



Harbor Health Services  
Elder Service Plan

What is the **PACE** program?

# A Program of All-Inclusive Care for the Elderly (PACE)

- A nationally known program that began over 30 years ago in the San Francisco community
- Recognized need for long-term care services among elderly population
- PACE model provides a full range of care to adults over the age of 55 with chronic care needs
- Model allows patients to **remain in their own homes and communities** for as long as possible

# A Program of All-Inclusive Care for the Elderly (PACE)

- Covered by Medicare and Medicaid
- 116 PACE Programs throughout the country
- Located in **32 states**, with **8 programs** in Massachusetts
- Serving approximately **32,500 elders nationally**

# PACE Participants

- 69% of patients are 80y or older
- 28% of patients are 90y or older
- Currently 9 patients enrolled, 100-102 years
- Despite meeting nursing home level of care criteria, only **14%** of PACE participants are in long term care facilities

# Common Diagnoses

- Congestive heart failure **33%**
- Diabetes **30%**
- COPD **40%**
- Dementia w/ complications **51%**
- Dementia w/o complications **22%**
- Behavioral health diagnosis **80%**

Source: PACE presentation, Harbor Health Services

# PACE: Covered Healthcare Services

- Primary Care Physicians
- Specialty Physicians
- Inpatient Hospitalization, Short Term Rehabilitation
- PACE Adult Day Center
- Prescription Adult Day Center
- Prescription Medications delivered to the home
- Visiting Registered Nurses and Home Care
- Transportation for Medical Appointments & PACE Day Center
- RN Case Management
- Physical and Occupational Therapy
- Behavioral Health Services and Social Work
- Nutritional Counseling and Dietary Services

# PACE: Additional Services

## Fair Foods Project

- Non-profit food rescue organization that provides surplus produce to those in need at low or no cost
- Services sites in the Greater Boston Area
- “Two Dollars-a-Bag” program
- Goal is to promote a healthy diet of fresh fruits and vegetables
- Available at PACE every other Wednesday





# Harbor Health Elder Service Plan

Harbor Health has sites in  
Mattapan and Brockton,  
Massachusetts.

This map shows the towns  
and cities serviced by **Harbor  
Health**.

