



MARIE MARTINEZ ISRAELITE, MSW

Victim Advocate
Care partner for mother



Lucy

- Mother of two sons and one daughter
- Grandmother of four
- 78 years old, one of eleven children
- Immigrant
- Retired small town pediatrician
- Activist, advocate, friend and helper to all
- Avid reader, walker, listener, and cook
- Lover of theater, plants of all kinds, dogs, and Tom Jones music
- Living with Alzheimer's Disease



A newly-born infant at Staten Island Hospital is given oxygen by Dr. Lucile Martinez, chief pediatric resident right, and nurse Grace Lampert.



Dementia as Disparity- Dr. Mor

- Nursing homes are shrinking in long stay populations but growing in post-acute care
- Clinically complex, time consuming, more staff involvement, lower utilization of billable therapy hours- nursing homes are *disincentivized to accept those with dementia*
- Positives: fewer with long stays in skilled nursing, fewer dying in skilled nursing, lower rates of hosp readmission w/in 30 days
- *People living with AD or other dementias go to lower quality nursing homes*
- What happens next? What are the outcomes for those with dementia in lower quality care?
- What should the field be measuring in addition to hospitalization rates/duration and rates of dying in hospital?

How do these healthcare disparities impact *quality of life*?

Quality of life, as defined by my mom

- Meaning and purpose
- Chance to be helpful
- Social connections/community
- Time with family
- Feeling strong
- Respect
- Being listened to
- Being able to be in nature



Quality of life, as defined by a care partner (me)

- My mom healthy and stable, with more periods of contentment than agitation and confusion
- Seeing my mom engaged and active in familiar and healthy routines
- Balance- professional roles, primary family caretaking roles, helping my mom
- Strong two-way communication with staff in her community
- Perceiving that others care for her and look out for her needs as I would
- Whole family involvement and communication
- Being offered support and new resources, not feeling like I am on my own
- Help navigating decision making and HC choices with my mom
- Time for exercise and self-care, ability to manage stress

Age-Friendly Health Systems- Rani Snyder

- 4Ms Framework: What Matters, Medication, Mentation, Mobility
- Emphasis on What Matters- according to the older adult
- *Asking “what matters?” matters*- lowers hospital admissions by 54%, lowers ICU stays by 80%, increases patient satisfaction
- Shifting focus to wellness/primary care from acute care
- St. Vincent Med Group- screening for depression went up by 40% with an annual wellness visit, 30% for falls
- ROI for providers and HC systems- what are the returns for patients and family members? Do we know anything about people’s experiences with these programs?

Age-Friendly Health Systems- Resources

- Hartford Hospital's ADAPT program
 - *Daily inpatient visits by provider include cognitive assessments- these assessments inform clinical care*
 - *Daily nursing routine includes volunteer visits, comfort, touch/backrubs, alternative therapies*
- What Matters Toolkit
 - *Cognition: goal is to maximize autonomy, get to know the patient*
 - *Don't assume that someone with cognitive decline can't engage meaningfully with the question "what matters to you?"*
 - *Consider timing*
 - ***Person-centered care***
 - *Tools for how to utilize in different interventions/settings*
 - *Culturally appropriate care*
 - *Guiding questions*
 - *Steps to having the conversation, emphasis on preparation*

Age-Friendly Health Systems Advisory Group

- 36 members
- Group composition- professional experience throughout healthcare and public health
- MDs, PhDs, RNs, MPHs
- Membership doesn't appear to include older adults/those living with dementia or individuals who have experience caring for them
- Voices of those with lived experience are essential to informing advances in this field

Making All Health Systems Age-Friendly

- Initiative goal: 20% of health systems will be age-friendly by 2020
- About 10% of the 6,146 hospitals in the US have been designated by the Institute for Healthcare Improvement as Age-Friendly
- What about the other 90% of other healthcare institutions where older adults receive care every day?
- What are the barriers to HC systems making this shift?
- How can they be further incentivized?
- How can we drive HC systems to be more age-friendly in a time of pandemic?