



About Living Well

- Living Well is provided in 2½ hour, once a week workshops over a six-week period in community settings, such as senior centers, churches, libraries, and hospitals
- Maine Office of Elder Services (OES) has funded the Living Well program with a grant from the Administration on Aging and Atlantic Philanthropies through the National Council on Aging since 2006
- Provided through Healthy Choices for ME and the Partnership for Healthy Aging and is currently available in 14 of 16 Maine counties
- Helps participants learn better ways to deal with problems, such as frustration, fatigue, pain and isolation
- Other topics include nutrition, medication use and treatments, and how to communicate with family, friends and health professionals

Data Methods

- Data covers classes that occurred between January 2007 through November 2010
- Overall study group included a total of 654 non-caregiver participants who attended four or more classes and completed a baseline survey
- The pre-post study included 375 participants who attended four or more classes and completed a baseline and follow-up survey
- Participant health outcomes are assessed at the start of the program (*first class*) and six months after the last class

Living Well: Study Results of a Chronic Disease Self-Management Program

Living Well for Better Health is a Chronic Disease Self-Management Program developed by Kate Lorig at Stanford University to help people learn better ways to cope and manage their physical and emotional health, as well as to improve their quality of life. A number of studies have shown the effectiveness of this program in improving health outcomes and reducing healthcare costs. This month's snapshot highlights results of the evaluation of this program in Maine.

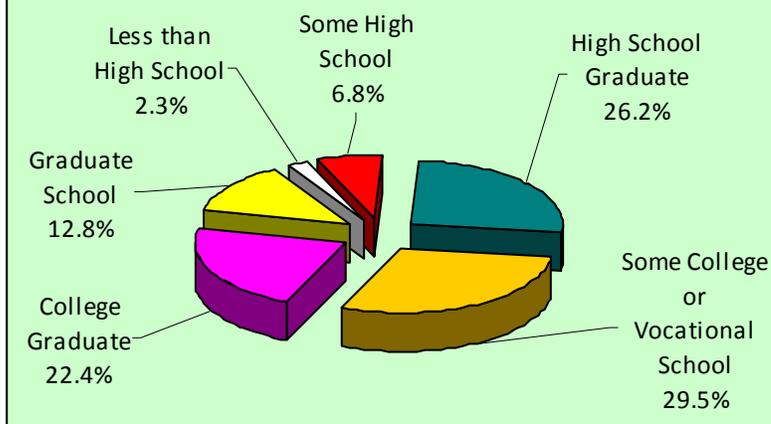


Living Well Demographics

Based on data from participants who completed a baseline survey and attended four or more classes:

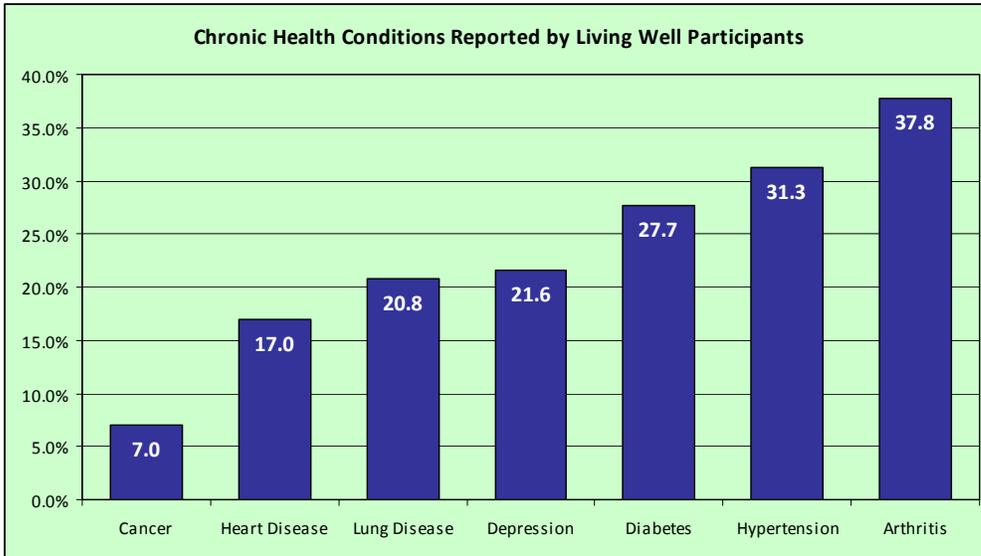
- Most (81.4%) participants were female
- Ages ranged from under 40 to 80 and older with overall average age of 66.5 years
- Average self-reported health status rating was 3.09 based on a scale of 1 (*Excellent*) to 5 (*Poor*)

