



Organization: Sound Generations

Organization Description:

Sound Generations (formerly Senior Services) is the most comprehensive non-profit multi-service organization serving older adults in Washington State. Established in 1967, we promote positive aging for thousands of seniors and their families each year through our integrated system of quality programs and senior centers. More than 2,500 volunteers, together with 200 employees, make our work possible and efficient. As an organization, undoing institutional racism, removing barriers to service, and focusing on the underserved in King County's refugee, immigrant, and communities of color remain top priorities.

History:

Sound Generations holds a unique place in evidence-based work. We are a multi-service organization delivering a suite of EBLC programs in King County, WA, while simultaneously managing the research, implementation and scaling of our Project Enhance programs. Project Enhance's Enhance® Fitness (EF) and Enhance® Wellness (EW) are the heart of our Health & Wellness department. EF, a low-cost, evidence-based group exercise fall prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. 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. These award-winning programs are currently implemented to support healthy living at over 75 sites locally and in 44+ states nationally. We also deliver complementary, evidence-based programs throughout King County, including A Matter of Balance, PEARLS, Living Well with Chronic Conditions (CDSMP), Diabetes Self-Management Program, Chronic Pain Self-Management Program and Powerful Tools for Caregiving.

Project Enhance has two decades of experience in data collection, data management, and analytics, specifically for evidence-based programs. In 2011, we replaced our centralized paper-based data management process with the launch of an online multi-tenant data entry system. This system now maintains a dataset for our programs that goes back to 1997, including uniquely-identified demographic and program activity and outcomes data for over 100,000 unduplicated participants. We currently support more than 750 licensed system users at approximately 400 organizations nationwide who use these systems to manage and report on their own implementations of EF and EW. Based on the success of these systems, Sound Generations has been contracted to develop, manage, and support systems for other evidence-based programs, including Maine Health's A Matter of Balance, University of Washington's PEARLS, and the suite of evidence-based falls prevention programs offered nationally by US HHS Administration for Community Living grantees. Providing high-quality, user-friendly data

management and reporting tools for evidence-based programs is a major strategic focus of Project Enhance.

Partners and Funders

Sound Generations Health & Wellness enjoys strong partnerships with a diverse set of partners. We have experience working with governmental and non-governmental organizations, locally and nationally. Some of our partners include:

- CDC's Arthritis Program
- National Council on Aging
- YMCA of USA
- State government agencies
- University of Washington, Health Promotion Research Center
- University of Washington, Rehabilitation Medicine
- Kaiser Permanente of Washington
- American Specialty Health's Silver&Fit

EnhanceFitness sites receive reimbursement as a Kaiser Permanente of Washington (KPWA) Medicare Advantage Plan product offering. KPWA provides reimbursement for each plan participant class session attended. Similarly, class sites nationally can sign up for the Silver and Fit program at no charge and receive direct reimbursement from American Specialty Health for session attendance. Reimbursement offsets fitness instructor fees and provides sustainability for affiliate organizations.

Successes:

Since the years following the original study, from 1999 to today, EF has been offered in 47 states plus the District of Columbia, at over 1,300 locations under more than 300 licensed organizations. In 2013, the Y of USA became a national dissemination partner. In 2015, American Council on Exercise became a national continuing education partner. As of December 2018, EF has served over 90,000 unduplicated participants. Since 1998, EW has been offered in 11 states at 33 licensed organizations. As of December 2018, EW has served over 8,500 participants. (Note: Health outcome successes are detailed in our EBLC Program pages.)

Lessons learned:

- Desire for collaboration and partnership linking community-based organizations (CBOs) and clinical healthcare is strong
- Provider transition and referral processes need to be well understood and may need to be retooled to include external program information/connections to CBOs
- Security of patient/participant information requires input of Legal and IT departments of both organizations to integrate systems

Recognition/References

EnhanceFitness:

- US HHS ACL Title IID evidence-based Physical Activity and Fall Prevention program
- CDC Arthritis Program (CDC-AP) designated “arthritis-friendly” evidence-based intervention

EnhanceWellness:

- 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.

Project Enhance national awards include:

- International Council on Active Aging, 2006 Industry Innovators Award
- US DHHS Secretary’s 2005 Innovation in Prevention Award, Non-Profit Category
- US Administration on Aging, You Can! Program Champion, 2005
- NCOA/Health Promotion Institute, 2004 Best Practice Award

Program Contact: Paige Denison

Email: paiged@soundgenerations.org

Phone Number: 206-268-6739

Website: www.soundgenerations.org and www.projectenhance.org