

AGING IN PLACE - EFFECTIVE INTEGRATION OF TECHNOLOGY TO SUPPORT VETERANS AND THEIR FAMILY CAREGIVERS

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EFFECTIVE INTEGRATION OF TECHNOLOGY GOALS OF VA GERIATRICS & EXTENDED CARE

1. Empower Veterans and their family caregivers to rise above the challenges of aging, disability and chronic disease
2. Live with optimal independence, safety, health, and purpose
3. Increase access, improve quality and reduce total cost of care



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Effective Integration of Technology

1. What is needed for Veteran-driven care?
2. How can we shift care from facility to home?
3. Can we focus on individual instead of population?
4. How can we support caregivers?
5. VA strengths: Shift care to home, Home Based Primary Care, Home Telehealth, Medical Foster Home, Smart Homes, Electronic Record...in the

What is needed for Veteran-driven care?

- Focus on Veteran's goals of care
- Identify and address daily needs and challenges for persons with serious chronic disabling conditions, and their family caregivers
- Empower Veterans and families
- Reliable, equitable care in all settings - Bring care to the home; rural
- Honor Veteran's goals of care across all care settings



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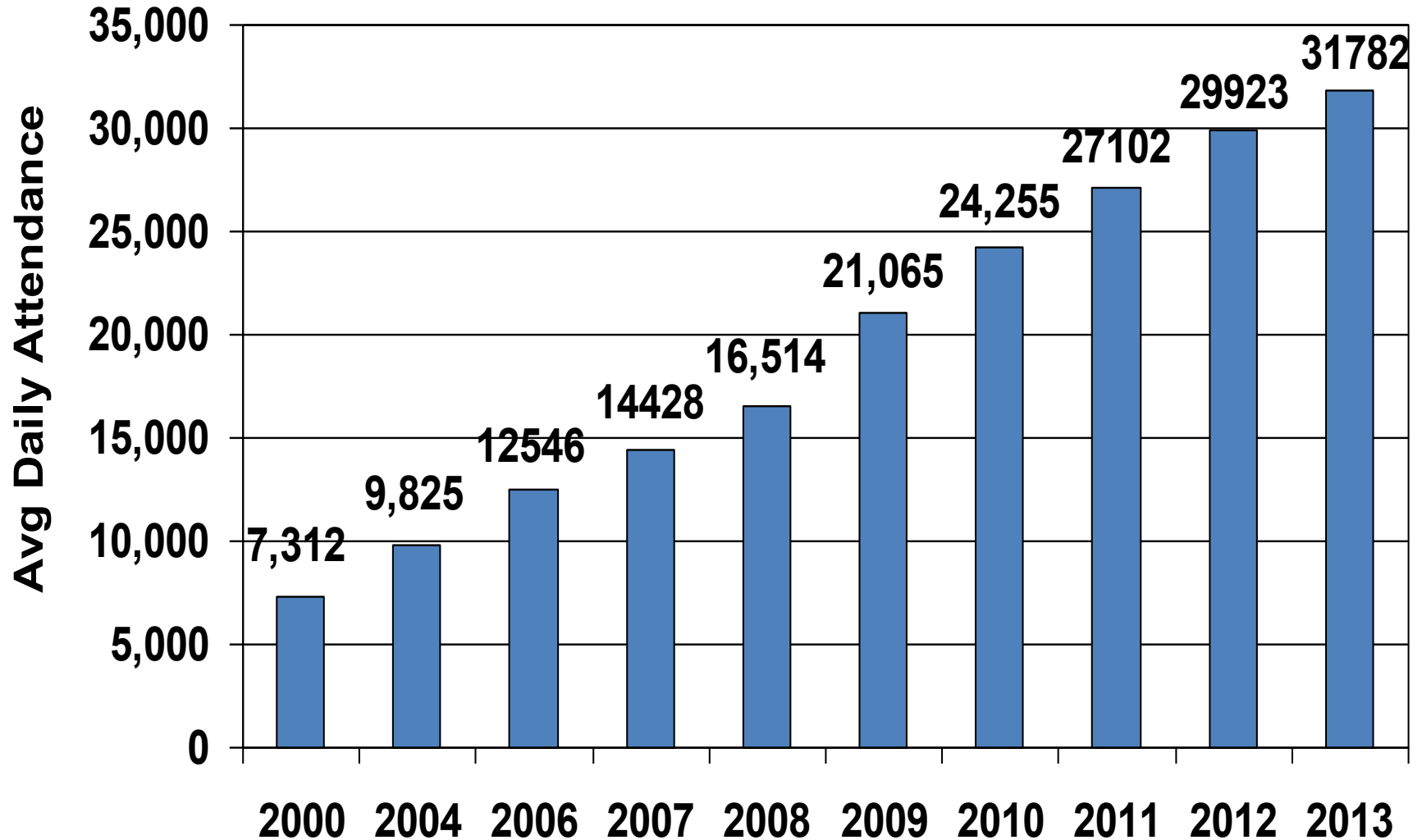
How can we shift care from facility to home?

