



Program



Organization Description

The Area Agency on Aging of Tarrant County (AAATC), located in Fort Worth, TX, works with local organizations to develop and provide services that benefit older adults, people with disabilities and caregivers. We are part of United Way of Tarrant County and receive funding from the Texas Department of Aging and Disability Services. AAATC provides Supportive Services, Benefits Counseling, Long-Term Care Ombudsmen, Nutrition Program, Caregiver Services and an array of Evidence Based Programs.

We are committed to enhance the quality of life for our Community, and empower people to thrive independently by:

- Creating and implementing innovative, exemplary services.
- Advocating and connecting individuals and families to resources that focus on healthy living.
- Establishing and maintaining supports and partnerships for our communities.

History

For the past decade the Area Agency on Aging of Tarrant County has been a leader in the area of program innovation and evidence-based program implementation. We recognize that there is a strong correlation with dependency in activities of daily living and the increasing rates of chronic illnesses in older adults. Therefore, evidence based interventions to address these problems are becoming increasingly important to improve the quality of life for our population. Currently we provide seven Evidence Based Programs (EBPs) including:

- A Matter of Balance (MOB)
- Chronic Disease Self- Management and Diabetes Self-Management (CDSMP)
- HomeMeds
- Care Transitions (Coleman Model)
- Resources for Enhancing Alzheimer's Caregiver Health II (REACH II)
- Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)
- Stress-Busting Program for Family Caregivers

Partners and Funders

The AAATC receives Older Americans Act funding from the Texas Department of Aging and Disability Services, and numerous competitive grant from the Administration for Community Living to implement EBPs. In addition, some of the EBPs mentioned are also part of the Live Well initiative which is funded by United Way of Tarrant County.

We understand we could not do this work alone, therefore over the years AAATC has formed partnerships with key organizations in our area including: Meals on Wheels of Tarrant County, Senior Citizen Services of Greater Tarrant County, North Texas Chapter Alzheimer's Association, James L. West, The Women's Center of Tarrant County, Tarrant County Public Health Department, 3 hospital systems and 4 academic institutions, and many more.

Successes

Since implementing these programs we have reached over 18,000 individuals and currently have the largest implementation of HomeMeds in the nation and the largest A Matter of Balance Program in Texas. In addition:

- 9,070 homebound older adults have been screened for hazardous medication regimens using the evidence-based HomeMeds™ program. Over 1/3 have been referred to a pharmacist for intervention.
- 2,780 Alzheimer's caregivers have received caregiver education through our REACH II program.
- 5,438 have graduated from A Matter of Balance and Chronic Disease Self-Management and Diabetes Self-Management Programs.
- Over 800 individuals have participated in our Care Transitions Program and 94.7% were not get readmitted to the hospital within 30 days of being discharged.

Lessons Learned

EBPs provided to homebound populations with increased functional impairment have demonstrated higher reductions in health care utilization. CDC QOL instrument is being used across EBPs and providers and is sensitive to change regardless of target population. Utilization of Collective Impact model across provider organizations that share a common agenda and measurement systems is critical for scalability and long term success.

Recognition/References

United Way and the Area Agency on Aging was honored to receive and be part of all three US Administration on Community Living discretionary grants in 2015 to expand our AMOB, CDSMP, HomeMeds, REACH II and Stress-Busting Program for Family Caregivers.

Other awards include:

- The Rosalyn Carter Institute for Caregiving chose the REACH II program as a national demonstration site.
- National Association of Area Agencies on Aging (N4A) top innovation prize for REACH II in 2015.
- HomeMeds was recently named one of 2016 N4A aging achievement award recipient.



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