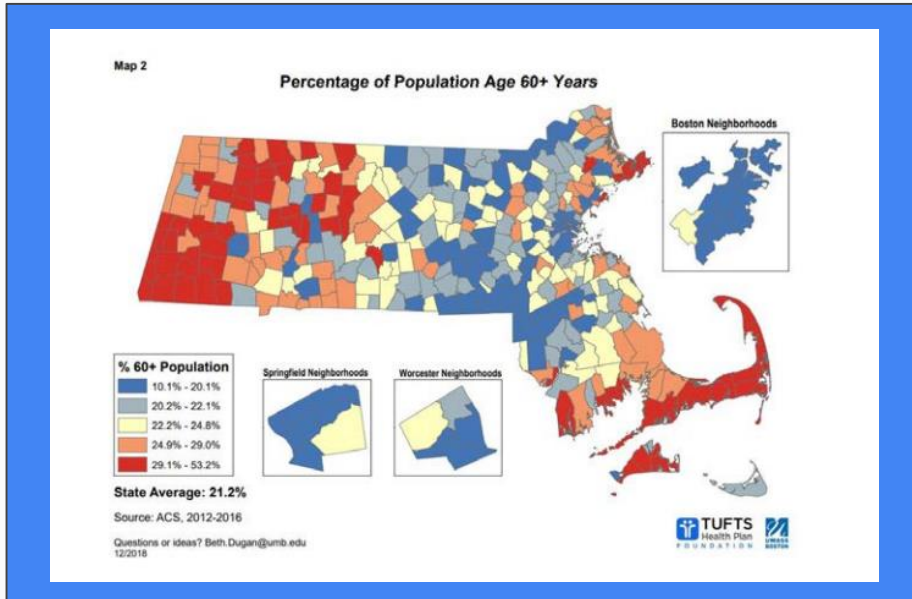


Source: <https://www.hhsi.us/elder-service-plan/becoming-a-new-patient/>

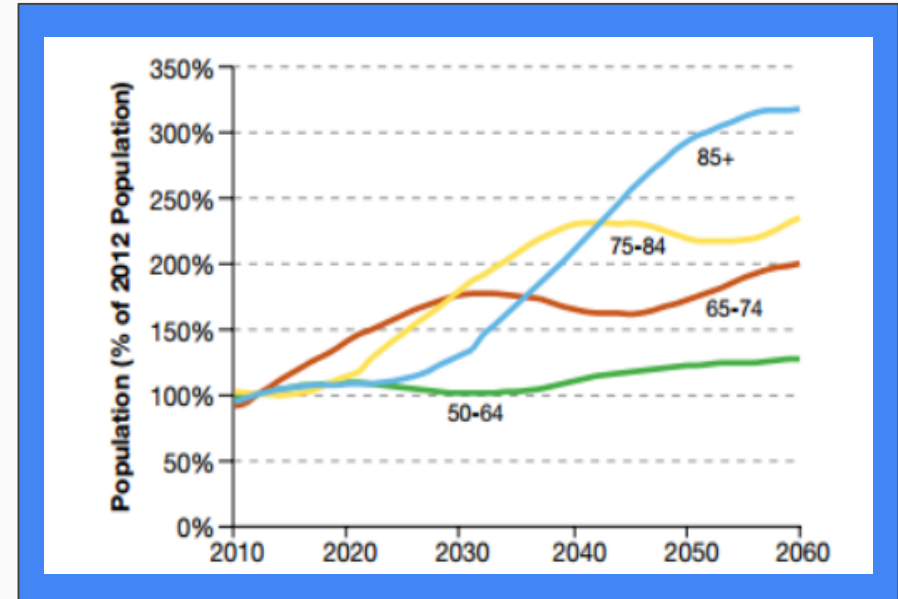
Why use the **PACE** program?



# Snapshot: The aging population in Massachusetts

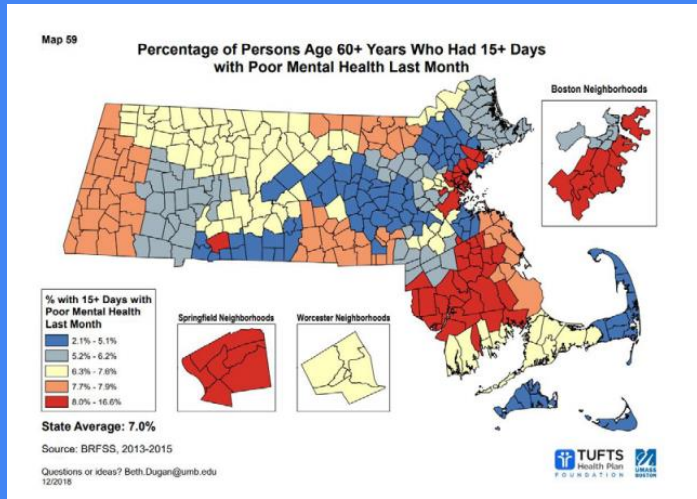


**Fig 1.** Population percentage of Massachusetts, 2016. As the percentage of the population over 60 increases, the median age also increases. This map illustrates the median age by county across the Commonwealth.

