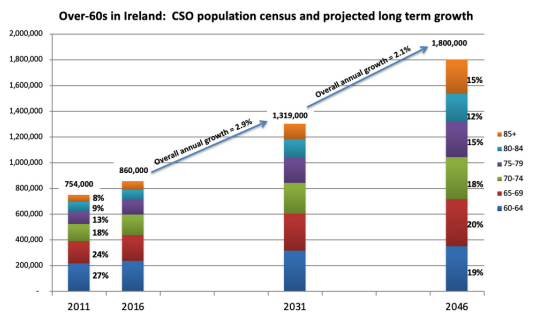


AgeWell: A unique care model for older people

Introduction

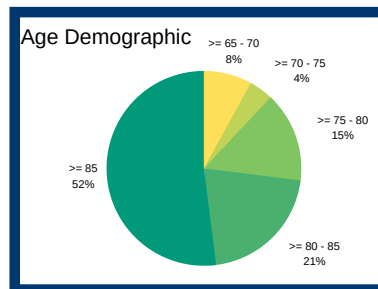
Long term population projections paint a clear picture in terms of the growth of demand for effective supports for our older people. The over-60s population is expected to grow to over 1.3M by 2031 and 1.8M by 2046 with the most rapid growth segment being the over 85's.



Source: Central Statistics Office Ireland, <http://www.cso.ie/en/statistics/population/populationandlabourforceprojections2016-2046/>

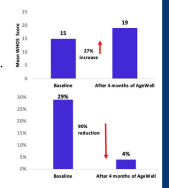
Results

- The AgeWell programme commenced in March 2018 in south Meath and on request was extended into north and central Meath.
- 154 people over the age of 60 have been referred into the programme – 75% of which were from a HSE source
- The clients were assessed at enrolment and 4 months later using the following scales:
 - WHO 5 wellbeing index
 - MOS Social support survey
 - UCLA loneliness scale
 - Physical Activity



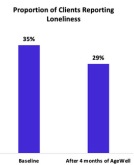
Improved Client Wellbeing

- Statistically significant gains in well-being scores with mean scores of 15 at baseline and 19 at mid-line, a 27% improvement.
- A near 90% reduction in the proportion of clients at risk for poor wellbeing (score <=12 WHO5 Wellbeing scale)



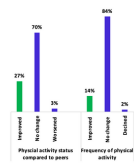
Loneliness

- Near 20% relative reduction in clients reporting loneliness



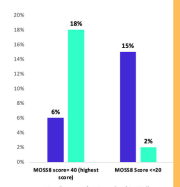
Improvements in Physical Activity

- Over ¼ (27%) of AgeWell clients reported improvement in the way they perceived their activity level in comparison to others their age from when they started the programme.
- Nearly 15% of clients reported improvement in their frequency of physical activity since joining AgeWell



Improved Social Support

- The proportion of clients reporting the highest score (MOSS8 =40) on the Social Support scale tripled from baseline (6%) to midline (18%).
- Decreased proportion of clients with low social support scores (MOSS8 <=20) by nearly 90%



How does AgeWell work?

The model combines best practice of several care coordination models and includes the following key elements:



Conclusion

After an average of 4 months receiving AgeWell services, there were significant improvements in client self-reported wellbeing, emotional and informational social support and self-rated health for 49 clients assessed. Overall reported frequency of physical activity improved along with perceived fitness levels. Furthermore, one in five of clients reporting loneliness no longer felt lonely and the proportion of clients at risk for poor wellbeing decreased by nearly 90%.

The AgeWell programme is transferable to every county in Ireland- by 2021 there will be 101,000 over 75's living alone in their own homes with growing care needs. Meath pilot began in March 2018 with 127 referrals into the service, 77% of which came from various HSE sources, demonstrating the positive impact of a coordinated response to the social care needs of older people.