



Kaiser Permanente Northern California – Geriatrics Overview and Strategy

San Francisco Health Service System Board of Directors Meeting
June 9th, 2022

Presenter: Michael D. Mason, MD, Regional Medical Director, Geriatrics, Continuing Care, and Complex Needs, The Permanente Medical Group

Agenda

- Importance of specialized care for the aging population
- What is geriatrics?
 - Historical context
 - Training and differentiation
- Current trends in geriatrics care
- Kaiser Permanente geriatrics model of care
- Q&A

Patient Story

My Uncle John is 79 years old and has multiple health issues stemming from diabetes, high blood pressure, and early onset dementia. He recently lost his daughter due to complications from diabetes and younger brother to a stroke. My uncle was depressed, not vaccinated against COVID-19, and isolating himself. I was so worried about him that I began helping him manage his medications and arranging and taking him to his doctor's appointments. Even with my help, my Uncle John struggled substantially, that is, until we met Dr. Allen.

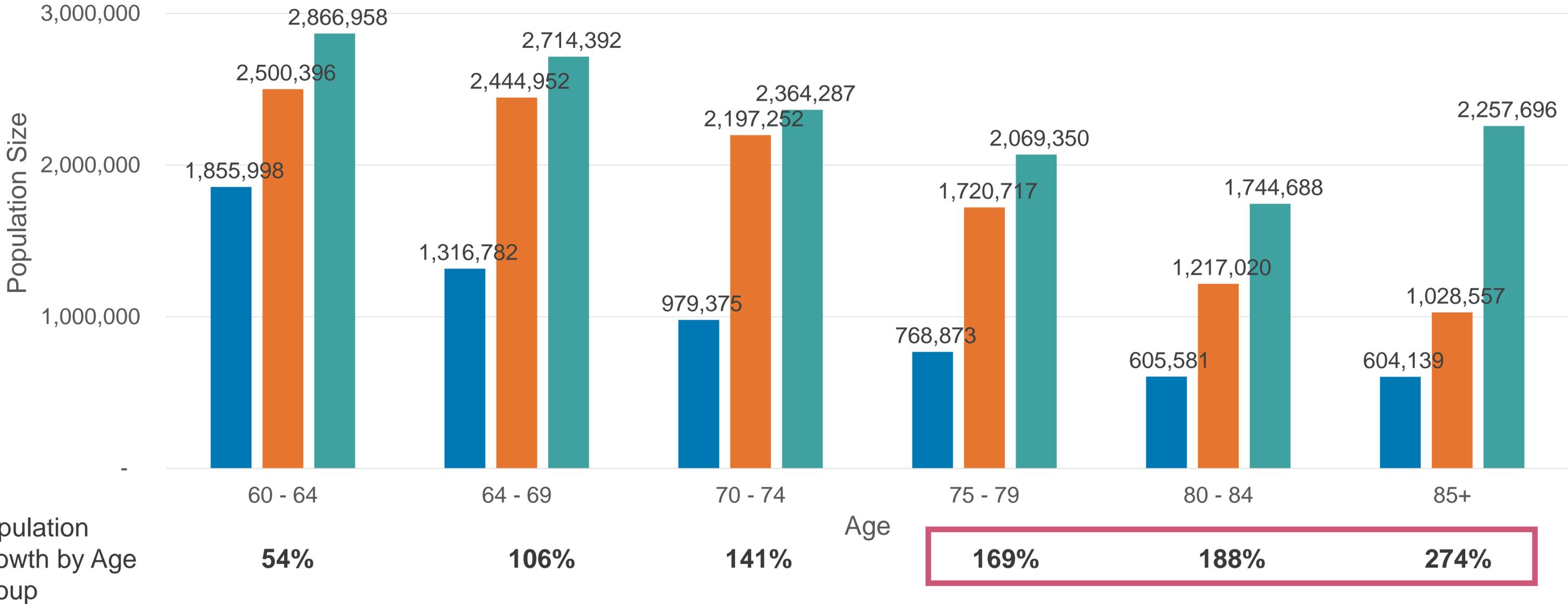


Why we need to get it right now

