Healthy Communities: A Framework to Achieve Inclusion of Elders and Persons with Disabilities

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Presenters

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Agenda

• Data on Health Disparities
• Pilot Project: Reaching People with Disabilities through Healthy Communities
• Success and Sustainability in Umatilla County
• Highlights from Benton County
• Next Steps in Oregon
  – Disability Services Advisory Councils (DSACs)
Behavioral Risk Factor Surveillance System (BRFSS)

• Population-based telephone survey of adults (18 & up) conducted at state level (self-reported data)

• Limitations: People living in congregated environments are not included (prisons, assistive living programs, nursing homes, etc.); people without a telephone, or those who don’t speak English or Spanish

• Demographics, health status, chronic conditions, health behaviors, and health
Disability by Age Group – 2016 BRFSS

Disability No Disability

Age 65+

- Disability: 36.1%
- No Disability: 63.9%

Age 18-64

- Disability: 22.3%
- No Disability: 77.7%

Age 65+ Age 18-64
Current Health Status - 2016 BRFSS

Health Status

- Excellent/Very Good/Good: 92.0%
- Fair/Poor: 8.0%

OR Disability OR No Disability
Exercise in the last 30 days - 2016 BRFSS

Physical Activity and Exercise (Last 30 days)

- Had Physical Activity or Exercise: 69.1%
- No Physical Activity or Exercise: 30.9%

OR Disability OR No Disability
Current Body Mass Index - 2016

BRFSS

Body Mass Index

<table>
<thead>
<tr>
<th>Category</th>
<th>OR Disability</th>
<th>OR No Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal Weight</td>
<td>30.5%</td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td>29.8%</td>
<td>34.3%</td>
</tr>
<tr>
<td>Obese</td>
<td>39.7%</td>
<td>25.7%</td>
</tr>
</tbody>
</table>

OR Disability  OR No Disability
Living with Diabetes - 2016 BRFSS

Diabetes

OR Disability: 19.4%

OR No Disability: 6.3%
Living with Diabetes - 2016 BRFSS

Diabetic

Age 65+
18.5%

Age 18-64
6.9%
Current Smoking Status - 2016 BRFSS

Smoking Status

- Current Smoker: 25.6% OR Disability, 13.1% OR No Disability
- Former Smoker: 34.0% OR Disability, 24.2% OR No Disability
- Never Smoker: 40.4% OR Disability, 62.7% OR No Disability
Special Thanks!

National Partners:
• National Association of Chronic Disease Directors
• National Center on Birth Defects and Developmental Disabilities, CDC
• National Center on Health, Physical Activity and Disability
• Lakeshore Foundation
Reaching People with Disabilities through Healthy Communities

Purpose: To accelerate policy, system, and environmental (PSE) changes in a community toward inclusivity so that people with disabilities (and older adults) have greater access and opportunities for healthy living where they live, learn, work, play, and receive care.
NACDD Video

• 'Reaching People with Disabilities through Healthy Communities' Video Highlights 10 Inclusive Communities
Oregon’s Pilot Project Partners

- Oregon Office on Disability and Health at OHSU
- Umatilla County’s Public Health and Clearview Disability Resource Center
- Benton County’s Public Health
Process Overview: Building Inclusive Healthy Community

Three CHII Assessments

**MACRO-COMMUNITY LEVEL ASSESSMENT**

Representatives from transportation, city planning, and public health provide information about accessibility, staff training, and community health polices and programs.

**ON-SITE ASSESSMENT**

An external and internal environmental assessment assesses potential sites e.g., schools, healthcare facilities, work sites, food site, and community institutions.

**ORGANIZATION ASSESSMENT**

- Nutritional & Healthy Eating
- Physical Activity Inclusion
- Staff Training
- General health and wellness
- Transportation to site
- Organizational Readiness for Change

*Guidelines, Recommendations, Adaptations Including Disability*

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**Coalition Building**

Identify and build partnerships

**Planning**

Data interpretation & GRAIDs* help identify strategies

**Assessment**

Community Health Inclusion Index (CHII)

**Implementation**

Community Action Plan

**Evaluation**

Follow-up & promote success stories

Dissemination

Monitoring

Technical Assistance
Onsite Assessment: Umatilla: public park with no access from parking lot to covered area

Environmental Change:

a. Worked with: City of Pendleton’s city planners and Parks & Recreation dept.

b. Park maintenance brought in dirt, leveled, paved parking lot and extended sidewalk.
Onsite Assessment:
Umatilla public park with no access from parking lot to covered area

