

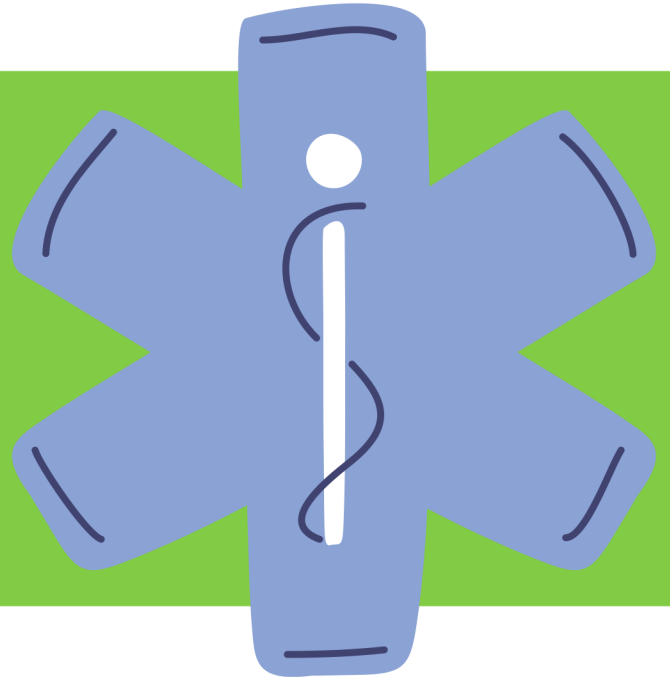


PROGRESS REPORT

SPECIAL EDITION - BEST POSSIBLE HEALTH - 2023

SPECIAL EDITION

**BEST
POSSIBLE
HEALTH**



CQL ACCREDITATION FACTOR FIVE: BEST POSSIBLE HEALTH

In keeping with our commitment to improve our person-centered excellence in the area of health, Progress has identified June as “Best Possible Health Month.” Please take a moment to read through the following information that we hope will help keep you and those you support healthy!



FACTOR FIVE: BEST POSSIBLE HEALTH

In order to maintain our CQL Person-Centered Excellence accreditation, Progress developed **four** long term plans to guide our continued growth.

Two of these plans relate to what CQL calls Factor Five: “Best Possible Health.”

We hope that our CQL long term plans will help us meet two important goals:

The goals:

1. People are healthier because their medical treatment / medication was not delayed.



2. People receive the right medication, at the right time, in the right dose via the right route.



CQL LONG TERM PLANS

What do these Long Term Plans look like?

Take a moment to review the **two** Long Term Plans that pertain to Best Possible Health below. There you'll see the **dream** (goal), **where** in the CQL priority indicators it's coming from, and **why** it's important.



CQL Long Term Plans - Best Possible Health

Person-Centered Excellence Accreditation:

5D: Acute^[1] healthcare needs are addressed in a timely manner Long-Term Plan

What's Our Dream (the goal you want to set)	Where It's From (the priority indicator it's based on)	Why It's Important (the effect on your organization)
People are healthier because medical treatment/medication is not delayed.	5D: Acute healthcare needs are addressed in a timely manner.	The population we serve is aging and are not always able to communicate when something is wrong. Attentive DSPs will help decrease illness and hospitalizations.

Person-Centered Excellence Accreditation:

5e: People receive medications and treatment safely and effectively Long-Term Plan