Greatest increase expected in population aged 75+

% Change in California's 60+ Population
2010 to 2050

■ 2010 Pop ■ 2030 Proj Pop ■ 2050 Proj Pop



Population Growth by Age Group

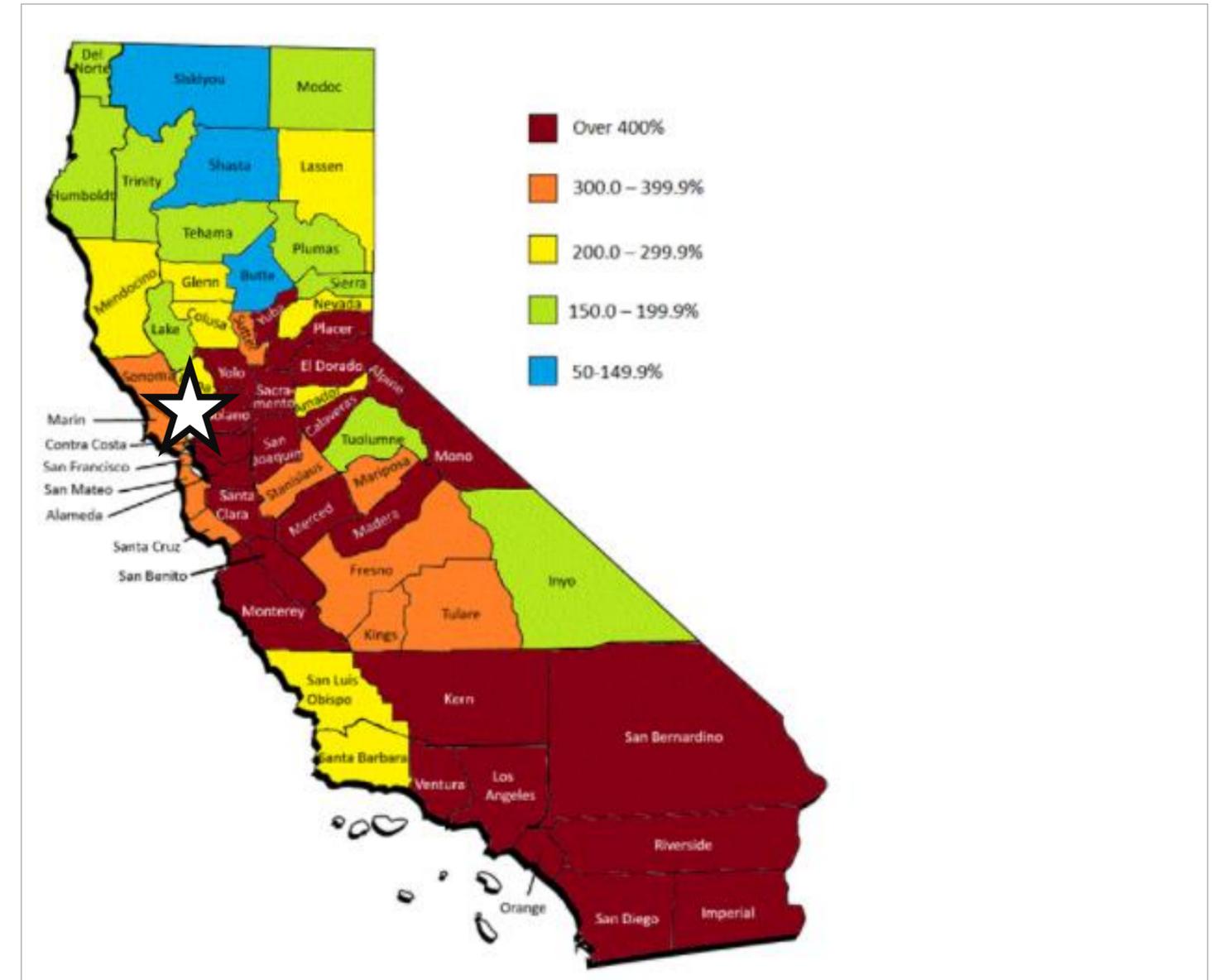
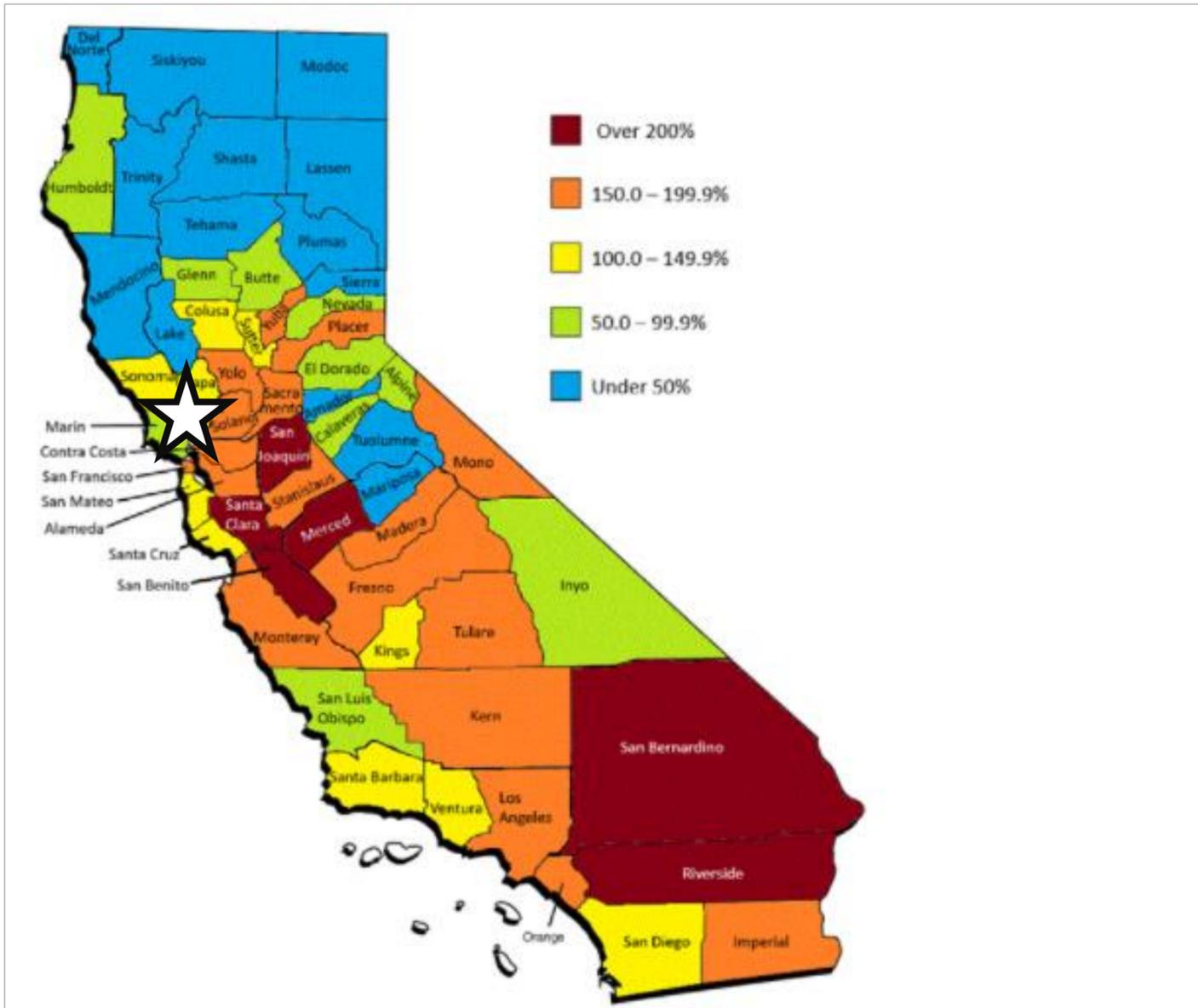
Older Adult Population Growth

Aged 60+ population percent increase from 2010 – 2060

San Francisco will add **197,269**

Aged 85+ Population percent increase from 2010 – 2060

San Francisco will add **60,172**



https://www.aging.ca.gov/Data_and_Reports/Facts_About_California's_Elderly/. Accessed March 28, 2022.

