



VITAL LIVING INSTITUTE

The Importance of Stories and Outcomes in Creating Life Plans

1:45 PM – 2:30 PM

Sr Julia Lanigan, Grey Nuns of the Sacred Heart
Valerie Palmieri, Abramson Center for Jewish Life

Kimberly Van Haitsma, Program for Person-Centered Living Systems

Sponsored by  REALM
group

Presenter

Sister Julia Lanigan

Former President
Grey Nuns of the Sacred Heart



GNSH Background & Overview

- Congregation had approximately 115 Sisters
- Median age of 79
- Sold Motherhouse property in Yardley, PA in 2012 because:
 - Decreasing number of Sisters
 - Unsustainable cost of maintaining such a large property
 - Few members able to handle property management into the future

GNSH Background & Overview

- Sale plus increasing health issues created need to:
 - Relocate at least 65 Sisters
 - Find alternative way of providing supportive health services that were traditionally provided at the Motherhouse, by our own infirmary or wellness staff
- Note: Sisters already needing personal care/assisted living were already in facilities operated by Holy Redeemer Health System.



Setting the Stage for Care Management

- We partnered with REALM to seek location(s) where Sisters, once moved, could remain for the rest of their lives:
 - aging in place
 - home health services to be brought in as needed
 - goal of avoiding future moves to health care facilities (either totally, or at least as long as possible)

Setting the Stage for Care Management

- Home Health Services
 - Goal 1: to support aging in place for each Sister
 - Goal 2: to avoid having the Grey Nuns being health care providers
- Sought: a home health provider that would include case management/life planning for the whole group, not just one Sister at a time.

Setting the Stage for Care Management

- Abramson Center for Jewish Life:
 - Willing to partner with us to make this a reality



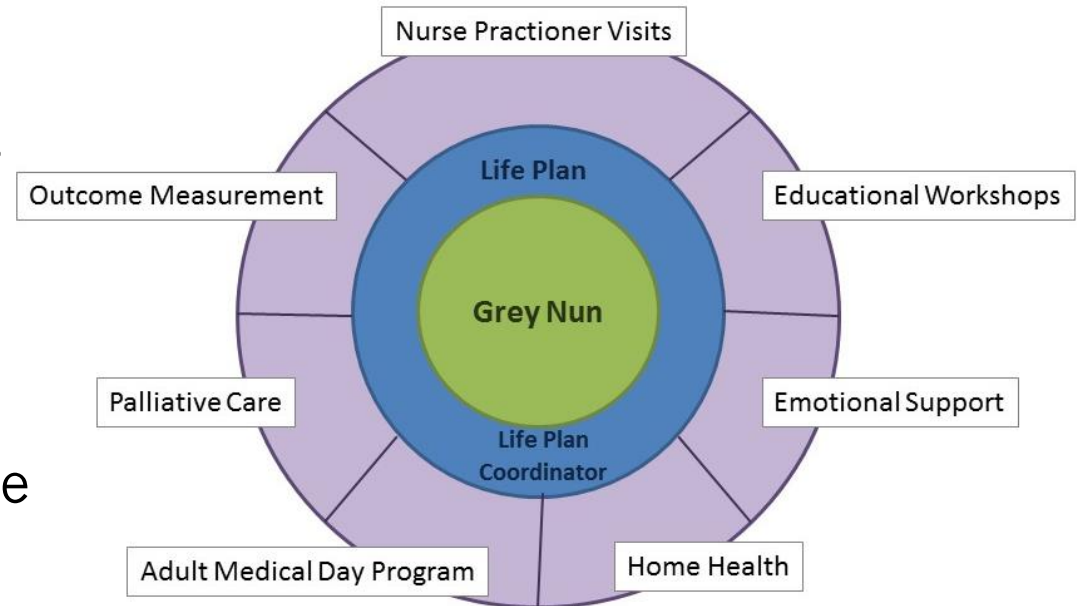
Presenter

Valerie Palmieri

Chief Operating Officer
Abramson Center for Jewish Life



- Creating a model to fit the needs of the Sisters
- Program components
- An evolving relationship
- Data driven, compassionate, resource rich program



Allergic Words



- Care plan
- Assessment
- Examination
- Geriatric
- Senior
- Care Management
- Evaluation
- Clinical terms & Health care jargon
- Nursing Home Eligible
- Acronyms – such as SNF, PCA, ADLs

