



Member Program: EnhanceWellness

History:

In 1995, researchers from the Center for Health Studies, Group Health Cooperative of Puget Sound, began an evaluation of the impact of a 1-year, senior center-based chronic illness self-management and disability prevention program on health, functioning, and healthcare utilization in frail older adults. Evaluation of the program, EnhanceWellness (formerly the Health Enhancement Program), followed 201 disabled adults, aged 70 and older, to track improvements in their performance of activities of daily life (ADL). The results, later published in the Journal of the American Geriatrics Society (1), showed that the program led to improved ADL functioning in those who were disabled and thereby offered a promising strategy for limiting or reversing functional decline in disabled older adults.

Following completion of the study, Sound Generations (formerly Senior Services) was chosen to hold the license for the program and oversee its dissemination to additional sites. Sound Generations' dissemination strategy has been to license, train, and support community-based delivery sites that adopt EnhanceWellness. It has a software program, Enhance®WellWare, to guide staff through the service process as well as provide reports for the participant, staff and for funders.

Program Description:

Enhance®Wellness (EW) connects participants with a personal health and wellness coach (sometimes called "counselor") to improve physical, emotional and social well-being. Based on the Chronic Care Model, EW's participant-centered approach uses motivational interviewing techniques and validated assessment tools in multiple domains to guide health action plan creation and accountability. Using problem-solving strategies, participants clarify goals, responsibilities and activities as they work toward health-related behavioral change. This program works well as a hub to refer to other health promotion interventions and resources.

EnhanceWellness happens in three steps: screen, plan, and action:

- An EnhanceWellness screen identifies personal strengths and risks. Together the EnhanceWellness coach and the participant review a detailed health questionnaire.
- The action plan focuses on areas the participant chooses to work on and with consent, may be shared with the participant's health care provider
- The participant then moves into action with the support of their EnhanceWellness coach, who offers ongoing encouragement, feedback, and monitoring. Additional services may include problem solving, health education, and referral to support groups, including individual and family counseling, if indicated.

EnhanceWellness is a reliable complement to formal healthcare services for older adults. It has been modified to a six-month program, unless the participant chooses to continue, selecting additional health challenges to work on.

Program Outcomes:

The original randomized control trial (1) results showed:

- The total number of inpatient hospital days during the study year was significantly less in the intervention group compared with controls (total days = 33 vs 116, $P = .049$), (i.e. 72% decrease in hospital days).
- The number of hospitalized participants increased by 69% among the controls and decreased by 38% in the intervention group ($P = .083$).
- 35% decrease in psychoactive drugs

Further research (2) found, fewer participants were:

- Depressed (8.8% vs 15.9%)
- Physically inactive (15.8% vs 38.6%)
- High nutritional risk (24.3% vs 44.1%)
- Experiencing restricted activity days (35% vs 48%). (2)

Preliminary results in current National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) funded research (3) with participants aging with physical disability shows improvements in satisfaction with social role, self-efficacy for disability management, pain interference, fatigue, depression, anxiety, sleep disturbance, physical function, physical activity and fall efficacy.

Program References:

- Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP) Legacy Program
- US HHS Agency for Healthcare and Research Quality Health Care Innovations Exchange Innovation that improves Quality and Reduces Disparities
- US HHS ACL Title IID evidence-based Chronic Disease Self-Management Education program.

1. Leveille SG, et al. (1998). Preventing disability and managing chronic illness in frail older adults: A randomized trial of a community-based partnership with primary care. *Journal of American Geriatrics Society*, 46:1-9.
2. Phelan EA, Williams B, Snyder SJ, Sizer Fitts S, LoGerfo JP. (2006). A five-state dissemination of a community-based disability prevention program for older adults. *Clinical Interventions in Aging*, 1(3): 267-74.
3. Molton IR. (2016). Closing the Gap for People Aging with Disability: Adaptation as a translational research strategy. Oral presentation at the Annual Meeting of the Gerontological Society of America, New Orleans, LA.

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