

Texas Healthy Lifestyles Report

Care for Elders, in an ongoing partnership with Baylor College of Medicine, manages the dissemination of Healthy IDEAS to potential adopters and provides training, technical assistance and oversight for program replication. Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors), is an evidence-based depression program that relies on case managers to screen clients for depressive symptoms and assess severity of depression symptoms, educate older adults and family caregivers about depression treatment and self-care, link clients to healthcare and mental health professionals, and help clients engage in behavioral activation. Care for Elders is an unfunded partner in the Texas Healthy Lifestyles Project, committed to expansion of evidence-based programs to benefit older Texans.

Healthy IDEAS in Texas:

Healthy IDEAS is being delivered to case management clients in four agencies in Houston, TX – Harris County, under the leadership of Care for Elders. Participating agencies are:

- Sheltering Arms Senior Services
- Catholic Charities of the Archdiocese of Galveston-Houston
- Harris County Social Services- Representative Payee program
- Houston Area Parkinson Society

Healthy IDEAS is also being replicated in Fort Worth, TX – Tarrant County, under the leadership of the Tarrant County Area Agency on Aging (AAA). Participating agencies are:

- Tarrant County AAA and United Way
- Catholic Charities
- Meals-on-Wheels Inc., of Tarrant County
- Senior Citizen Services of Greater Tarrant County

Nancy Wilson & Esther Steinberg presented at the Texas Conference on Aging.

Pat Gleason-Wynn of Tarrant County AAA presented at the Tarrant Area Gerontological Society

Nancy Wilson, Sharon Foerster, & Pat Gleason-Wynn presented Healthy IDEAS as part of the CDC-HAN Webinar series on Depression

Esther Steinberg and Pat Gleason-Wynn presented at the National Association of Social Workers Texas State conference

Inquiries from possible program adopters about replicating Healthy IDEAS in Texas:

- Neighborhood Centers, Inc – Houston Texas (as part of a SAMHSA expansion grant application)
- Family Services of Greater Houston– Houston, Texas
- Geriatric Wellness Center of Collin County – Plano, TX
- Lena Mae Farris Foundation & Elder-Aid – Brazos Valley, Washington, TX
- Senior Outreach Services – New Braunfels, TX

Healthy IDEAS Nationally:

- Care for Elders recently received a Science and Service award from Substance Abuse and Mental Health Services Administration (SAMHSA) for Healthy IDEAS.
- Healthy IDEAS presented at the ASA/NCOA conference in Washington, DC and at the CDC sponsored HAN depression conference in Atlanta, GA.
- Care for Elders participated in an NCOA sponsored meeting in Washington, DC regarding the diffusion of evidence-based programs, specifically Healthy IDEAS and PEARLS. Over 20 representatives from key policy organizations (AoA, CDC, NCOA, SAMHSA), funders, program adopters and experts came together to discuss and develop approaches to support the dissemination, training, technical assistance, and sustainability/maintenance over time of depression programs for older adults in the aging network.
- Healthy IDEAS has been replicated in a variety of settings: urban, suburban and rural, in ten states and has a replication support system
- In cooperation with the Center for Healthy Aging of the National Council on Aging a national “on-line” community for Healthy IDEAS is being launched in early November 2008 for replicating agencies.

Replication Sites (Agencies at differing stages of implementation)

- Texas – Houston/Harris County: Sheltering Arms Senior Services; Catholic Charities; Harris County Social Services; Houston Area Parkinson Society
- Texas – Tarrant County: Area Agency on Aging; Catholic Charities; Meals–on-Wheels; Senior Citizen Services (Fort Worth, TX)
- Arizona – Casa Grande Area Agency on Aging - Pinal-Gila Council for Senior Citizens
- Florida – Senior Services Alliance & Community Care for the Elderly (Orlando, FL)
- Florida – Charlotte County Human Services (Punta Gorda, FL)
- Florida – Miami/Dade County: Miami Jewish Home & Hospital for the Aged, United HomeCare Services, Inc
- Florida – Broward County: Area Wide Area Agency on Aging (ADRC) and Broward County & Elderly & Veterans Services
- Michigan – Pines Behavioral Health (Coldwater, Branch County)
- Maryland – Howard County Office on Aging, Dept, of Citizen Services (Columbia)
- Maine – Office of Elder Services (Maine Alzheimer’s Project) at 5 Area Agencies on Aging respite program for caregivers
- New Jersey – Jewish Family Service of Metro West (Essex County) & Jewish Family Service of Central NJ (Union County)
- Ohio – Area Agency on Aging Buckeye Hills (Marietta, OH)
- Ohio – Area Agency on Aging District 7 (Rio Grande, OH)
- Ohio – Area Office on Aging of Northwestern Ohio, (Toledo OH)
- Ohio – Alzheimer’s Association, Miami Valley Chapter (Dayton, OH)
- Vermont – Champlain Valley Area Agency on Aging (Burlington)

Medicaid Waiver Statewide Implementation Programs

- Georgia – all 10 Area Agencies on Aging throughout the state
- Maine – Elder Independence of Maine throughout the state