- Increase home and community based care –
 - VA Home Based Primary Care, to Medicare's Independence at Home
 - Purchased Skilled Home Care
 - Homemaker/Home Health Aide
 - Hospice
 - Geriatric Evaluation
 - Adult Day Health Care; Respite
 - Home Telehealth
 - Medical Foster Home
- Address medical, social , mental health, and personal care needs
- Strong community partnerships – ACL, ADRC, Hospice



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Veterans Served Daily in HBPC, 2000 to 2013



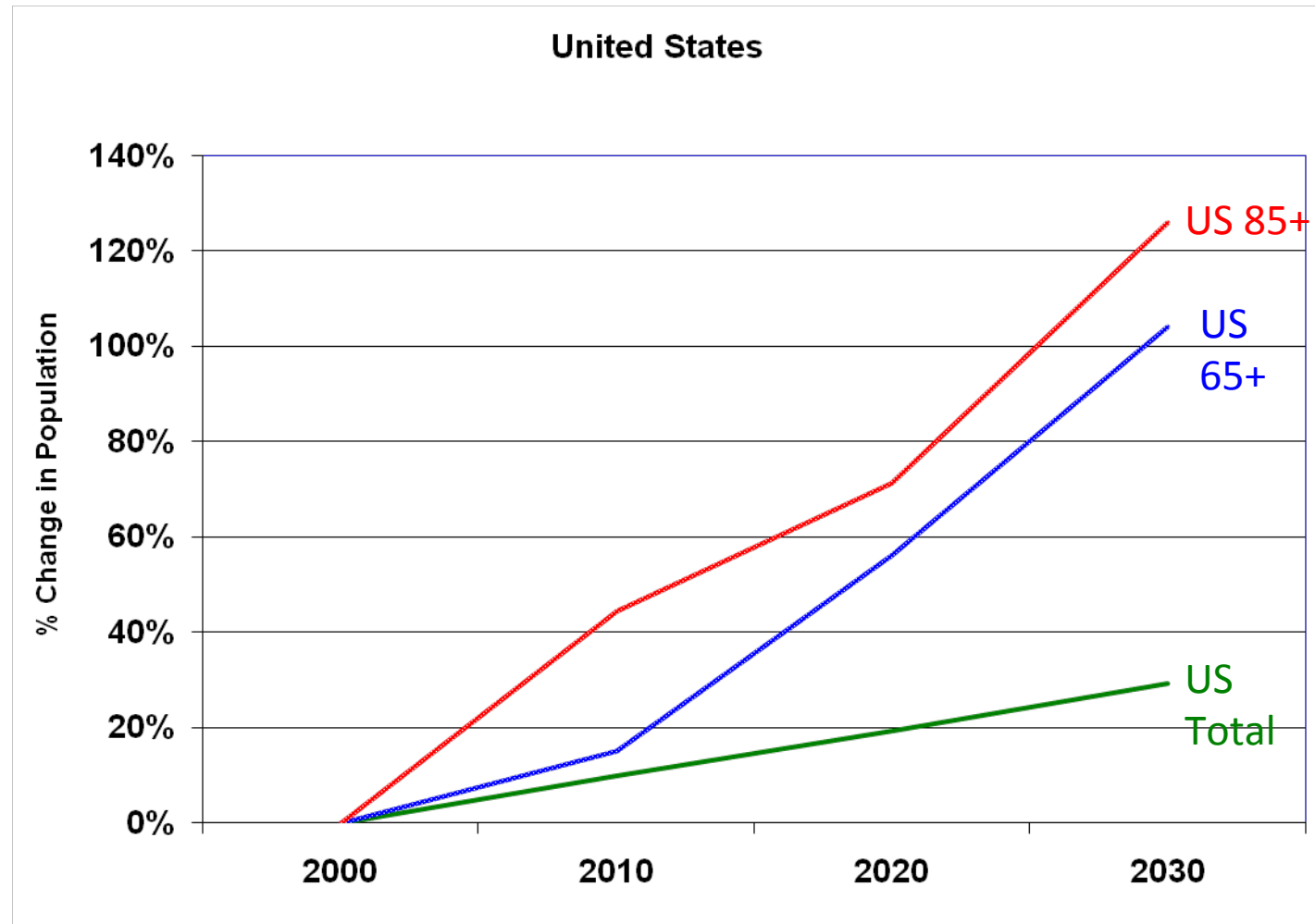
Can we increase access, improve quality and lower total cost of care?