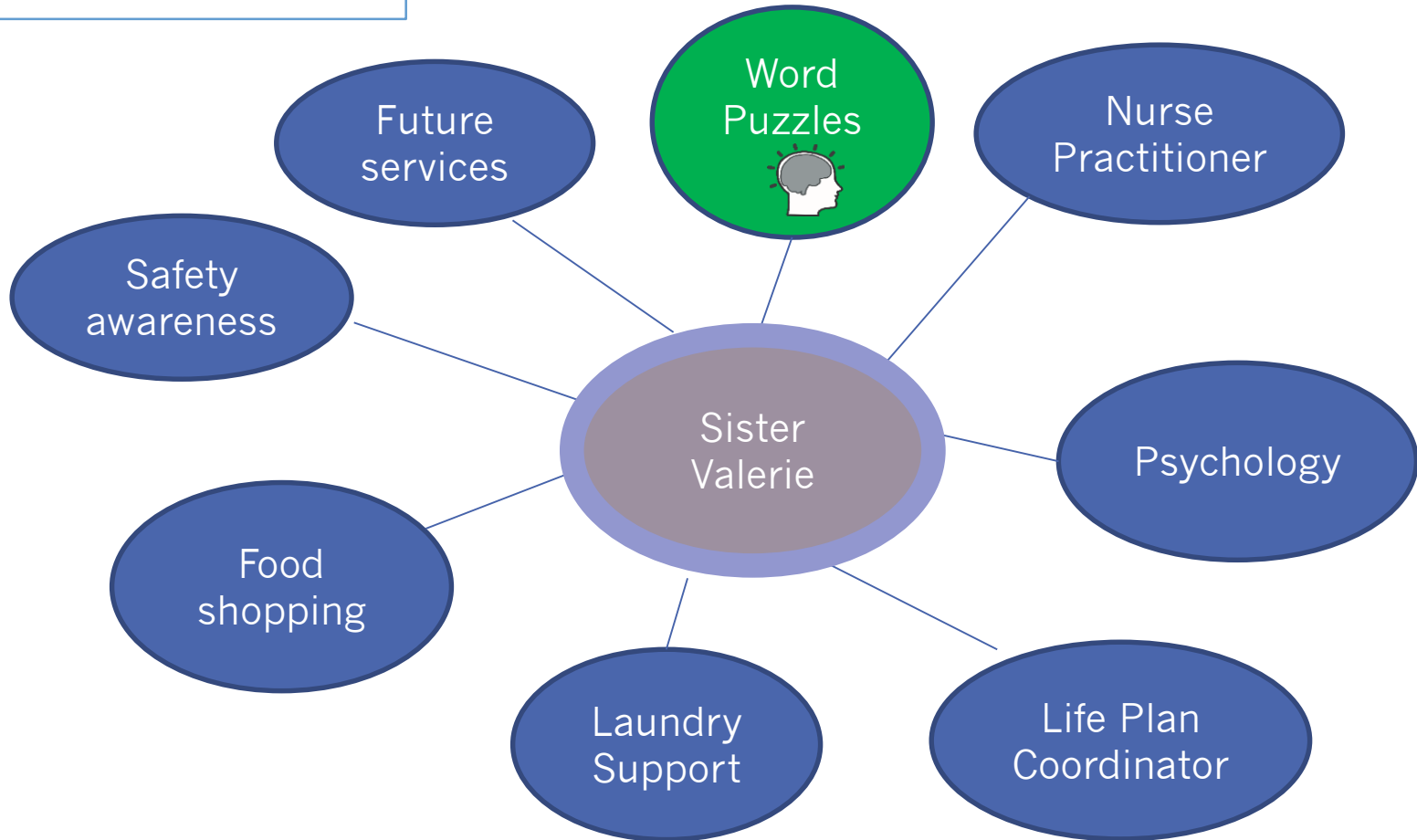
Life Plan Development

- Conversational interviews
- Preferences for Everyday Living Inventory *
- Thriving Inventory *
- Road to Good Health Questionnaire *
- ADL & IADL Screens
- Pertinent History from CLA's