<https://dof.ca.gov/Forecasting/Demographics/Projections/>. Accessed May 26, 2022.

Geriatrics – A Specialty with Legacy



Nationally



HISTORY



Founded in 1942, the American Geriatrics Society (AGS) is a nationwide, nonprofit organization comprised of nearly 6,000 geriatrics healthcare professionals. For more than seven decades, the AGS has been leading efforts in patient care, research, professional and public education, and public policy—all aimed at improving the health, independence, and quality of life of all older people.



75 Years of Caring for Older Adults

As the AGS celebrated its 75-year history improving care for older adults in 2017, Past AGS President and veteran researcher James T. Pacala, MD, MS, AGSF, helped us highlight where geriatrics has been and where it has yet to go in a special 75th Anniversary Lecture presented by The John A. Hartford Foundation at #AGS17.

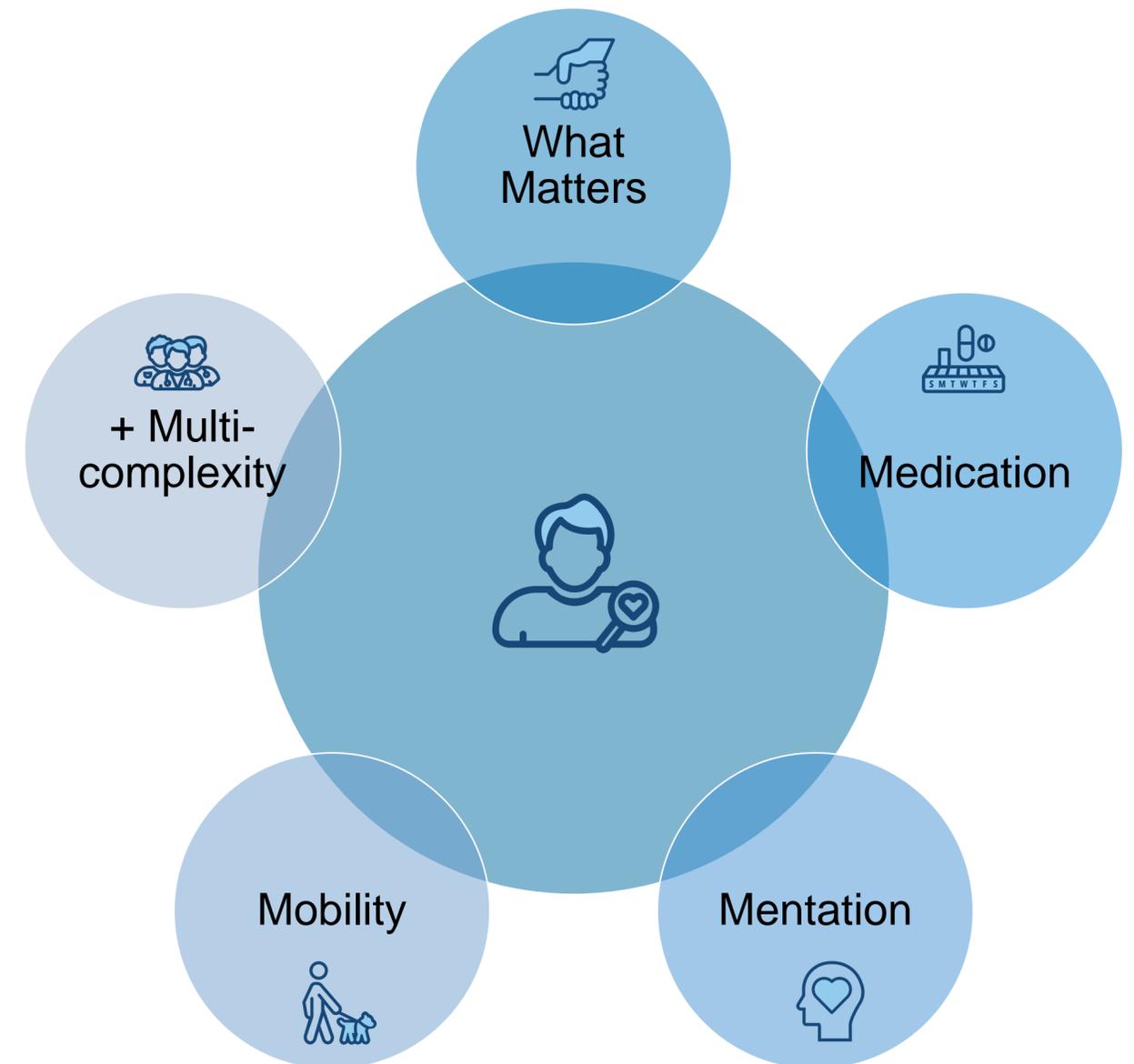