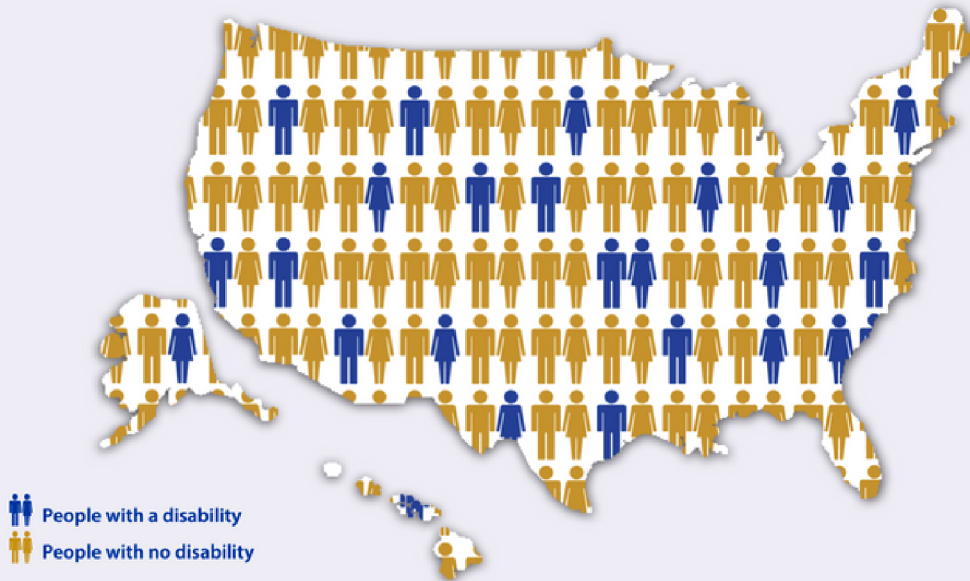
What's Our Dream (the goal you want to set)	Where It's From (the priority indicator it's based on)	Why It's Important (the effect on your organization)
People receive the right medication, at the right time, in the right does, via the right route.	5e: People receive medications and treatment safely and effectively.	A review of medication errors in community residences for individuals with mental retardation managed by one agency was performed. Medication errors were analyzed and compared to data in the literature. Although the frequency of medication errors in these residential settings was less than medication errors in hospital settings, there is concern about how common the medication error experience is: 85% of residents experienced at least one reported medication error. The number of medications administered to residents also doubled in one year. As this population ages, experiences more complex health problems, and takes more medication, medication administration practices will require systematic monitoring. ^[2]



DISABILITY & HEALTH - NATIONAL DATA



Up to **1 in 4** adults in the United States have some type of disability (27%)



Adults with disabilities are more likely to



HAVE OBESITY

With Disabilities

Without Disabilities

41.6%

29.6%



SMOKE

21.9%

10.9%



HAVE HEART DISEASE

9.6%

3.4%



HAVE DIABETES

15.9%

7.6%



Disability and Healthcare

ACCESS

Healthcare access barriers for working-age adults include

1 in 4

adults with disabilities
(18-44 years)

do not have a
usual healthcare
provider



1 in 4

adults with disabilities
(18-44 years)

have an unmet
healthcare need
because of cost
in the past year



1 in 5

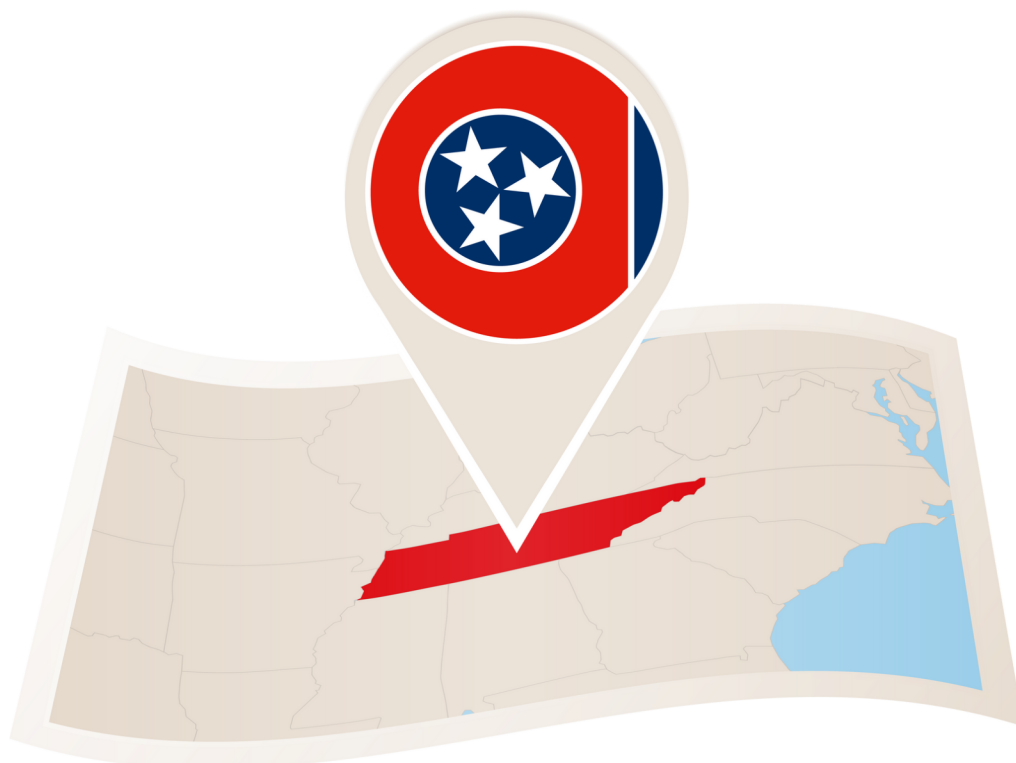
adults with disabilities
(45-64 years)

