

Hebrew Health Care, Inc.
DBA Hebrew Senior Care
Community Health Needs Assessment Implementation Strategy
2016-2018

Hebrew Senior Care, Inc. completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Board of Directors on September 7, 2016. HHC performed the CHNA in adherence with certain federal requirements for not-for-profit hospitals set forth in the Affordable Care Act and by the Internal Revenue Service. The assessment took into account input from community members, and various community organizations.

The complete CHNA report is available electronically at:

<http://www.hebrewseniorcare.org/aboutus/communitybenefits> or printed copies are available by emailing mfrancese@hebrewseniorcare.org

Hebrew Senior Care Information and Mission Statement

MISSION

Hebrew Senior Care provides the community with a broad spectrum of exceptional health care and aging services tailored to the needs of each individual.

VISION

In all of our programs and services, we will strive to be the provider of choice.

VALUES

- We strive to earn the trust of all we serve by practicing transparency in governance and operations, and by living our vision, mission and core values.
- We are non-sectarian organization proud of our historical roots in the Jewish community.
- We respect the importance of the need for individual choice as essential to providing quality services.
- We assure informed, dignified quality care to all regardless of sources of payment for services.
- We acknowledge that spirituality is an important dimension of well being.

Founded in 1901, Hebrew Senior Care is a private, non-profit senior health care provider providing the health care and residential services to older adults in the Greater Hartford area. In fact, Hebrew Senior Care has been the only health care organization whose sole focus is addressing the medical, social, emotional, and spiritual needs of seniors. The majority of our services are provided to residents of 30 towns in the Greater Hartford region. Recipients of our services are typically over age 55, have some physical care needs, and have some form of insurance: Medicare, Medicaid or private insurance.

Our mission has always been to ensure that aging adults and their families have what they require to manage complex medical, social, emotional, and spiritual needs of seniors. Our organization serves people of all religious background, but our history is steeped in Jewish tradition and our organizational culture is guided by the fundamental shared values that are the bedrock of every Jewish community: caring for the

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elderly, not forsaking the elderly when their strength fails, and honoring our mothers and fathers. Today, Hebrew Senior Care provides the following services to the seniors of our community:

The Hospital at Hebrew Senior Care

Description: Connecticut’s only stand-alone geriatric hospital. Senior patients are different from other patients. The Hospital at Hebrew Senior Care has two units specialized to meet the needs of our seniors. There is a 22 bed behavioral health unit and a 23 bed medical health unit. Our hospital experience differs in important ways, with just 10 minutes to be admitted, no unnecessary waiting in an evaluation area, individualized care, immediate evaluation from a medical provider, and a quiet, calm environment. Physician referral required.

Hoffman SummerWood

Description: Hoffman SummerWood is the most comfortable, engaging, service-oriented senior living community in Connecticut. Every day is a celebration as members enjoy an active, healthy, fulfilling lifestyle. Members delight in find kosher dining, benefit from our high-quality health services and participate in our exceptional social and cultural programs. Award-winning, Kosher, premier assisted living community with 104 apartments. Exquisitely designed and richly appointed, SummerWood’s 104 apartments are nestled in the quiet northeast corner of West Hartford.

Senior Day Center

Description: Hebrew Senior Care’s Senior Day Center is a medical model featuring daily therapeutic recreational activities, nutritious meals, and health and wellness services in a safe and caring environment. Health services available include nursing assessments, assistance with medications, onsite laboratory services, rehabilitation therapy, medical clinics, nutritional counseling and assistance with showering and bathing. The Senior Day Center is open Monday – Friday from 8:00 a.m. to 4:00 p.m. Extended hours are available upon request. The Senior Day Center provides door to door transportation from points throughout the Greater Hartford area.

