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

Source: PACE presentation, Harbor Health Services
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

Source: PACE presentation, Harbor Health Services
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

Source: https://www.hhsi.us/elder-service-plan/about-the-elder-service-plan/
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

Source: http://www.fairfoods.org/
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.

Source:
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.

Source:
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.
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<td>11:00 Welcoming October!</td>
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**CENTER CLOSED Columbus Day!**

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<td>1:15 Devotion w/ Sherma</td>
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<td>2:30 Bowling and/or ring toss</td>
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**Devotions w/ Sherma Mon - Knitting Club Wed - Rabbi Foust Wed & Fri - Bingo Wed & Thurs - Manicures As Needed - Paint Group w/ Myrna - bweekedy (Wed) -**
## PACE: Importance of Nutrition

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<tr>
<td>1. Caesar salad with Caesar dressing&lt;br&gt;Turkey and cheese sandwich, mustard and mayonnaise&lt;br&gt;Black bean and corn salad&lt;br&gt;Fruit</td>
<td>2. Garden salad with French dressing&lt;br&gt;Chicken pot pie with buttermilk biscuit&lt;br&gt;Broccoli&lt;br&gt;Fruit</td>
<td>3. Greek Salad with dressing&lt;br&gt;Meatloaf w/ brown gravy&lt;br&gt;Mashed Potatoes&lt;br&gt;Mixed vegetables&lt;br&gt;Carrot Cake&lt;br&gt;Fruit</td>
<td>4. New England Clam Chowder&lt;br&gt;Shrimp and tomato cream sauce&lt;br&gt;Pasta&lt;br&gt;California Vegetables&lt;br&gt;Fruit</td>
<td>5. Garden Salad with Ranch dressing&lt;br&gt;Grilled beef with polenta&lt;br&gt;Green Peas&lt;br&gt;Chocolate pudding</td>
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<td>6. Caprese Salad with Balsamic Vinaigrette&lt;br&gt;BBQ pulled pork&lt;br&gt;White Hamburger Bun&lt;br&gt;Mashed sweet potatoes&lt;br&gt;Corn w/ red peppers&lt;br&gt;Fruit</td>
<td>7. Garden salad w/ French dressing&lt;br&gt;Roast beef and cheese&lt;br&gt;Sandwich w/ lettuce&lt;br&gt;Sliced tomatoes&lt;br&gt;Beef Salad&lt;br&gt;Fruit</td>
<td>8. HOLIDAY MEAL&lt;br&gt;Mixed Green Salad w/ Italian Dressing&lt;br&gt;Cheese in sage cream sauce&lt;br&gt;Pumpkin ravioli&lt;br&gt;Green Beans&lt;br&gt;Brownie/Fruit</td>
<td>9. Tomato Cabbage Soup&lt;br&gt;White Rice Pluotia&lt;br&gt;Mashed Potatoes&lt;br&gt;Broccoli w/Red peppers&lt;br&gt;Fruit</td>
<td>10. HOLIDAY MEAL&lt;br&gt;Wild Rice &amp; Vegetable Soup&lt;br&gt;Beef Stroganoff&lt;br&gt;Egg Noodles&lt;br&gt;California Vegetables&lt;br&gt;Oatmeal Cookie</td>
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<td>11. Garden Salad w/ Ranch Dressing&lt;br&gt;Chicken Marsala&lt;br&gt;Mashed Potatoes&lt;br&gt;Green Beans&lt;br&gt;Butterscotch Pudding</td>
<td>12. Green Salad with French dressing&lt;br&gt;Roast Turkey w/gravy&lt;br&gt;Mashed Sweet Potatoes&lt;br&gt;Collard Greens&lt;br&gt;Fruit</td>
<td>13. Garden Salad w/ Italian Dressing&lt;br&gt;Cheese Quessadillas w/ Sour cream&lt;br&gt;Steak Potato Fries&lt;br&gt;Corn w/peppers&lt;br&gt;Fruit</td>
<td>14. Lentil Soup&lt;br&gt;Chicken Salad&lt;br&gt;Sandwich w/lettuce &amp; Tomato&lt;br&gt;Lemon Rice Salad&lt;br&gt;Fruit</td>
<td>15. Garden Salad with Ranch Dressing&lt;br&gt;Chicken Alfredo&lt;br&gt;Whole Grain Pasta&lt;br&gt;Broccoli&lt;br&gt;Sugar free Jell-o</td>
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<td>16. Garden salad w/ French dressing&lt;br&gt;Roast Turkey w/gravy&lt;br&gt;Mashed Sweet Potatoes&lt;br&gt;Collard Greens&lt;br&gt;Fruit</td>
<td>17. Garden Salad w/ Italian Dressing&lt;br&gt;Cheese Quessadillas w/ Sour cream&lt;br&gt;Steak Potato Fries&lt;br&gt;Corn w/peppers&lt;br&gt;Fruit</td>
<td>18. Lentil Soup&lt;br&gt;Chicken Salad&lt;br&gt;Sandwich w/lettuce &amp; Tomato&lt;br&gt;Lemon Rice Salad&lt;br&gt;Fruit</td>
<td>19. Garden Salad with Ranch Dressing&lt;br&gt;Chicken Alfredo&lt;br&gt;Whole Grain Pasta&lt;br&gt;Broccoli&lt;br&gt;Sugar free Jell-o</td>
<td>20. Garden Salad with Ranch Dressing&lt;br&gt;Cheese Quessadillas w/ Sour cream&lt;br&gt;Steak Potato Fries&lt;br&gt;Corn w/peppers&lt;br&gt;Fruit</td>
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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.

Source: https://www.freeclinics.com/det/ma_Neponset_WicFinance
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**
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

Heather Lyn Haley PhD, Assistant Professor of Family Medicine and Community Health

Patricia White PhD, ANP-BC, FAANP, Associate Professor, Graduate School of Nursing

Cheryl Godbout, MSW, LICSW, Harbor Health Services Inc.

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

Fair Foods Project
Questions? Thank you!