

MEHAF

MAINE HEALTH ACCESS FOUNDATION

PROMOTING ACCESS. IMPROVING HEALTH.

Thriving in Place Fact Sheet

In 2013, MeHAF launched its Thriving in Place (TiP) initiative to help persons with chronic health conditions (including the elderly and persons with disabilities) maintain or improve their health so they can remain safely in their homes and communities.

To keep persons with chronic health conditions out of hospitals and long-term care facilities, community-based TiP partnerships provide a more proactive, collaborative, and integrated system of care and supports. While each community's efforts are unique, TiP strategies often include chronic care self-management and medication management; care coordination and planning of transitions in care; integration of primary care, behavioral health, and specialty care with community supports to meet individual needs of patients; use of in-home technology; and/or volunteer networks. *The TiP initiative is not about developing a new program or service, but is instead about coordinating and using more effectively various resources already available in the community.* An example is having health care systems contract with a local Area on Agency to provide Meals on Wheels to a person being discharged from a hospital and his/her caregiver for two weeks. Some meals might be delivered by a nurse who checks on the person's health a couple days after discharge. Another example is having in-home services staff and volunteers trained by local community mental health centers to conduct depression screening during visits and then to link people to any services needed.

TiP partnerships include representation from at least these four community sectors:

1. Local health care providers;
2. Home- and community-based continuum of care service providers or advocates (such as the Area Agency on Aging, Community Care Teams, or home health agencies);
3. Community support providers (such as Community Action Programs, housing agencies, transportation services, and public safety); and
4. Consumers and caregivers.

Additionally, applicants are encouraged to identify other partners to support the planning effort. Some TiP projects have as many as 40 partner organizations and community leaders working together to coordinate care and services.

As of November 2015, 10 communities in Maine have been awarded Maine Health Access Foundation grants to implement TiP initiatives. Eight were awarded as planning grants in 2013. In 2014, four of those moved forward to the implementation phase. Three additional grantees moved to implementation in 2015. Two new 16-month planning grants were also awarded in 2015. Planning grantees receive up to \$40,000 and implementation grantees were awarded up to \$100,000 for each of three years. Implementation sites include: Aroostook County, Piscataquis County, Greater Bangor area, Bucksport, Blue Hill Peninsula, Western Maine (Rangeley and Farmington), and York County. Washington County and Katahdin Region are new planning TiP sites. MeHAF also provides grant support to the Tri-State Learning Community on Aging. (www.agefriendlycommunity.org).