- We are: Home Based Primary Care, Medical Foster Home, Hospice
- We can do better: Through Technology
 - Home Telehealth to support serious chronic disease management
 - Home Telehealth to expand reach of VA Home Based Primary
 - VA Computerized Patient Record System – immediate EHR access for any Veteran at any VA facility across country.
 - Mobile Electronic Documentation – all clinic notes, labs, tests, discharge summaries stored in laptop
 - Point of Care Diagnostics
 - Hospital at Home
- Focus on 5% of the population that accounts for 50% of health care costs, NOT on the 50% of the population that accounts for 4% of health care costs

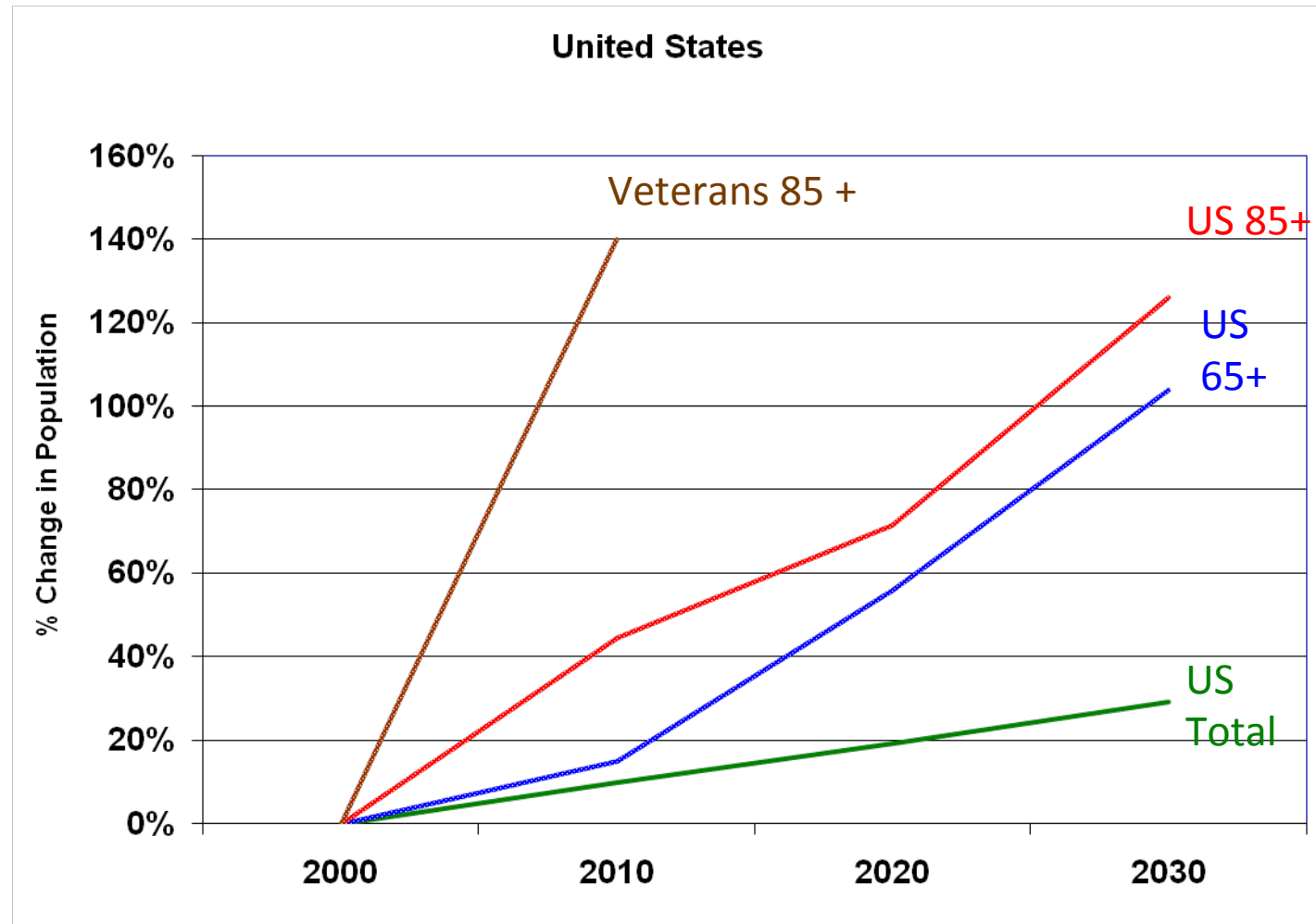


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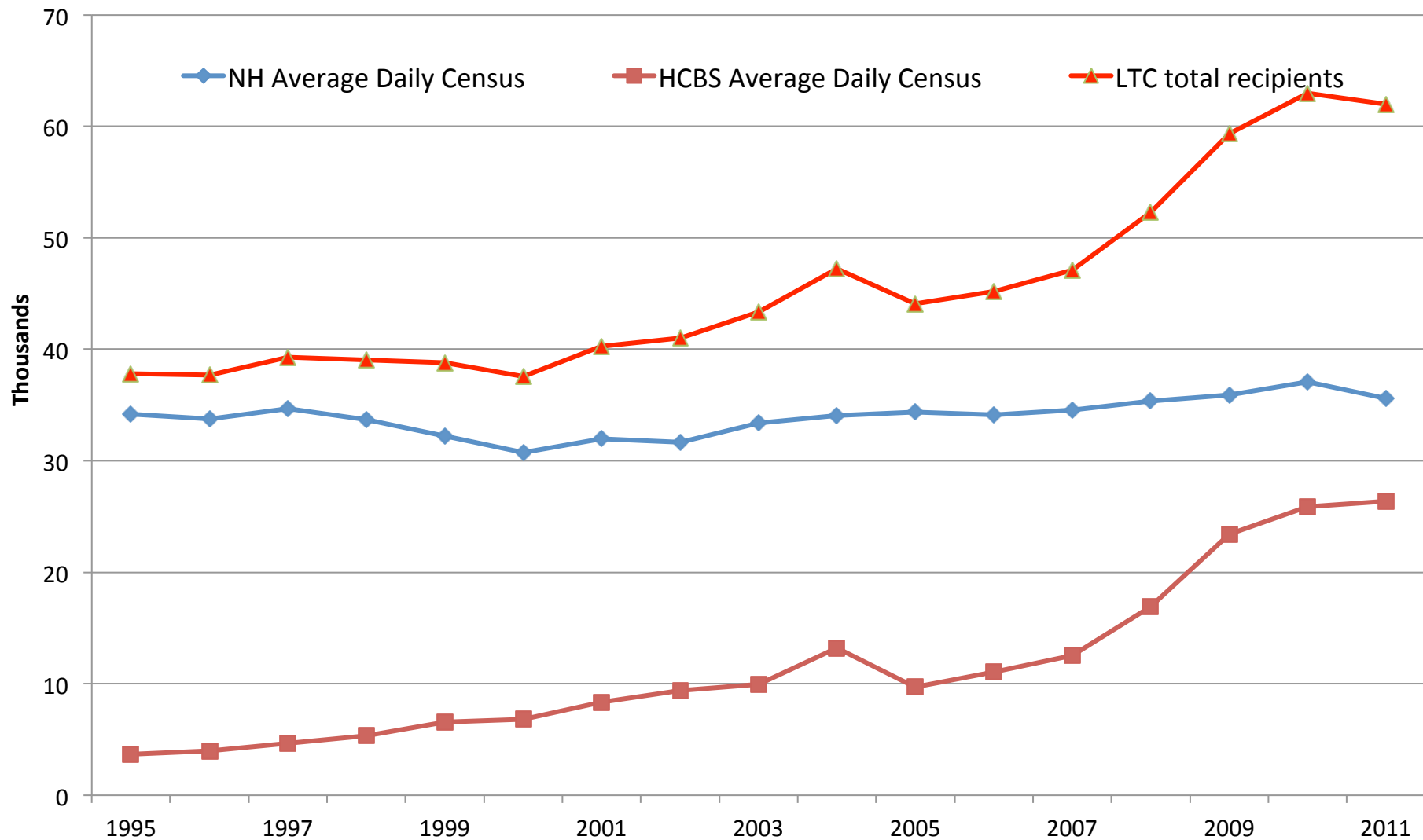
% Change in Population from 2000