Connecticut Geriatric Specialty Group

Description: Connecticut Geriatric Specialty Group is Hebrew Senior Care’s physician practice. Our medical team consists of physicians and APRNs who are board certified and have specialty training in geriatrics, with expertise in the health issues that affect older adults. Geriatric consultations offer area physicians a place to refer their patients to be seen and tracked for memory loss and cognitive issues while continuing to treat them for their primary medical needs. Geriatric consultations include: comprehensive assessment, recommendations, development of a comprehensive care plan, coordination of care with primary care physician, and ongoing management.

Dementia Care Services

Description: Dementia Care Services provides direct support as needed to the patients and clients of

Hebrew Senior Care and offers community programs to individuals and health care professionals. The Director of Dementia Care Services provides comprehensive training opportunities for either health care professionals or caregivers; senior care plan consultations; support groups for caregivers and clients; dementia risk screens; and lectures on a variety of topics related to cognitive impairments and healthy aging.

Assisted Living Services Agency

Description: Our licensed Assisted Living Services Agency (ALSA) provides on-site health care and home care services at senior residential communities, including Hoffman SummerWood in West Hartford and The Retreat in Hartford. The ALSA is licensed by the State of CT Department of Public Health. The ALSA employees an expert team of professional nurses and certified assisted living aides. The nurses are on-site seven days per week, and are available on call 24 hours a day, 7 days a week for the clients of ALSA. Health services include skilled nursing, management of medications, coordination of care, referrals for medical and social services, instruction and guidance with exercise and stretching, and assistance with personal care activities such as bathing, dressing, and eating.

The largest single generation of Americans – 78 million Baby Boomers – is retiring, and every day for the next 18 years, 8,000 Americans will turn 65 years old. Connecticut is the 7th oldest state in the nation, here is a snapshot of Connecticut's aging population:

1. Connecticut currently has 472,000 people age 65+.
2. In 2010, the population of those 65 and older comprised 14.2% of Connecticut's population.
3. Connecticut projects indicate a 57% growth in individuals age 65 and older between 2010 and 2040.
4. In Hartford alone, nearly 15% of adults are 65 and over.
5. More than 70,000 Connecticut residents suffering from dementia as Alzheimer's disease and other forms of dementia are reaching epidemic proportions.
6. Today close to 74,000 Connecticut residents have a diagnosis of Alzheimer's and more than 177,000 people have now added the job title of "Unpaid Caregiver" onto their resume.
7. Currently 4,000 people use the Alzheimer's Association's 24-hour help line annually and roughly 16,000 people participated in workshops and walks. Based on the statistics we know there are many more individuals who need help than are reaching out. The National Institute on Aging knows of no other disease experiencing such an increase.

Health Needs of the Community

The CHNA conducted in 2016 identified several significant health needs within the Greater Hartford community. Those needs were then prioritized based number of respondents that selected a specific health need. The 3 significant health needs identified included:

Dementia/Cognitive Impairment Ranked as highest priority

Medication Management Issues

Lack of Support Groups

In addition to findings above, the CHNA data identified other areas of need. Lack of family/friend support and lack of info/managements/follow up of chronic disease were mentioned.

Hospital Implementation Strategy

Hebrew Senior Care resources, mission, goals, strategic priorities and the significant health needs identified through the most recent CHNA process were all considered during the development of the hospital's Implementation Strategy.

Significant Health Needs That Will Not be Addressed:

Hebrew Senior Care acknowledges the wide range of priority health issues that emerged from the CHNA process, and determined that it could effectively focus on only those health needs which it deemed most pressing, under- addressed, and within its ability to influence. HSC will not take action on the following health needs:

- Joint and/or Back Pain
- Diabetes
- Heart Disease
- Lack of family/friend support
- Being homebound/no socialization
- Difficulty understanding MD/info overload
- Lack of info/management/follow-up of chronic disease
- Resistive to change
- Unaware of resources
- Lack of easily understandable info
- Not reading the pamphlets at the center
- Lack of self advocacy
- Lack of transportation
- Language barrier
- No access to quality/affordable long term care
- Lack of Good Insurance (Medicare Supplemental also)
- Lack of Dental Insurance

The above issues will not be addressed at this time and patients will be referred to local institutions and

specialty institutions, as needed.