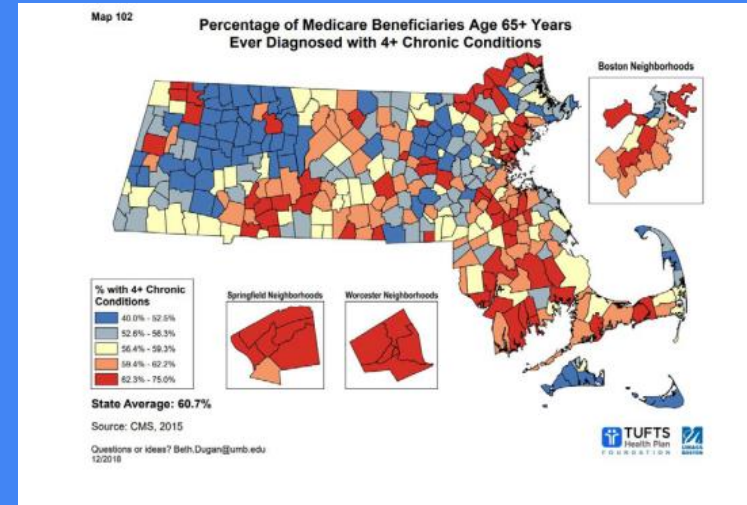


**Fig 2.** Projected population growth by age group. The fastest growing population in Massachusetts is over the age of 85, with all ages over 50 growing at a rate of over 100% from 2010 to 2060.