Living Well Education Level



- Most participants (90.9%) completed high school or a higher level of education
 - More than one-quarter (26.2%) completed high school
 - More than two-thirds (64.7%) completed some college or vocational school or higher

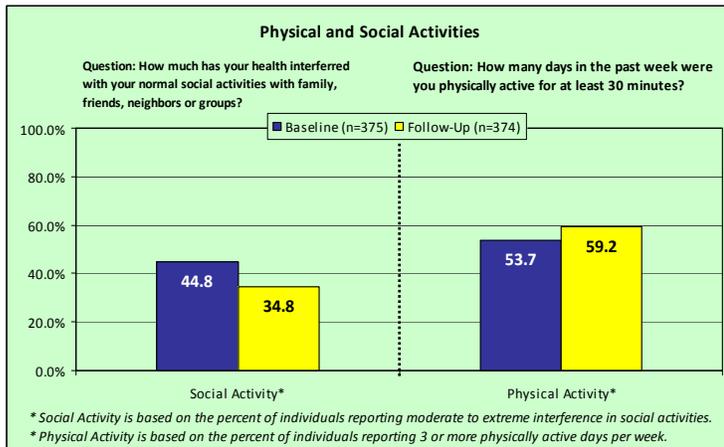
Outcomes on Maine's Living Well Program Reported at Baseline and Six Months



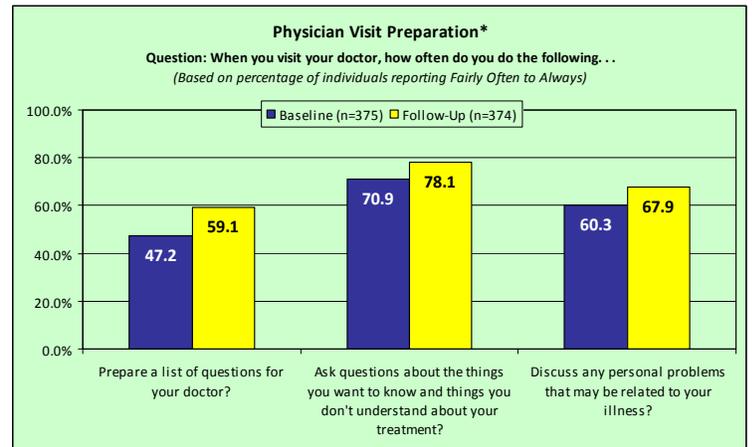
At Baseline

- Participants (n=654) reported having, on average, 1.63 chronic health conditions at entry into Living Well
- The most common chronic health conditions reported at baseline were:
 - Arthritis (37.8%)
 - Hypertension (31.3%)
 - Diabetes (27.7%)
 - Depression (21.6%)

At Follow-Up, Six Months Later



→ The results showed that program participants reported significantly less interference and restrictions in social activity and a significant increase in physical activity level at follow-up



→ The results showed that participants were significantly more likely to report that they prepared questions in preparation for doctor visits, asked questions regarding health concerns and discussed personal issues with their doctor

Questions to Consider...

1. What strategies might be considered to expand the program to include high need groups, such as MaineCare members and people with serious mental health and/or substance abuse challenges?
2. What are the potential funding strategies that might be considered to support the ongoing continuation of the program?

Contact Office of Continuous Quality Improvement Services

Tel: (207) 287-4296

TTY: 1-800-606-0215

Visit OCQIS Website

<http://www.maine.gov/dhhs/OI/index.shtml>



Paul R. LePage, Governor

Department of Health and Human Services

Maine People Living Safe, Healthy and Productive Lives

Mary C. Mayhew, Commissioner