalizations were significantly higher after PACE closure.
- Greater number of home health visits correlated to lower number of ED and hospital visits.
 - Note: “Home care is provided as part of the PACE program but is not traditionally covered under Medicare and private insurance.”
- Functional scores (ADLs and IADLS) significantly declined.
- Majority of participants (67%) reported higher level of satisfaction with PACE services as compared to usual care provided post-PACE.

Conclusion:

- **Benefits of PACE include decreasing utilization, limiting costs, and improving quality of life.**
- Future healthcare financing should reward health systems such as PACE, and further work is needed to maintain, develop and support comprehensive models similar to PACE.

PACE: Day Center Activities

Monday	Tuesday	Wednesday	Thursday
	9:00 Coffee Social 10:30 Yoga w/ Karen 11:00 Welcoming October! 12:00 Lunch 1:15 Travel Day: Monaco 2:30 Games or small groups	9:00 Coffee Social 10:00 Exercise w/ Denise 11:00 Dancing w/ Michael 12:00 Lunch 1:15 Tai Chi 1:15 BINGO 2:30 Games or small groups	9:00 Coffee Social 10:00 Eldy's Yoga 11:00 Fall Decor craft making 12:00 Lunch 1:15 BINGO 2:30 Puzzle club, games
9:00 Coffee Social 10:30 Karen's Yoga 11:00 4-H Week Begins! (Head, hearts, hands, and health) 12:00 Lunch 1:00 American Bandstand Day! 1:15 Devotion w/ Sherma 2:30 Bowling and/or ring toss	9:00 Coffee Social 10:30 Yoga w/ Karen 11:00 No Bake cooking group (4H-health) 12:00 Lunch 1:15 Fluffernutter day & word scramble 2:30 Games or small groups	9:00 Coffee Social 10:00 Exercise w/ Denise 11:00 Brain Teasers (4H-head) 12:00 Lunch 1:15 Tai Chi 1:15 BINGO 2:30 Games or small groups FAIR FOODS	9:00 Coffee Social 10:00 Eldy's Yoga 11:00 Ted Powers 12:00 Lunch 1:15 BINGO 2:30 Puzzle club, games
CENTER CLOSED Columbus Day!	9:00 Coffee Social 10:30 Yoga w/ Karen 11:00 Tom Madden 12:00 Lunch 1:15 Celebrating Indigenous People! 2:30 Games or small groups	9:00 Coffee Social 10:00 Exercise w/ Denise 11:00 WALMART or Alaska Day! 12:00 Lunch 1:15 Tai Chi 1:15 BINGO 2:30 Games or small groups Monthly Birthday Celebration!	9:00 Coffee Social 10:00 Eldy's Yoga 11:00 National Geographic Day! 12:00 Lunch 1:15 BINGO 2:30 Puzzle club, games
9:00 Coffee Social 10:30 Karen's Yoga 11:00 Aromatherapy lotion making & herbal teas 12:00 Lunch 1:00 Gina O'Donogue 1:15 Devotion w/ Sherma 2:30 Bowling and/or ring toss	9:00 Coffee Social 10:30 Yoga w/ Karen 11:00 No Bake cooking class 12:00 Lunch 1:15 Hocus Pocus & magic tricks 2:30 Games or small groups	9:00 Coffee Social 10:00 Exercise w/ Denise 11:00 Halloween wreath making 12:00 Lunch 1:15 Tai Chi 1:15 BINGO 2:30 Games or small groups FAIR FOODS	9:00 Coffee Social 10:00 Eldy's Yoga 11:00 Rick Walsh 12:00 Lunch 1:15 BINGO 2:30 Puzzle club, games
9:00 Coffee Social 10:30 Karen's Yoga 11:00 HALLO-WEEK Begins! 12:00 Lunch 1:00 SpOOky word competition 1:15 Devotion w/ Sherma 2:30 Bowling and/or ring toss	9:00 Coffee Social 10:30 Yoga w/ Karen 11:00 Pumpkin carving/painting 12:00 Lunch 1:15 Pumpkin seed BINGO 2:30 Games or small groups	9:00 Coffee Social 10:00 Exercise w/ Denise 11:00 Bill Burke 12:00 Lunch 1:15 Tai Chi 1:15 BINGO 2:30 Games or small groups	9:00 Coffee Social 10:00 Eldy's Yoga 11:00 HALLOWEEN PARTY & contest 12:00 Lunch 1:15 HALLOWEEN PARTY & contests 2:30 Puzzle club, games