Kaiser Permanente

For decades Northern California Kaiser Permanente has had Geriatric programs focused on improving the health and care delivery for older patients

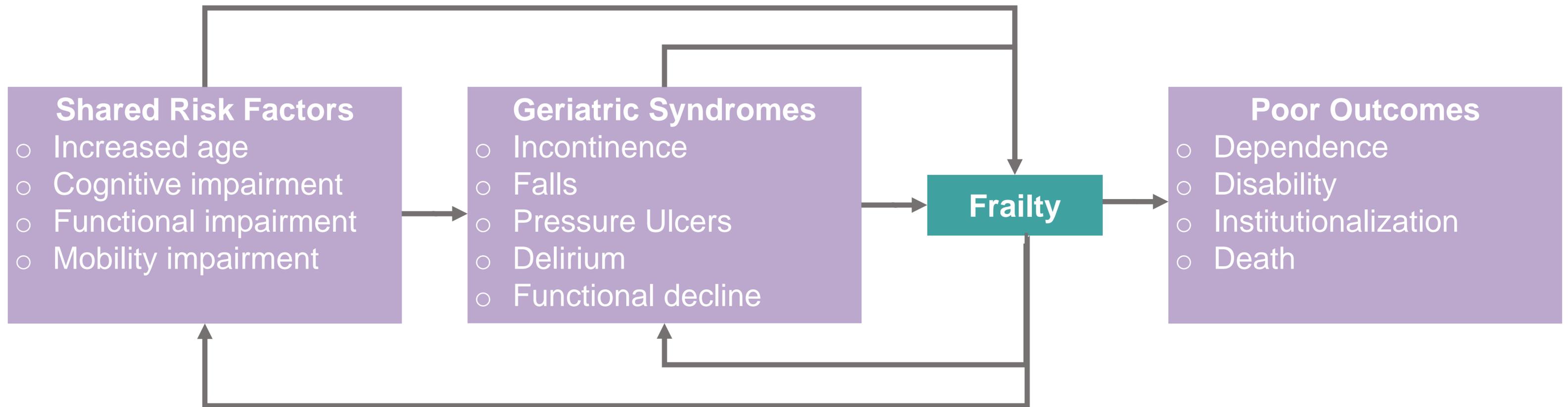
What is Geriatrics?

- The American Geriatrics Society defines Geriatrics as the specialty focused on the **high-quality, person-centered** care we all need as we age.
- **High-quality care** aims to improve health, independence, and quality of life for older people.
- **Person-centered care** puts our personal values and preferences at the heart of our care decisions.
- The Age-Friendly Health Systems* developed the “4Ms Framework” which has been expanded to 5Ms at Kaiser Permanente

5 M Framework



Relationship Among Geriatric Syndromes And Outcomes



Carlson C, Merel SE, Yukawa M. Geriatric Syndromes and Geriatric Assessment for the Generalist. *Medical Clinic*, March 2015; 99(2): 263-279.