did not have a
routine check-up
in the past year





**DISABILITY & HEALTH:
TENNESSEE DATA**



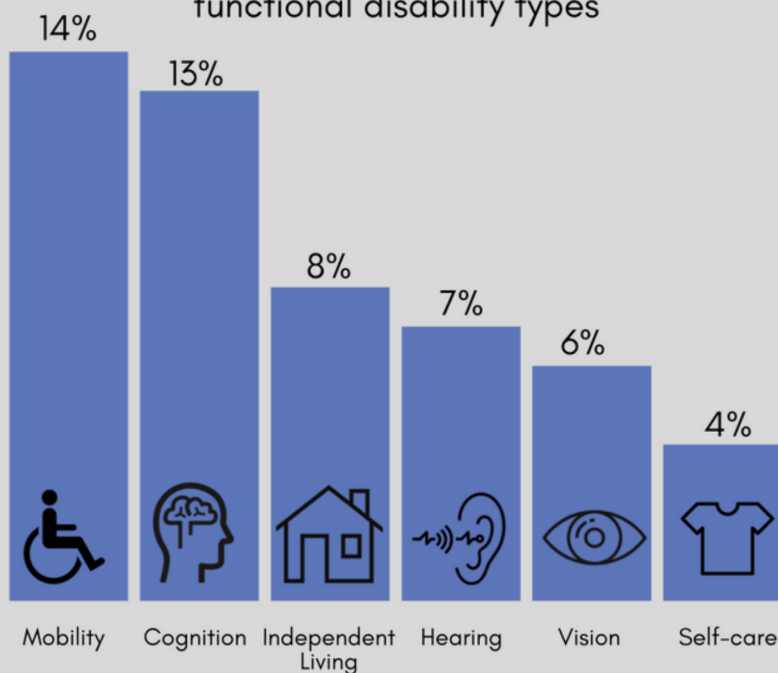
DISABILITY & HEALTH - STATE DATA



**1,552,858 adults in Tennessee
have a disability¹**

This is equal to 29% or 1 in 3 adults
in Tennessee

Percentage of adults in Tennessee with select functional disability types



Disability Types

Mobility: Serious difficulty walking or climbing stairs

Cognition: Serious difficulty concentrating, remembering, or making decisions

Independent living: Serious difficulty doing errands alone, such as visiting a doctor's office