This implementation strategy specifies community health needs that the Hospital has determined to meet in whole or in part and that are consistent with its mission. The Hospital reserves the right to amend this implementation strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During the three years ending in September of 2018, other organizations in the community may decide to address certain needs, indicating that the Hospital then should refocus its limited resources to best serve the community.

**CHNA IMPLEMENTATION STRATEGY
FISCAL YEARS 2016 - 2018**

HOSPITAL FACILITY:	Hebrew Senior Care
CHNA SIGNIFICANT HEALTH NEED:	Dementia/Cognitive Impairment & Lack of Support Groups
PRIORITIZATION#:	1

BRIEF DESCRIPTION OF NEED:
Most respondents listed dementia and cognitive impairment as a top health care challenge

GOAL:
To increase awareness of and competency in management of challenges related to cognitive health disorders.

OBJECTIVE:
Persons with dementia, along with professional and family caregivers, will receive education regarding disease prevention, symptom management, and available resources.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:

1. Certified Dementia Practitioner 8 hour course offered 6 times per year (offered to area health care professionals)
2. Training for direct care staff from several area home care agencies
3. Brain Health presentations at local Jewish Community Center and local synagogues
4. Care consultation/ LCSW counseling services through CT Geriatric Specialty Group
5. Consultation services available to local agencies/facilities to promote best practices in dementia care
6. Support Group Services: (1) Caregiver Support Group for caregivers and (2) Mild Cognitive Impairment Support Group for individuals diagnosed with a cognitive impairment
7. Cognitive Strengthening Program (currently contracted for use with clients of one area home care agency, but available for other agencies as requested)

ANTICIPATED IMPACT OF THESE ACTIONS:

1. Reduced community stigma re: dementia diagnosis
2. Reduced caregiver stress/burnout among family members
3. Increased understanding and improved planning re: changing care needs
4. Proactive efforts to maintain brain functioning through engagement in healthy lifestyle practices
5. Increased effectiveness of professional caregivers in delivering dementia care best practices

PLAN TO EVALUATE THE IMPACT:
Survey-Comparison of 2018 and 2016.
Community Conversations

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:
Organizational Leadership
Monetary Support of Partners

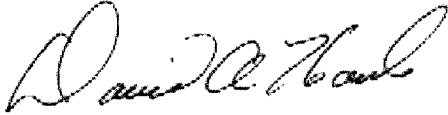
COLLABORATIVE PARTNERS:
Connecticut Senior Care Alliance

**CHNA IMPLEMENTATION STRATEGY
FISCAL YEARS 2016-2018**

HOSPITAL FACILITY:	Hebrew Senior Care
CHNA SIGNIFICANT HEALTH NEED:	Medication Management Issues
PRIORITIZATION#:	2
BRIEF DESCRIPTION OF NEED: Older adults continued to require the highest utilization of medications.	
GOAL: Community members are better advocates and consumers of medications.	
OBJECTIVE: Education community about proper and safe use of medications.	
ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED: <ol style="list-style-type: none"> 1. Participate in local Join the Discussion TV show to discuss medication use 2. Visit local Assisted Living Facility and Community Center to meet with older adults and discuss medications issues 	
ANTICIPATED IMPACT OF THESE ACTIONS: <ol style="list-style-type: none"> 1. Empower community members to be better advocates for their health 	
PLAN TO EVALUATE THE IMPACT: Survey-Comparison of 2018 and 2016. Community Conversations	
PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT: Organizational Leadership Monetary Support of Partners	
COLLABORATIVE PARTNERS: Connecticut Senior Care Alliance	

Adoption of Implementation Strategy

On 11-1-17 the Board of Trustees for Hebrew Senior Care met to discuss the 2016-2018 Implementation Strategy for addressing the community health needs identified in the 2016 Community Health Needs Assessment. Upon review, the Board approves this Implementation Strategy and the related budget.



David A Houle, Chief Financial Officer

11/1/17

Date