# Snapshot: The aging population in Massachusetts



**Fig 3.** Map of percentage of older adults with poor mental health for 15+ days in a month.



**Fig 4.** Map of older adults with 4 or more chronic conditions in Massachusetts.

# PACE Service Areas in Massachusetts

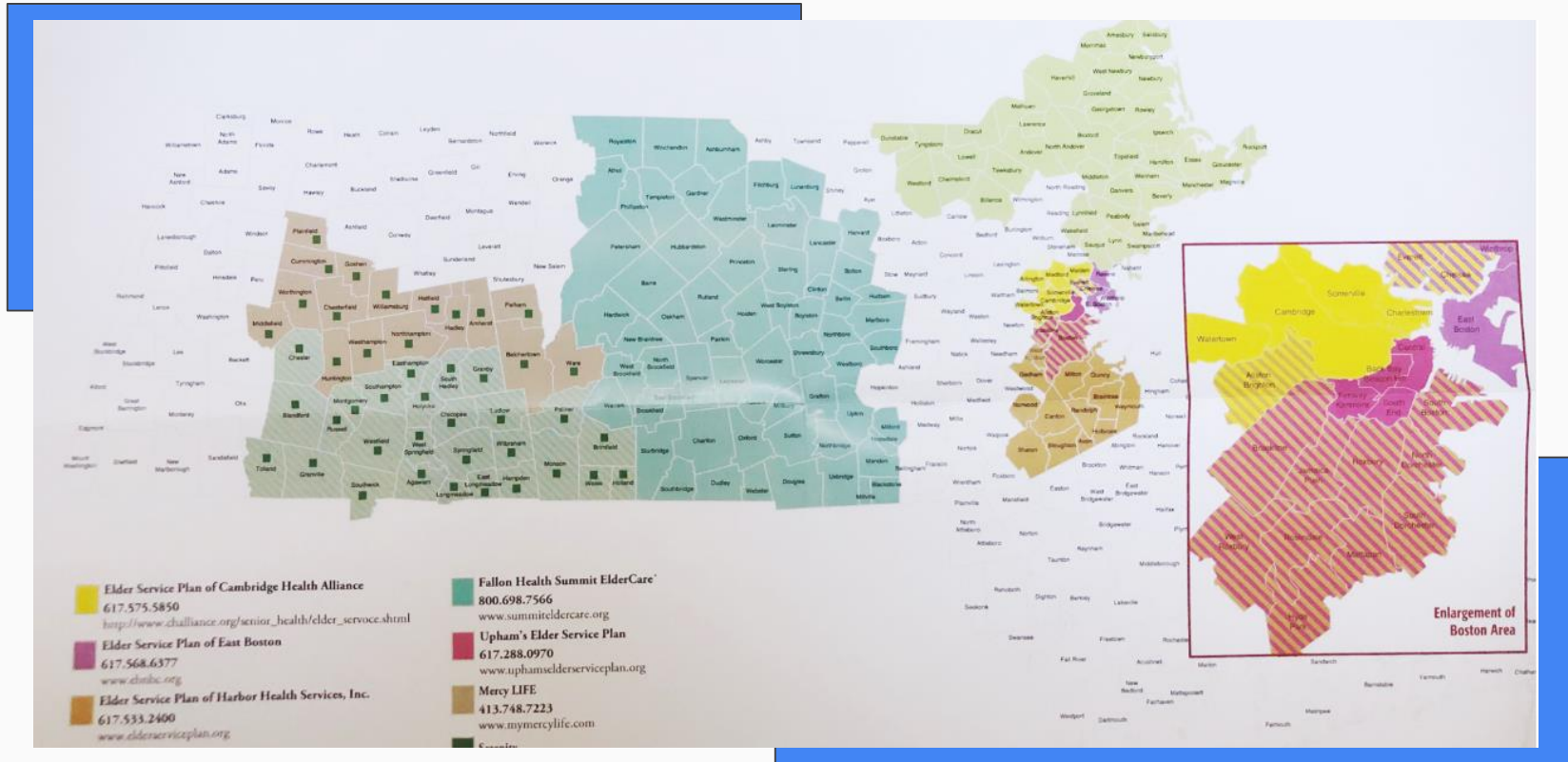


Fig 5. Massachusetts PACE Service Areas. Data provided by the National PACE Association.

# **Life after PACE (Program of All-Inclusive Care for the Elderly): A retrospective/prospective, qualitative analysis of the impact of closing a nurse practitioner centered PACE site.**

2016 article in the Journal of the American Association of Nurse Practitioners

“This study was conducted with former participants of a PACE site that opened in 2008 and closed in 2011, after the state legislature voted to terminate funding to the project.”

**Purpose:** “Evaluate how participants enrolled in a PACE program fared after returning to standard medical care following the program’s closure.”

- 34 participants (average age 79, 57% male and 53% VA participants).
- After 2-years, 14 participants (average age 77, 77.8% male and 71.4% VA participants)

## Results:


- Both number of ED visits and hospitalizations were significantly higher after PACE closure.
- Greater number of home health visits correlated to lower number of ED and hospital visits.
  - Note: “Home care is provided as part of the PACE program but is not traditionally covered under Medicare and private insurance.”
- Functional scores (ADLs and IADLS) significantly declined.
- Majority of participants (67%) reported higher level of satisfaction with PACE services as compared to usual care provided post-PACE.

## Conclusion:

- **Benefits of PACE include decreasing utilization, limiting costs, and improving quality of life.**
- Future healthcare financing should reward health systems such as PACE, and further work is needed to maintain, develop and support comprehensive models similar to PACE.