Hearing: Deafness or serious difficulty hearing

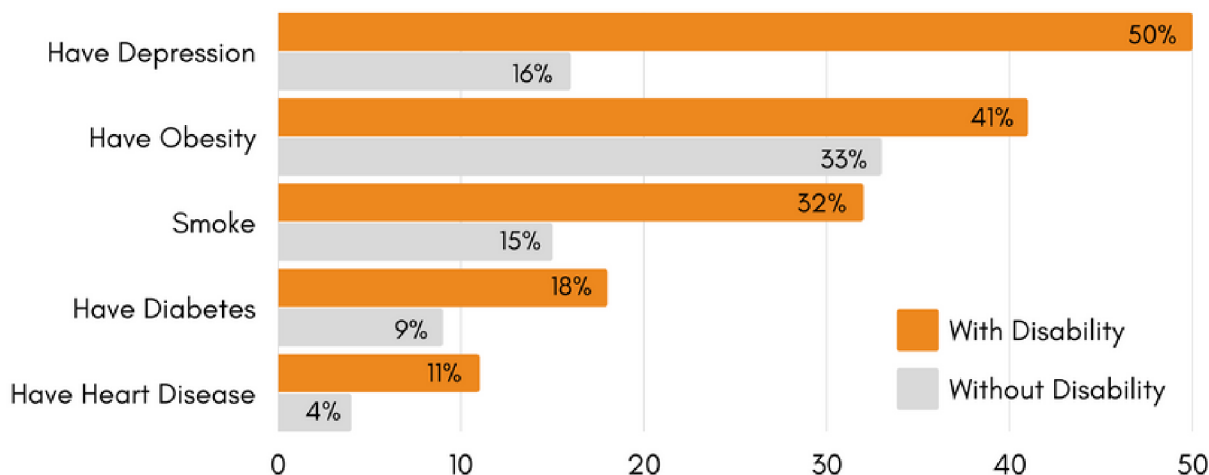
Vision: Blind or serious difficulty seeing, even when wearing glasses

Self-care: Difficulty dressing or bathing

DISABILITY & HEALTH - STATE DATA



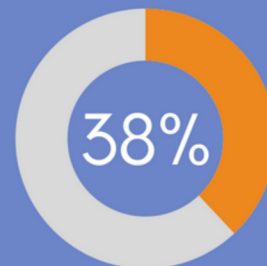
Adults with disabilities in **Tennessee** experience health disparities and are more likely to...¹



Visit dhs.cdc.gov for more disability and health data across the United States.

💰 DISABILITY HEALTHCARE COSTS IN TENNESSEE²

- About **\$17.5 BILLION** per year, or up to **38%** of the state's healthcare spending
- About **\$13,925** per person with a disability



Learn how CDC and state programs support people with disabilities at www.cdc.gov/ncbddd/disabilityandhealth/programs.html.

NOTE: DATA ARE ROUNDED TO THE NEAREST WHOLE FIGURE. FOR MORE PRECISE PREVALENCE DATA, PLEASE VISIT [DHS.CDC.GOV](https://dhs.cdc.gov).

1. DATA SOURCE: 2020 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS).

2. DISABILITY HEALTHCARE COSTS ARE PRESENTED IN 2017 DOLLARS AS REPORTED IN KHAVJOU, ET AL. STATE-LEVEL HEALTH CARE EXPENDITURES ASSOCIATED WITH DISABILITY. 2021. PUBLIC HEALTH REP.



THE FATAL FIVE



**Five important disorders to be aware of
in those you support**

The Fatal Five

The Fatal Five refers to the top five disorders linked to preventable deaths of individuals in congregate care settings or in community based residential settings. While the issues can differ in order of frequency depending on the population being represented, the five conditions most likely to result in death or health deterioration for persons with Intellectual and Developmental disabilities are:

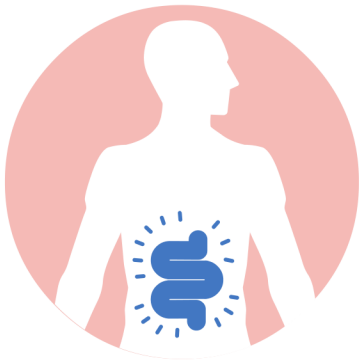
- **Bowel Obstruction/Severe Constipation**
- **GERD**
- **Aspiration**
- **Dehydration**
- **Seizures**



The Fatal Five



1. Bowel Obstruction/ Severe Constipation



The most common cause of **preventable** deaths among people with I/DD living in the community.

People with I/DD have an increased risk for constipation related illness because:

- They take medication that can cause constipation
- Sometimes they can't ask for water, lack fluid intake, or depend on others for fluid.
- Many do not get regular exercise (muscle weakness and/or limited mobility).

Warning Signs of Constipation:

- Bloating or tender abdomen
- Grunting or straining when using the restroom
- Blood in the bowel movement
- Decreased appetite
- Change in behavior (irritable/aggressive)
- Hemorrhoids

How can you prevent Constipation?

