



WADSA Quarterly Meeting 09/23/05

Safety and Health Improvement Project (SHIP)
Candy Goehring RN MN
Adult Day Services Program Manager



SHIP Project Overview

- Initiated June 2004 and is a two year project with an end date of May 2006.
- Project goals;
 - Seek better methods and better integration of services;
 - Improve cost efficiencies;
 - Protect limited resources; and
 - Provide healthier outcomes for people with chronic conditions.



Project Methodology

- To meet those goals the SHIP project will test the viability of enhanced coordination of services to Medicaid recipients residing in Adult Family Homes (AFH) and receiving Adult Day Health (ADH) services.
- Evaluate for avoidable or preventable conditions and hospitalizations (pneumonia, falls and injuries)



Primary Interventions

- ❑ One of the primary interventions being applied in the SHIP Project to help achieve these goals are the Lifetime Fitness Program and the Health Enhancement Program designed by the Senior Wellness Project. These interventions are designed to improve physical conditioning, decrease fall risk, and develop a participant driven wellness program.



LFP and HEP

- ❑ Lifetime Fitness Program
 - Sit to stand
 - Arm curls
 - Walking
- ❑ Health Enhancement Program
 - Client centered wellness goals and interventions to achieve those goals
 - ❑ Smoking cessation, improved socialization



Total Clients enrolled

- 25 total clients may be enrolled in the project:
 - 19 at ElderHealth NW
 - 6 at Active Day ADH
- Currently we have 22 clients currently enrolled in the project



SHIP Project Success Story Vignettes

- A common perspective surrounding the discussion of the achievements of ADHD clients is that even the smallest of successes is a major accomplishment. What most people would perceive as inconsequential in their daily life can be a major milestone for ADHD and AFH clients. Some of the success story vignettes for SHIP project clients fit into this perspective.



Cost savings based on two quarters medical expenditure data

- ❑ These percentages are the average of the two program sites.
- Overall cost savings = 58.75%
- Per capita cost savings = 63.59%



Program Challenges

- ❑ AFH provider participation and involvement with ADHD providers and adaptation of the Lifetime Fitness Program into AFH activity program.
- ❑ Modification of the LFP. Although successful, the implementation has required modifications to meet the abilities of the ADHD participants.
- ❑ Others?



Next steps

- ❑ Continue to enroll clients to maintain total capacity of the project
- ❑ Continued measurement of medical expenditure cost savings
- ❑ Measurement of LFP and HEP client outcomes
- ❑ Determine viability of application of SHIP at other centers and expansion of project