# PACE: Day Center Activities

Monday	Tuesday	Wednesday	Thursday
	<b>9:00 Coffee Social</b> 10:30 Yoga w/ Karen <b>11:00 Welcoming October!</b> <b>12:00 Lunch</b> 1:15 Travel Day: Monaco 2:30 Games or small groups	<b>9:00 Coffee Social</b> 10:00 Exercise w/ Denise 11:00 Dancing w/ Michael <b>12:00 Lunch</b> 1:15 Tai Chi 1:15 BINGO 2:30 Games or small groups	<b>9:00 Coffee Social</b> 10:00 Eldy's Yoga <b>11:00 Fall Decor craft making</b> <b>12:00 Lunch</b> 1:15 BINGO 2:30 Puzzle club, games
<b>9:00 Coffee Social</b> 10:30 Karen's Yoga <b>11:00 4-H Week Begins!</b> (Head, hearts, hands, and health) <b>12:00 Lunch</b> <b>1:00 American Bandstand Day!</b> 1:15 Devotion w/ Sherma 2:30 Bowling and/or ring toss	<b>9:00 Coffee Social</b> 10:30 Yoga w/ Karen <b>11:00 No Bake cooking group (4H-health)</b> <b>12:00 Lunch</b> 1:15 Fluffernutter day & word scramble 2:30 Games or small groups	<b>9:00 Coffee Social</b> 10:00 Exercise w/ Denise <b>11:00 Brain Teasers (4H-head)</b> <b>12:00 Lunch</b> 1:15 Tai Chi 1:15 BINGO <b>2:30 Games or small groups</b> FAIR FOODS	<b>9:00 Coffee Social</b> 10:00 Eldy's Yoga 11:00 Ted Powers <b>12:00 Lunch</b> 1:15 BINGO 2:30 Puzzle club, games
<b>CENTER CLOSED</b> <b>Columbus Day!</b>	<b>9:00 Coffee Social</b> 10:30 Yoga w/ Karen 11:00 Tom Madden <b>12:00 Lunch</b> 1:15 Celebrating Indigenous People! 2:30 Games or small groups	<b>9:00 Coffee Social</b> 10:00 Exercise w/ Denise <b>11:00 WALMART or Alaska Day!</b> <b>12:00 Lunch</b> 1:15 Tai Chi 1:15 BINGO <b>2:30 Games or small groups</b> Monthly Birthday Celebration!	<b>9:00 Coffee Social</b> 10:00 Eldy's Yoga <b>11:00 National Geographic Day!</b> <b>12:00 Lunch</b> 1:15 BINGO 2:30 Puzzle club, games
<b>9:00 Coffee Social</b> 10:30 Karen's Yoga <b>11:00 Aromatherapy lotion making &amp; herbal teas</b> <b>12:00 Lunch</b> 1:00 Gina O'Donogue 1:15 Devotion w/ Sherma 2:30 Bowling and/or ring toss	<b>9:00 Coffee Social</b> 10:30 Yoga w/ Karen <b>11:00 No Bake cooking class</b> <b>12:00 Lunch</b> 1:15 Hocus Pocus & magic tricks 2:30 Games or small groups	<b>9:00 Coffee Social</b> 10:00 Exercise w/ Denise <b>11:00 Halloween wreath making</b> <b>12:00 Lunch</b> 1:15 Tai Chi 1:15 BINGO <b>2:30 Games or small groups</b> FAIR FOODS	<b>9:00 Coffee Social</b> 10:00 Eldy's Yoga 11:00 Rick Walsh <b>12:00 Lunch</b> 1:15 BINGO 2:30 Puzzle club, games
<b>9:00 Coffee Social</b> 10:30 Karen's Yoga <b>11:00 HALLO-WEEK Begins!</b> <b>12:00 Lunch</b> 1:00 SpOOky word competition 1:15 Devotion w/ Sherma 2:30 Bowling and/or ring toss	<b>9:00 Coffee Social</b> 10:30 Yoga w/ Karen <b>11:00 Pumpkin carving/painting</b> <b>12:00 Lunch</b> 1:15 Pumpkin seed BINGO 2:30 Games or small groups	<b>9:00 Coffee Social</b> 10:00 Exercise w/ Denise 11:00 Bill Burke <b>12:00 Lunch</b> 1:15 Tai Chi 1:15 BINGO <b>2:30 Games or small groups</b>	<b>9:00 Coffee Social</b> 10:00 Eldy's Yoga <b>11:00 HALLOWEEN PARTY &amp; contest</b> <b>12:00 Lunch</b> <b>1:15 HALLOWEEN PARTY &amp; contests</b> <b>2:30 Puzzle club, games</b>

Devotions w/ Sherma- Mon • Knitting Club- Wed • Rabbi Foust- Wed & Fri • Bingo -Wed & Thurs • Manicures- As Needed • Paint Group w/ Myrna- biweekly (Wed) •