- **PAY ATTENTION:** Monitor and track bowel movements so that timely interventions can occur.
- Let your program manager know when the person has not had a bowel movement in 2 days – this means it is time for an intervention.
- Make sure people get plenty of fluids.
- Help people eat foods that are high in fiber (e.g., beans, most fruit/vegetables, avocado, banana, russet & sweet potatoes, bran cereal, whole grain bread).
- Assist people to get exercise and build muscle strength.

The Fatal Five



2. GERD



What is it?

- Gastroesophageal Reflux Disorder - Backing up of stomach contents into the esophagus

Symptoms include:

- Complaints of heart burn / indigestion
- Sore throat
- Chronic dry cough
- Regurgitation and vomiting
- Chest pain
- GERD can result in:
- Life threatening bleeding
- Esophageal cancer

How to prevent GERD?

- Make sure you follow the person's mealtime guidelines / diets.
- Give ordered medication as prescribed.
- If the person has been diagnosed with GERD, there are foods they should avoid that will aggravate the GERD / increase symptoms:
- High fat meals and fried food (French fries/onion rings, potato chips, butter, whole milk, cheese, ice cream, creamy sauces/dips)
- Highly acidic foods like tomato sauces, some fruits like pineapple, grapefruit, lemons and limes, salsa, chili, pizza sauce, garlic and onions
- Coffee / tea, alcohol, carbonated beverages, citrus and tomato juice
- Encourage the person to remain upright for an hour following a meal – laying down after eating makes symptoms worsen.

The Fatal Five



3. Aspiration



What is it?

- Infection of the lungs that occurs when fluid or other objects like food are inhaled into the lung cavity.
- The most common cause of death among adults with I/DD living in institutional settings.

Why does it happen?

- Many people with I/DD do not swallow well
- Improper positioning during mealtime
- Behavioral issues related to food
- Some people with I/DD cannot control their movements

Warning Signs of Aspiration:

- Coughing before or after swallowing food/drink
- Shortness of breath and/or Wheezing
- Fatigue
- Blue discoloration of the skin
- Cough with a foul odor
- Bad breath
- Excessive sweating

How to prevent Aspiration:

- If the person you support has a dining plan or other mealtime guidelines – FOLLOW IT CLOSELY
- Make sure the person is sitting upright (or consistent with their specific dining plan) when assisting them with meals.
- Encourage people to slow down when they are eating fast.
- Encourage sips of something to drink in-between bites.
- If someone coughs during a meal, ask them to take a break from eating to make sure their airway is clear before eating more.

The Fatal Five



4. Dehydration



What causes dehydration?

- Dehydration occurs when a person uses or loses more fluid than they take in
- A person's body doesn't have enough water and other fluids to carry out its normal functions.
- If a person doesn't replace lost fluids, they will get dehydrated.

Why are people with I/DD at risk for dehydration?

- Many people with disabilities do not swallow well and may refuse fluids or indicate fear when offered liquids
- Sometimes people restrict fluids to prevent incidents of incontinence (NEVER do this)
- They cannot always ask for something to drink when they are thirsty – depend on others to get the fluids they need

Warning signs of Dehydration:

- Reduction in urine output
- Dark colored and strong-smelling urine
- Very dry skin
- Dizziness
- Rapid heartbeat and breathing
- Sleepiness / lack of energy
- Confusion or irritability

How to prevent Dehydration:

- Frequently offer the people you support water and other fluids.
- Pay close attention to their toileting habits so you can easily recognize when something might be wrong.
- Make sure to provide breaks and access to shade/air conditioning on outings that take place outdoors in hot temperatures.
- If someone has had diarrhea, this too means increased loss of fluid which should be replenished.
- Fluid is absorbed through eating – make sure the person you supports eats meals regularly. Encourage people to eat lots of fruits and vegetables, which contain natural fluids that help them stay hydrated.

The Fatal Five



5. Seizures

- A seizure is a sudden surge of electrical activity in the brain.
- People with I/DD are more frequently diagnosed with seizure disorders than others.
- Seizures can occur in a pattern or are more likely to occur in certain situations.
- Tracking seizures is important so that doctors know how to best treat the disorder.
- Seizure deaths can occur from drug toxicity or from controlled seizures.
- Sudden unexplained death in epilepsy occurs on a fairly regular basis.

