

# Healthy at Home in Tarrant County

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## Brief Description:

The Area Agency on Aging of Tarrant County wishes to train and deploy Community Health Navigators to assist the most vulnerable persons in our community to avoid or decrease hospitalizations. These Community Health Navigators will assess where these persons are with their self management of their disease process and work to help these persons improve their care and self management of their disease process.

Below is an abstract written about the proposed project which was originally part of a grant proposal. The attached file is the detailed application for the project. Within this application under section 2.2- Operational Plan on page 19 is a flow chart with more detailed information of project which could be easily utilized for a short presentation or poster session.

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*This submission was selected as part of a national challenge issued to leaders in all communities seeking new "best practices" and "best possibilities" for the future of nutrition and aging.*

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The Area Agency on Aging of Tarrant County (AAATC), a part of United Way of Tarrant County, is a visible leader and advocate in the creation and delivery of services that promote empowerment, independence, and dignity for older citizens, persons with disabilities, and their caregivers. With support from Centers for Medicare and Medicaid Services, AAATC will lead a collaborative of local partners to provide the Healthy at Home in Tarrant County Program, focused on transforming the local health care workforce through the recruitment, training, and deployment of Community Health Navigators, to accomplish the following goals:

- Lower hospital readmission rates
- Lower unnecessary Medicare/Medicaid expenditures
- Increase participant disease self- management skills
- Increase participant knowledge of accessible community resources
- Transform the local health care system through utilization of lower cost workers to produce significant positive health outcomes
- Develop a service package marketable to payers/insurers

### Projected Targets:

- Train and deploy 12 Community Health Navigators in Year 1; 48 CHN's over 3 years
- Serve 900 clients in Year 1; 3,800 clients over 3 years
- 75% of clients served will increase at least one level of "health activation" after 6 months of CHN intervention, using the Patient Activation Measure (PAM) model
- Health care cost savings of \$3,740,000 in Year 1; \$16,100,000 will be saved over 3 years

The Area Agency on Aging of Tarrant County requests \$1,170,000 to train and deploy Community Health Navigators. The program will target Tarrant County residents age 35 and older with multiple chronic conditions, considered at high risk of hospitalization, in targeted zip codes representing diverse, vulnerable populations. Participant households qualify for and are currently enrolled in Medicare or Medicaid.

Trained Community Health Navigators will use the evidence-based and proven Patient Activation Measure (PAM) model to assess clients' knowledge, skills, and confidence integral to managing their own health and health care. With the ability to measure activation and uncover related insights into patient self-management competencies, the care support and education offered by the CHN will be more effectively tailored to help these individuals take more responsibility as active members of their healthcare and ultimately reduce hospitalizations, emergency room visits, and health care expenditures.

Key partners include the University of North Texas Health Science Center, Tarrant County College, Workforce Solutions, North Texas Area Health Center, Senior Citizen Services of Greater Tarrant County, Meals on Wheels of Tarrant County, North Texas Specialty Physicians, Health Industry Council of North Texas, Texas Christian University, Texas Health Resources Faith Community Nursing Program, and Northwood Church. Each partner, led by AAATC, will fill a unique role and will assist with education and outreach of the program to prospective clients, recruitment and training of prospective CHN's, and/or future sustainability of the project.