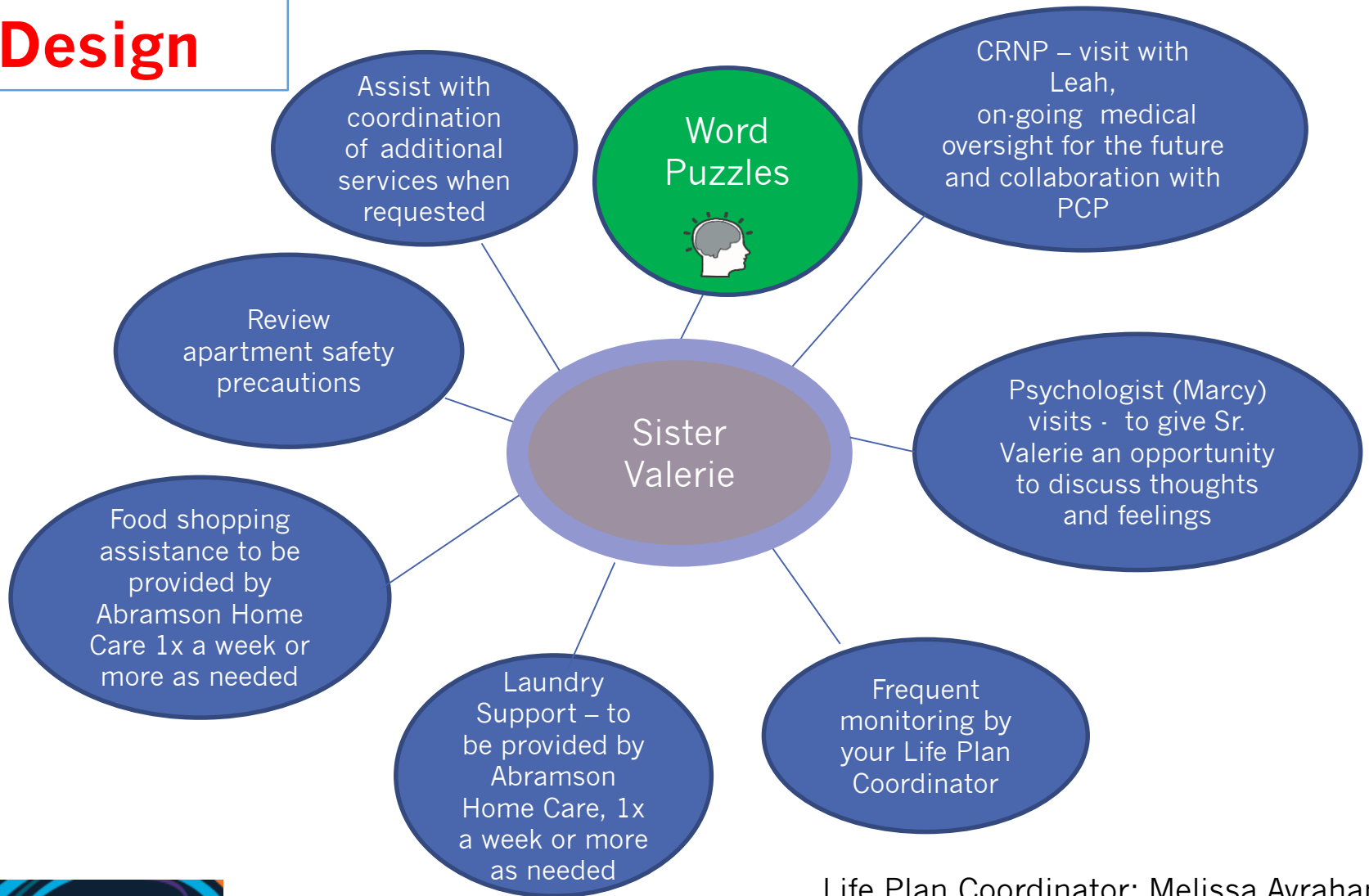


* *voluntary*

Life Plan Preferences



Life Plan Design



Life Plan Coordinator: Melissa Avraham
215-371-3400



Presenter

Kimberly Van Haitsma, PhD

Director

Program for Person-Centered
Living Systems



Preferences for Everyday Living Inventory (PELI)



Preferences for Everyday Living Inventory (PELI)

Home-Based Version (PELI-Home) ©

Name: _____

Date: _____

This preference inventory contains questions about things that are important to you in your daily life. After you read each question there is a place for you to how important that preference item is to you.

How important is it for you to choose your medical care professional?

Importance	Check all that Apply
<input type="checkbox"/> Very important (1) <input type="checkbox"/> Somewhat important (2) <input type="checkbox"/> Important, but can't do, no choice (5)	<div style="border: 1px solid gray; padding: 5px; margin-bottom: 10px;"> <p><i>What professionals do you like to see for medical care?</i></p> <p> <input type="checkbox"/> Physician <input type="checkbox"/> Nurse Practitioner <input type="checkbox"/> Physician's Assistant <input type="checkbox"/> Chiropractor <input type="checkbox"/> Other: _____ </p> </div> <div style="border: 1px solid gray; padding: 5px;"> <p><i>Would you like to continue to see your regular doctor?</i></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> </div>
<input type="checkbox"/> Not very important (3) <input type="checkbox"/> Not important at all (4)	<p><i>If yes:</i></p>



Grey Nuns: Top 4 Most Important Preferences for Everyday Living

(n=28 respondents)

- Choose your own medical professional - 23/28
 - Physician, NP, Chiropractor
- Feel better when upset - 21/28
 - Pray, read, solve the problem, be alone, listen to music, watch TV, take a walk
- Take care of the place where you live - 20/28
 - Picking up, organizing things, washing dishes, tending plants, folding laundry, decorating.
- Exercise - 20/28
 - Walking, stretching, take a class

Thriving at Home Inventory

Name: _____ Date: _____

Thriving Inventory

This inventory measures the extent to which an individual is thriving in their current home setting. Please take a few minutes to rate your experience in your current home environment.

