The Model eHealth Community for Aging (MeHCA)

Funded by UC Davis and the California Telehealth Network
Mission:
Exploring innovative uses of technology to empower individuals to live well, especially in their later years.

Vision:
Technology innovation has an important role to play in enhancing each individual’s ability to “live life my way” in the place he or she calls home. Our goal is to harness technology solutions that support and enhance wellbeing and help each of us thrive in mind, body and spirit.
Project Need

...for community members, residents, and other individuals

- An at-risk senior population struggling with multiple chronic diseases
- No safety net
- Linguistic isolation
- Lack of health-related education and awareness
- Perceived lack of access to healthcare
- Transportation issues

...for community-based organizations and public service agencies

- Lack of resources, infrastructure, technology, and coordination across the spectrum of service providers, healthcare clinics
- Fewer staff and personnel stretched to serve more people in need
- Distance/travel costs
Project Partners
Model eHealth Community for Aging (MeHCA)
* An initiative of the Front Porch Center for Technology Innovation and Wellbeing (FPCTIW)

<table>
<thead>
<tr>
<th>ACTIVITY AREA</th>
<th>“Self-Health Knowledge” Computer Literacy</th>
<th>“Big Screen Health”: Distance Health &amp; Safety</th>
<th>“Know Your Health!” RPM / Teleconsultation</th>
<th>“Pass on the Paper”: EHR in Community Clinics</th>
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</thead>
<tbody>
<tr>
<td>ACTIVITIES</td>
<td>Broadband/literacy training (mobile at VT/PT, SBSS, Pio Pico) • Dakim brain fitness</td>
<td>Health education video conferencing • Public safety trainings</td>
<td>Video consultations • Patient vital monitoring with BT-enabled devices and tablet PC’s</td>
<td>Coordination, planning, and support of EHR implementation and deployment</td>
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<tr>
<td>TARGET AUDIENCE</td>
<td>Seniors and other Koreatown community residents and members</td>
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<td>OUTCOMES</td>
<td>350 adults trained • 100 registered Dakim users</td>
<td>15 workshops, 750 participants</td>
<td>90 adults enrolled in Remote Patient Monitoring</td>
<td>5 student interns placed in community health care centers</td>
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EVALUATION: UCSF - evaluation design, measurements, data analysis

EDUCATION
AgeTech West-Aging Services of CA/Leading Age-CAST/Front Porch advocacy media & public relations
“Self-Health Knowledge”: Computer and Health Literacy

Project Partners
• St. Barnabas Senior Services
• Vista Towers
• Pilgrim Tower
• Dakim
• Front Porch CTIW
• CARING Housing Ministries

GOAL:
To increase awareness of and ability to access online health resources and promote brain health through broadband technology
“Big Screen Health”: Distance Health & Safety Education

**GOAL:**
1. To facilitate delivery of health- and safety-related education through video conferencing.
2. Promote wellness through video gaming.

**Project Partners**
- St. Barnabas Senior Services
- Vista Towers
- Pilgrim Tower
- KHEIR
- Front Porch CTIW
- LAC+USC
- UCSF
- CARING Housing Ministries
- Front Porch
“Know Your Health!”: Teleconsultation and Remote Patient Monitoring (RPM)

Project Partners
• CCCHC
• Vista Towers
• Pilgrim Tower
• CARING Housing Ministries
• Front Porch
• FPCTIW
• LAC+USC

GOAL:
1. Empower community members to understand and manage their own healthcare needs through remote patient monitoring and video consultations.
2. Support partner clinical capacities.
Project Outcomes To-Date

- 91 RPM patients enrolled over 4 communities
- 23 video conference workshops and over 600 participants
- 280 trained on computer and health literacy adoption
- 74 enrolled in a Dakim brain fitness program
- 12 podiatry teleconsultations
Lessons on Tech Adoption

• Sustained use w/limited resources
• Outreach, training, and ongoing support
• Technology deployment is never quick and clean
• Preparation, training, and planning are important to project success
• ...BUT flexibility to adjust to diverse populations and communities is critical.
Next Steps

• ESL video workshops on provider/patient conversations
• RPM to target re-admissions
• Exploring other tele-consultations:
  – General physician visits
  – Mental health
  – Pharmaceuticals/medications
  – Dentistry
• Expand tele-consults to additional communities
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