# PACE: Importance of Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Caesar salad with Caesar dressing Turkey and cheese sandwich, mustard and mayo Black bean and corn salad Fruit	2 Garden salad with French dressing Chicken pot pie w/ buttermilk biscuit Broccoli Fruit	3 Greek Salad with dressing Meatloaf w/ brown gravy Mashed Potatoes Mixed vegetables Carrot Cake	4 New England Clam Chowder Shrimp and tomato cream sauce Pasta California Vegetables Fruit
7 Garden Salad with Ranch dressing Braised beef with polenta Green Peas Chocolate pudding	8 Capresed Salad Balsamic Vinaigrette BBQ pulled pork White Hamburger Bun Mashed sweet potatoes Corn w/ red peppers Fruit	9 Garden salad w French dressing Roast beef & cheese Sandwich w lettuce sliced tomatoes Beet Salad Fruit	10 HOLIDAY MEAL Mixed Green Salad w/ Italian Dressing Chicken in sage Cream Sauce Pumpkin ravioli Green Beans Brownie/Fruit	11 Tomato Cabbage Soup White Fish Picatta Mashed Potatoes Broccoli w/Red peppers Fruit
14  HOLIDAY	15 Greek Salad w/Greek Dressing Turkey & Cheese sandwich w/lettuce and sliced tomatoes Pea Salad Fruit	16 Garden salad w/French Dressing Roast Turkey w/gravy Mashed Sweet Potatoes Collard Greens Fruit	17 Garden Salad w/Italian Dressing Cheese Quesadillas w Sour cream Sweet Potato Fries Corn w/peppers Fruit	18 Wild Rice & Vegetable Soup Beef Stroganoff Egg Noodles California Vegetables Oatmeal Cookie
21 Garden Salad w/Ranch Dressing Chicken Marsala Mashed Potatoes Green Beans Butterscotch Pudding	22 Café Spinach Salad Chicken Club Sandwich w/turkey bacon on Bulkie Potato Salad Fruit	23 Garden Salad w/French dressing Hamburger w/lettuce & Tomato Hamburger Bun Baked Beans Vegetable Medley Fruit	24 Asian Salad w/Oranges General Tso's Chicken White Rice Carrots Fruit	25 Lentil Soup Chicken Salad Sandwich w/lettuce & Tomato Lemon Rice Salad Fruit
28 Garden Salad w/Ranch Dressing Chicken Alfredo Whole Grain Pasta Broccoli Sugar free Jell-o	29 Caesar Saladw/dressing Sloppy Joe's White Hamburger bun Potato Wedges Birthday Cake	30 Garden Salad w/French Dressing Salmon Florentine Mashed potatoes Carrots Fruit	31 Garden Salad w/Italian dressing BBQ Chicken Drumstick Roasted Sweet Potatoes Mixed Vegetables Fruit	

# The PACE Interdisciplinary Care Team



# PACE: Members of the Interprofessional Care Team

- Primary care physician
- Nurses
- Nurse practitioner
- Behavioral health
- Social worker
- Physical therapist
- Occupational therapist
- Dietician
- PACE Center Supervisor
- Homecare liaison
- Aides
- Transportation



*This is one of the interprofessional care teams at Harbor Health. Each team manages approximately 150 patients.*

# Responsibilities

- Team meets every morning to discuss status of patients
- Team determines care needs and authorizes services to be provided and paid for
- Focus on **prevention** and satisfying care needs
- Formal care planning upon admission and at least every 6 months

**Four Core Competencies for  
Interprofessional Collaboration:**  
*Exploring Care Teams at PACE*

# Values/Ethics for Interprofessional Practice

1. Work with individuals of other professions to maintain a **climate of mutual respect and shared values**

# Roles/Responsibilities

2. Use the knowledge of one's own role and those of other professions to **appropriately assess and address the health care needs of patients**

# Interprofessional Practice

3. Communicate with **patients, families, communities,** and **professionals** in a responsive and responsible manner that supports a team approach



# Teamwork

4. Apply relationship-building values and the principles of team dynamics to perform effectively in different team roles to **deliver patient-centered care**

Why does **PACE** work?



# PACE Success

- Unique and comprehensive care model in terms of scope of services that can be provided and paid for
- Eliminates **fee for service** model
- Clinicians can make decisions based on care need - not what will be **paid for**
- Effective coordination among interdisciplinary team, decision-making authority
- Strong case management and home care services

# Acknowledgements



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**Harbor Health Services Inc.**, staff and PACE program enrollees!

**Fair Foods Project**

# Questions? Thank you!