Please circle the response which most closely matches your experience.

1. I experience my current housing to be the best possible place to live in.

1	2	3	4	5	6
Yes, I agree completely	Yes, I mostly agree	Yes, I somewhat agree	No, I somewhat disagree	No, I mostly disagree	No, I disagree completely

2. I experience my current housing to be my home even if it is different from my previous home.

1	2	3	4	5	6
Yes, I agree completely	Yes, I mostly agree	Yes, I somewhat agree	No, I somewhat disagree	No, I mostly disagree	No, I disagree completely

3. I try to make the best out of my current life situation.



Thriving Inventory Survey Results

June 2016

	Thriving Inventory Items	% that indicated "mostly/ completely agree"
High thriving	I try to make the best out of my current life situation.	96.3%
	I try to see the positive sides of being in this housing.	96.2%
	I experience this housing as a safe place.	96.2%
	I can decide how things are in my room.	92.3%
Moderate thriving	I have my own room in which I thrive.	88.5%
	I experience my current housing to be my home even if it is different from my previous home.	81.5%
	I experience this housing as a beautiful place.	80.8%
	I have a friend among my fellow residents.	80.0%
Opportunities to thrive more	I experience my current housing to be the best possible place to live in.	76.9%
	I have a nice time with fellow residents.	72.0%
	I have a strong wish to return to my previous housing if that were possible.	68.0%
	I often long to return to my previous housing.	68.0%
	I can talk to my fellow residents in a satisfying way.	62.5%
	I can spend time with my fellow residents to the extent I wish.	60.0%
	I thrive in the physical environment of this housing.	60.0%
I have meaningful relationships with my fellow residents.	56.0%	



Satisfaction Survey (n=30)



Abramson Life Plan Coordination Services

Feedback Questionnaire

1. How would you rate our efforts in helping you?

Excellent Good Needs Improvement Don't Know

2. How would you rate the coordination of services in improving your health and well-being?

Excellent Good Needs Improvement Don't Know

3. How would you rate our services in helping you to manage independently?

Excellent Good Needs Improvement Don't Know

4. Did you ever contact the Life Plan Coordinators to get help or advice?

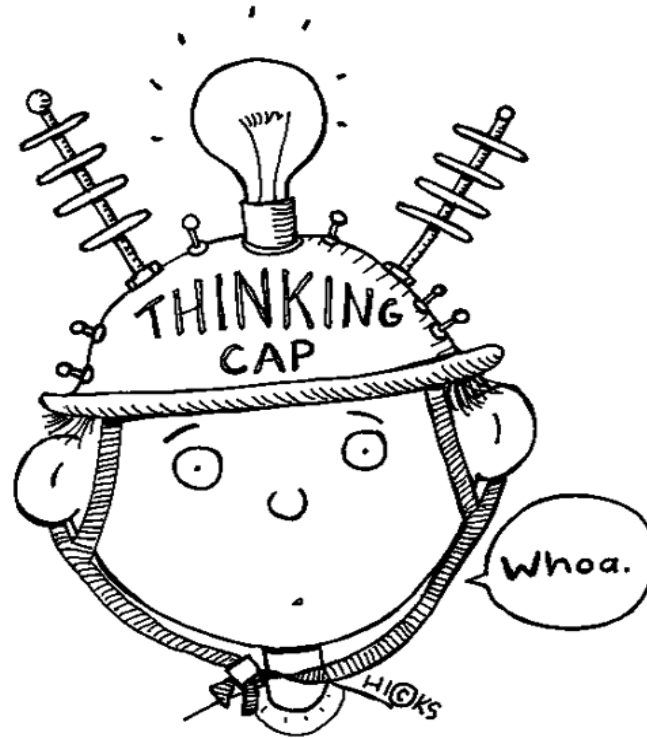
Yes (proceed to question 4) No (skip to question 5)



Satisfaction Survey Results July 2018

(n=35 out of 53)

- Overall, how would you rate the services provided through Abramson Life Plan Coordination Services?
 - **94% Excellent/Good**
 - *“I am impressed with all the help that Abramson center provides to us. I am very grateful.”*
 - *“I am still in the early stages of needing assistance. I am grateful for my life plan coordinators attention and trust she will be there when needed.”*
 - **6% Needs Improvement**
 - *“If it is really important to communicate with us once a month, the assigned person needs to work on finding a suitable time to reach me.”*



Learnings, failures, and movement toward insight

Thank you.

Sister Julia Lanigan

Former President

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