Warning signs of Seizures:

- Understand how seizures manifest for the person you support – there are many types of seizures and warning signs will differ person to person; however, these are some widely recognized signs:
- Jerking movement in the arms, legs, or body.
- Unexplained confusion, sleepiness or weakness.
- Blank stare for a period.

How to prevent Seizures:

- Make sure the person gets their medication as ordered by the physician.
- Some people have the kind of seizures that can be brought on by certain situations or environments. Make sure you know all about the person you support and their individual seizure disorder.
- Document the seizure in a seizure report – this information is used by the doctor to develop their treatment plan. It is important that they know about all the seizures the person has so they can best treat the disorder.

**HEALTHY AGING FOR
OLDER ADULTS**



A FOCUS ON HEALTH FOR PERSONS SUPPORTED - OLDER ADULTS

Older adults have unique health needs. The following [healthy aging tips for older adults](#) from the NIH are important when considering Best Possible Health as part of CQL Long Term plans for older adults.

Healthy Aging Tips for the Older Adults in Your Life

If you have older family members or loved ones, you may worry about their health as they age. Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. As a family member, it's important to encourage healthy lifestyle behaviors in your loved ones – it's never too late to start!

Healthy behavior changes can help older adults live more independently later in life. That's important both for their quality of life and for yours. If a family member loses independence – whether it's due to disability or chronic disease – you may find yourself in a caregiving role earlier than expected, which can affect family dynamics as well as finances.

So what can you do to help the older adults in your life manage their health, live as independently as possible, and maintain quality of life as they age? Read on to learn about four ways to help support and promote healthy habits in your older loved ones' lives.



BEST POSSIBLE HEALTH - OLDER ADULTS

Prevent social isolation and loneliness

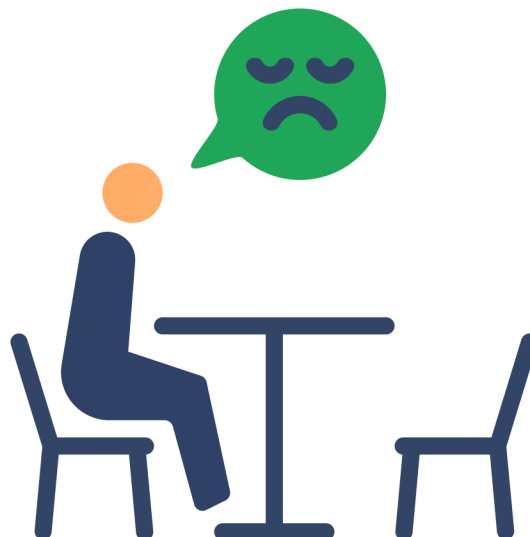
As people age, they often find themselves spending more time alone. Poor health, the death of a partner, caring for a loved one, and other situations that are more likely as people age can all lead to being socially isolated or feeling lonely.

Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly. Increased social isolation and loneliness are associated with higher risks for health problems, such as depression; heart disease; and cognitive decline, which is a decrease in the ability to think, learn, and remember.

You can play an important role in helping the older adults in your life to stay socially connected. Here are some ways you can help:

- Schedule daily, weekly, or biweekly phone calls or video chats.
- Encourage them to seek out others with shared interests, such as through a garden club, volunteer organization, or walking group.
- Search the [Eldercare Locator](#) or call [800-677-1116](tel:800-677-1116). The Eldercare Locator is a nationwide service that connects older adults and their caregivers with trustworthy local support resources.

Find additional tips to help your loved one [stay socially connected](#).



BEST POSSIBLE HEALTH - OLDER ADULTS

Promote physical activity

There are lots of reasons to make physical activity a part of daily life. Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep, and decrease feelings of depression. Most importantly, people who exercise regularly not only live longer, but also may live better – meaning they enjoy more years of life with less pain or disability. On the other hand, lack of physical activity can lead to increased visits to the doctor, more hospitalizations, and increased risk of certain chronic conditions.