Devotions w/ Sherma- Mon • Knitting Club- Wed • Rabbi Foust- Wed & Fri • Bingo -Wed & Thurs • Manicures- As Needed • Paint Group w/ Myrna- biweekly (Wed) •

PACE: Importance of Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Caesar salad with Caesar dressing Turkey and cheese sandwich, mustard and mayo Black bean and corn salad Fruit	2 Garden salad with French dressing Chicken pot pie w/ buttermilk biscuit Broccoli Fruit	3 Greek Salad with dressing Meatloaf w/ brown gravy Mashed Potatoes Mixed vegetables Carrot Cake	4 New England Clam Chowder Shrimp and tomato cream sauce Pasta California Vegetables Fruit
7 Garden Salad with Ranch dressing Braised beef with polenta Green Peas Chocolate pudding	8 Capresed Salad Balsamic Vinaigrette BBQ pulled pork White Hamburger Bun Mashed sweet potatoes Corn w/ red peppers Fruit	9 Garden salad w French dressing Roast beef & cheese Sandwich w lettuce sliced tomatoes Beet Salad Fruit	10 HOLIDAY MEAL Mixed Green Salad w/ Italian Dressing Chicken in sage Cream Sauce Pumpkin ravioli Green Beans Brownie/Fruit	11 Tomato Cabbage Soup White Fish Picatta Mashed Potatoes Broccoli w/Red peppers Fruit
14 HOLIDAY	15 Greek Salad w/Greek Dressing Turkey & Cheese sandwich w/lettuce and sliced tomatoes Pea Salad Fruit	16 Garden salad w/French Dressing Roast Turkey w/gravy Mashed Sweet Potatoes Collard Greens Fruit	17 Garden Salad w/Italian Dressing Cheese Quesadillas w Sour cream Sweet Potato Fries Corn w/peppers Fruit	18 Wild Rice & Vegetable Soup Beef Stroganoff Egg Noodles California Vegetables Oatmeal Cookie
21 Garden Salad w/Ranch Dressing Chicken Marsala Mashed Potatoes Green Beans Butterscotch Pudding	22 Café Spinach Salad Chicken Club Sandwich w/turkey bacon on Bulkie Potato Salad Fruit	23 Garden Salad w/French dressing Hamburger w/lettuce & Tomato Hamburger Bun Baked Beans Vegetable Medley Fruit	24 Asian Salad w/Oranges General Tso's Chicken White Rice Carrots Fruit	25 Lentil Soup Chicken Salad Sandwich w/lettuce & Tomato Lemon Rice Salad Fruit
28 Garden Salad w/Ranch Dressing Chicken Alfredo Whole Grain Pasta Broccoli Sugar free Jell-o	29 Caesar Saladw/dressing Sloppy Joe's White Hamburger bun Potato Wedges Birthday Cake	30 Garden Salad w/French Dressing Salmon Florentine Mashed potatoes Carrots Fruit	31 Garden Salad w/Italian dressing BBQ Chicken Drumstick Roasted Sweet Potatoes Mixed Vegetables Fruit	

The PACE Interdisciplinary Care Team



PACE: Members of the Interprofessional Care Team

- Primary care physician
- Nurses
- Nurse practitioner
- Behavioral health
- Social worker
- Physical therapist
- Occupational therapist
- Dietician
- PACE Center Supervisor
- Homecare liaison
- Aides
- Transportation



This is one of the interprofessional care teams at Harbor Health. Each team manages approximately 150 patients.

Responsibilities

- Team meets every morning to discuss status of patients
- Team determines care needs and authorizes services to be provided and paid for
- Focus on **prevention** and satisfying care needs
- Formal care planning upon admission and at least every 6 months

**Four Core Competencies for
Interprofessional Collaboration:**
Exploring Care Teams at PACE

Values/Ethics for Interprofessional Practice

1. Work with individuals of other professions to maintain a **climate of mutual respect and shared values**

Roles/Responsibilities

2. Use the knowledge of one's own role and those of other professions to **appropriately assess and address the health care needs of patients**

Interprofessional Practice

3. Communicate with **patients, families, communities,** and **professionals** in a responsive and responsible manner that supports a team approach

Teamwork

4. Apply relationship-building values and the principles of team dynamics to perform effectively in different team roles to **deliver patient-centered care**

Why does **PACE** work?



PACE Success

- Unique and comprehensive care model in terms of scope of services that can be provided and paid for
- Eliminates **fee for service** model
- Clinicians can make decisions based on care need - not what will be **paid for**
- Effective coordination among interdisciplinary team, decision-making authority
- Strong case management and home care services

Acknowledgements



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Fair Foods Project

Questions? Thank you!