- Access to covered picnic area
- Access to power-chair charging station
- Access to park trail: exercise, recreation, enjoyment of nature
Onsite Assessment:
Umatilla public park with no access from parking lot to covered area

Powerchair charging station

Invented by Darrin Umbarger
Oregon State Capital: 1st in the Country
Power-chair Charging Stations
Successes

Stations in all of the following states:
• Oregon
• Ohio
• Montana
• Iowa
• Missouri
• New York
• South Dakota
• Kansas
• Alabama
Future Expansion: Mobile Charging Stations

• Currently on Darrin’s personal van

• Confederate Tribes of Umatilla Indian reservation’s Kayak buses

• Clearview’s non-emergency transportation vans
Organizational and On-site Assessments: Pendleton's RAC increases access for PWD Systems (potential Policy) change:

- The partnership between the local Coordinated Care Organization, St. Anthony Hospital and the Racquetball Athletic Club (RAC) has resulted in 40 free, 1-year memberships for community members with disabilities who are on the Oregon Health Plan.
Fishing Pond

Partnership: Clearview, the City of Pendleton and the County Commissioners, Oregon Department of Fish and Wildlife, and Umatilla County Health Department.
Sustainability

Building for sustainability:

• Many improvements can be accomplished through environmental changes

• Long term planning through policy and procedures changes

• Listening to the experts
Sustainability

Equity and Inclusion / Sustainability

- Multiple groups interested in sustaining inclusive efforts

- EOCCO LCAC (Eastern Oregon Coordinated Care Organization’s Local Community Advisory Council)

- Long range planning and incorporating inclusion into strategic plans and department policy
Highlights from Benton County

Monroe Community
- Add power assist door

SamFit
- Add accessible and adaptable equipment to gym space

Redesign 2nd Street (downtown)
What now? Building Capacity - from pilot program to Oregon communities

Lessons learned:

• Engage target populations in this work. Their voices are essential in planning and decision-making.

• Policy work takes time and thoughtful planning.

• Build coalitions with a variety of partners. There are many groups in the community that prioritize inclusion. Public health, county disability agencies, local disability organizations,
Key Partner - Champion

Joseph Lowe
Program Analyst
Department of Human Services
Aging & People with Disabilities
Advocacy & Development Unit

DHS | Oregon Department of Human Services

OHSU
Disability Services Advisory Council

The purpose of the DSAC is to advise the local Aging and People with Disabilities Division office (DHS) on Policy guidelines and services that consumers receive. And... advocate, inform, and educate concerning the rights and needs of people with disabilities in their County.
Why this approach?

• Shows DSAC as an effective, impactful organization (builds community reputation)
• Creates and enhances collaborative relationships and community partnerships
• Allows DSAC to promote, advocate for, and influence Public Health initiatives in their communities, creating opportunities for healthy living
Why this approach?

- Builds foundation for short AND long-term change
- Less formal, less legal approach to change
- Nationally validated, evidence based tool
- Builds team strength internally for DSAC members
- Access to training and technical assistance from national partners —
Current Interested DSACs

- Multnomah County
- Clackamas County
- Clatsop, Tillamook, Yamhill, Polk & Marion Counties
- Lincoln, Benton & Linn Counties
- Marrow & Umatilla Counties
Contact Information

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Questions?
&
Thank You!
What is NCI-AD?

The National Core Indicators for Aging and Disabilities© (NCI-AD) are standard measures used across participating states to assess the quality of life and outcomes of seniors and adults with physical disabilities who are accessing publicly-funded services through Medicaid, the Older Americans Act, Program of All-Inclusive Care for the Elderly (PACE), skilled nursing facilities/nursing homes, and/or state-funded programs.

Data for the project are gathered through a yearly in-person Adult Consumer Survey administered by state Aging, Disability, and Medicaid Agencies. In Oregon the sample size was between 400 to 600.

NCI-AD data measures the performance of states’ long-term services and supports (LTSS) systems and helps state agencies with quality improvement initiatives, strategic planning, and legislative and funding priorities.

For more information about NCI-AD you can contact Naomi
Community Participation

- Have tried to leave the house but haven’t been able: 13%
- Would like a Job: 28%
- Would like to Volunteer: 41%
- As active in the Community as they like to be: 41%
- Like who they spend the time: 57%
Mood and Disability Status

Mood
- Talked to someone about feeling sad: 63%
- Feel sad or depressed: 55%

Disability
- No: 37%
- Yes: 60%
- Don't Know: 3%