Encouraging the older adults in your life to exercise may not be easy – it can be difficult to get someone to start a new activity – but the rewards are worth the effort. Following are some suggestions to help encourage exercise or other daily movement:

- Help your loved ones aim for a mix of activities, including aerobics, strength training, balance, and flexibility. This could include walking around the neighborhood, lifting weights, gardening, or stretching.
- Discuss how much activity is recommended and brainstorm ways to work it into their daily lives. Experts recommend at least 150 minutes per week of moderate-intensity aerobic exercise, and muscle-strengthening activities at least two days each week.
- Help them shop for appropriate clothing and equipment for their exercise activities. Remember, many activities don't require expensive equipment. For example, they can use filled water bottles as weights for strength training or walk outside or at a mall rather than on a treadmill.
- Share your favorite activities that get you moving. Are there any you could do together? If so, that's a bonus because you're not only helping promote physical activity but also helping to prevent loneliness and social isolation.

Learn more about the different types of exercises and find examples to help get started.



BEST POSSIBLE HEALTH - OLDER ADULTS

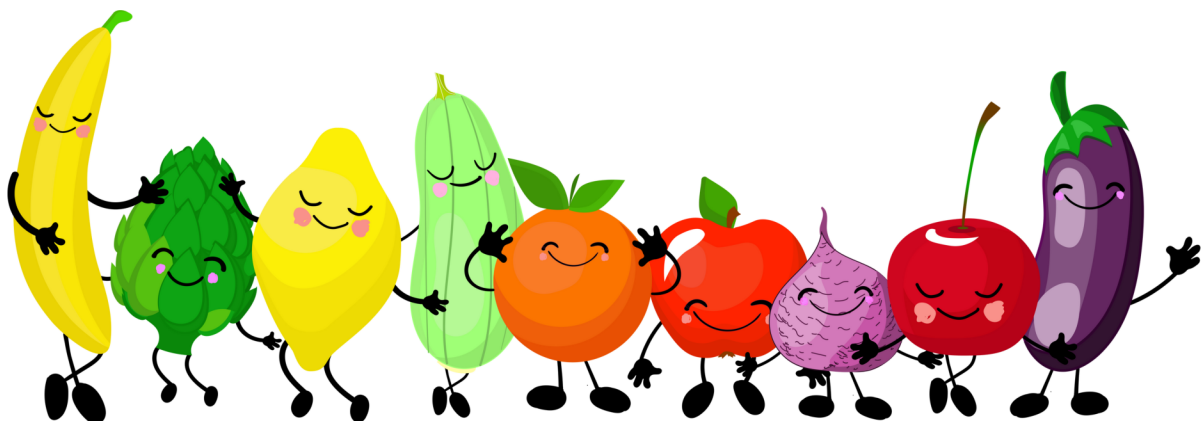
Encourage healthy eating

Healthy eating is an important part of healthy aging. As with exercise, eating well is not just about weight. Having a healthy diet can help support muscles and strengthen bones, which can help with balance and independence. A nutritious diet involving a variety of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins also can help boost immunity and lower the risk of certain health problems such as heart disease, high blood pressure, obesity, type 2 diabetes, stroke, and some cancers.

While it can be meaningful to share meals based on traditional family recipes, in some cases, those favorite dishes can be loaded with unhealthy fats and sugars. Changing long-held habits can be tough, but before you know it, there may be some new favorite foods on the table! Consider these tips to help incorporate a healthy diet in your loved ones' routines:

- Take them on a trip to the grocery store and pick out healthy options.
- Discuss their favorite traditional recipes and talk about whether you can make them healthier; for example, by substituting olive oil for butter, or yogurt for sour cream.
- Visit them once a week and make a healthy meal together. Consider cooking extra and packaging leftovers so they have individual servings to enjoy later in the week.
- Look inside their fridge and pantry when you visit. You can check for healthy options, and also ensure they aren't eating expired food or drinks.
- Encourage them to talk with their doctor or pharmacist about their diet and any vitamin and mineral supplements they may need.

Learn more about [healthy eating patterns and ways to create a nutritious meal plan](#).