% Change in Population from 2000



Veterans Receiving VA-Financed LTC 1995-2011



Source: H. Stephen Kaye, Center for Personal Assistance Services, University of California San Francisco. PAS
Center Funded by National Institute on Disability & Rehabilitation Research

Benefits to Caregivers

Caregivers

- feel less stress because they are supported in the care of their loved ones
- value education on how to better care for the veteran, medications management and oversight of Veterans' medical needs
- reported that reduced stress resulted in better health



“Well, [HPBC] just about saved my life. I’d a went down sooner, if it hadn’t of been for them coming out here. It’s a wonderful program. Because if I need anything, all I have to do is tell one of them....It’s done wonders for me.”

(Caregiver of WWII Veteran)



www.tinyurl.com/vamfhnbc



Technology to Expand Caregiver Outreach and Promote Caregiver Wellness

- VA Website for Caregivers
 - Caregiver Toolbox
 - Local Resources *“Help Near Home”*
 - *Caregiver Connections*
 - *Caregiver Chronicles*
 - Caregiver Support Line
- Class-based course for Veteran Caregivers - Utilizing Technology
- Topics covered :
 - Types of Technological Tools
 - Finding the Right Technology for your Situation
 - Including computers, tablets, mobile devices
 - Healthy vs. Unhealthy Internet Use
 - Identifying Technologies and Tools by Task
 - Glossary of Terms and Resources



Using Technology to Enhance Caregiver Access to Services: Long Term Services and Supports Website

- VA Office of Geriatrics and Extended Care supports site to facilitate understanding of services and promote access
- <http://www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp>
- Program descriptions
- Benefits and eligibility
- Connections for local services
- Shared decision making



- [Paying for Long Term Care](#)
 - [For Caregivers](#)
 - [Locate](#)
- [Caregiver Services](#)
- [Locate Veteran Services](#)

What is the Smarthome ?



Smarthome - a data system installed at Polytrauma Rehabilitation Center and in homes of Veteran with Traumatic Brain Injury to improve quality of life and reduce hospitalization cost :

- Increase safety
- Help Veterans function independently
- Reduce caregiver burden
- Facilitate care by clinician
- Increase Veteran's rate of progress

SmartHome Benefits



Safety –

- * Fall Detection
- * Detect when Veteran in dangerous area (eg Kitchen)
- * Turn off or warn of dangerous situations like a hot stove



Cognitive Prosthetic –

- * Provide (verbal, screen, watch) reminders to the patient
- * Provide ADL instructions for patients
- * Provide various cues to the patient (door unlocked)



Reports –

- * Maps that can be played back
- * Tables / Charts and Graphs (web, desktop, mobile apps)
- * Mobile Apps that notify caregiver of various situations.



Alternative Methodology?

“We need robust methods of analysis in addition to randomized controlled trials to meet the challenges of –
evaluating complex interventions
involving diverse populations
with variable comorbidities
receiving individualized care
in a rapidly evolving healthcare system”

Effective Integration of Technology

- Focus on the specific needs of the individual
- Empower individuals and their families in personal health management
- Bring healthcare to the home
- Optimal independence, safety, health and purpose
- Increase access, improve quality and lower total cost of care
- Focus on the 5% that accounts for 50% of health care costs
 - Who is that 5%?
 - NOT some minor, marginalized, disadvantaged group to be ignored
 - Represents nearly ALL of us – at a phase in OUR lives