BEST POSSIBLE HEALTH - OLDER ADULTS

Schedule regular check-ups with a doctor

It's important for your older loved ones to have regular health exams and medical screenings. Visit [MedlinePlus](#) to learn about health screenings for women and men. Checking in with doctors annually, and possibly more often, depending on overall health, may help reduce risk factors for disease such as high blood pressure and cholesterol levels. Regular check-ups can also help catch concerns early and improve the chances for effective treatment.

Some people visit their doctors routinely, while others avoid these types of appointments at all costs. Here are some ways to support your family members' visits with health care providers:

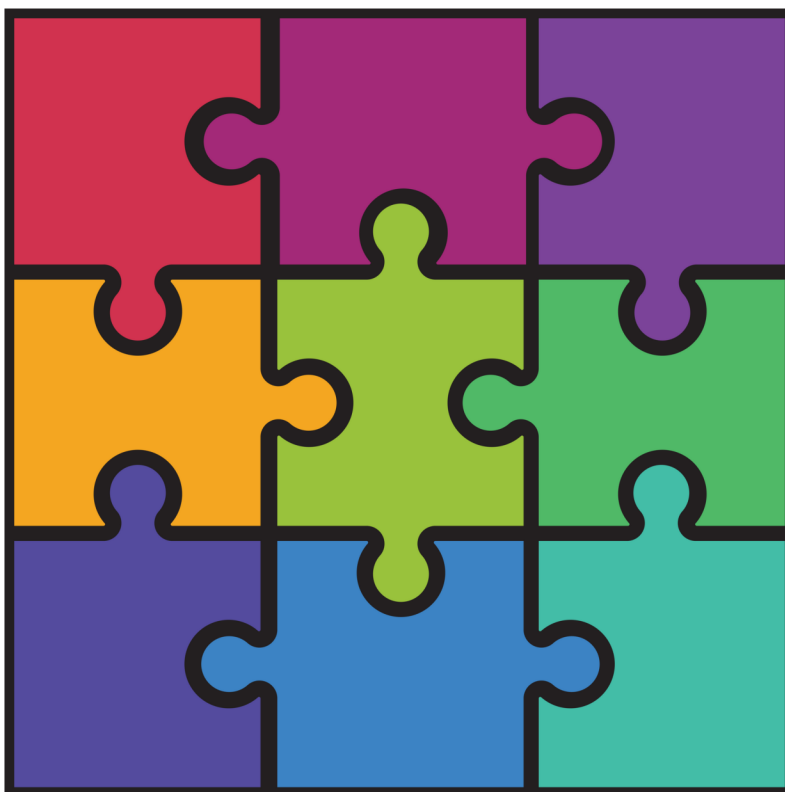
- Encourage them to reach out to their doctor immediately if they're experiencing pain or any new symptoms.
- Ask about their upcoming visits to doctors, including any specialists. Do they have the appropriate appointments scheduled and marked on a calendar? Do they need any help scheduling appointments?
- Offer to drive them to the appointment, or even go with them and take notes.
- Ask about communication with their health care providers. Are the doctors responsive to their questions?
- Help them manage medications if needed. Make sure they maintain a current list of their medications, including both prescription and over-the-counter medications and any supplements, and are sharing this list with their health care providers.
- Ask your older family member if they'd feel comfortable allowing you or another family member access to their medical records and permission to talk with their doctors. This could help them stay on top of their appointments and medications.

Find tips to help prepare for a doctor's appointment.



BEST POSSIBLE HEALTH

IN CONCLUSION



FACTOR FIVE: BEST POSSIBLE HEALTH

Together, we can continue our commitment to CQL Person-Centered Excellence.

Four long-term plans exist, which guide our continued growth.

Two of these long-term plans address Factor Five, "Best Possible Health."

By focusing on the following goals, we can ensure the health of persons supported is a priority.

The goals:

1. People are healthier because their medical treatment / medication was not delayed.



2. People receive the right medication, at the right time, in the right dose via the right route.



FACTOR FIVE: BEST POSSIBLE HEALTH

Thank
you!

Should you have any questions about Factor Five: Best Possible Health, please contact Jodi Simmons, Director of Quality Assurance and Continuous Improvement at J.Simmons@progress-inc.org.