Geriatric Trends

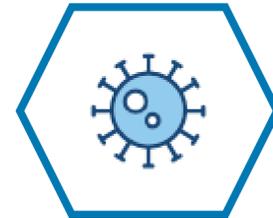


Optimal Prescribing/ De-prescribing

- Fall prevention
- Dementia care



Study Population Diversity



Long-term COVID-19 Impact



Chronic Pain Management



Serious Mental Illness

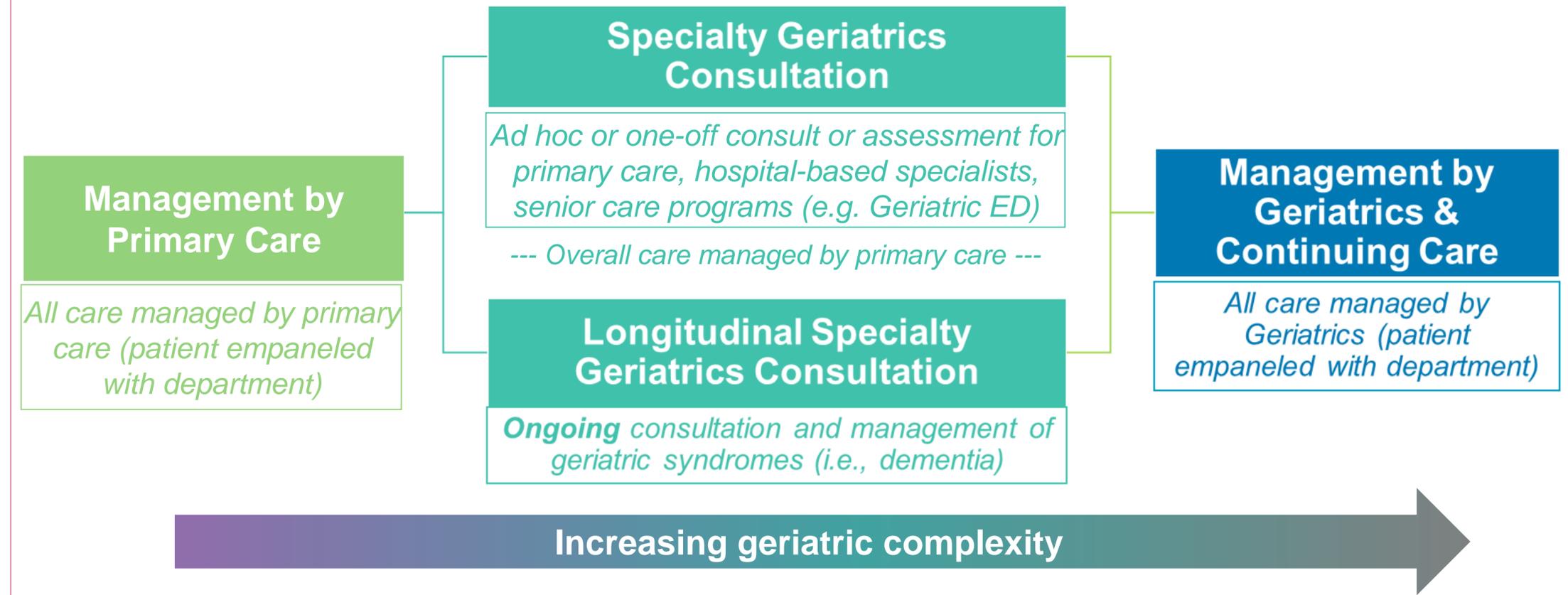


Geriatrics Strategy | Summary

VISION

All Kaiser Permanente Northern California geriatric patients will have **timely access to specialty geriatrics care** that is **centered around their goals**, and along with their family and caregivers, will be supported by a team of Kaiser Permanente providers across care settings.

TYPES OF SERVICE FRAMEWORK

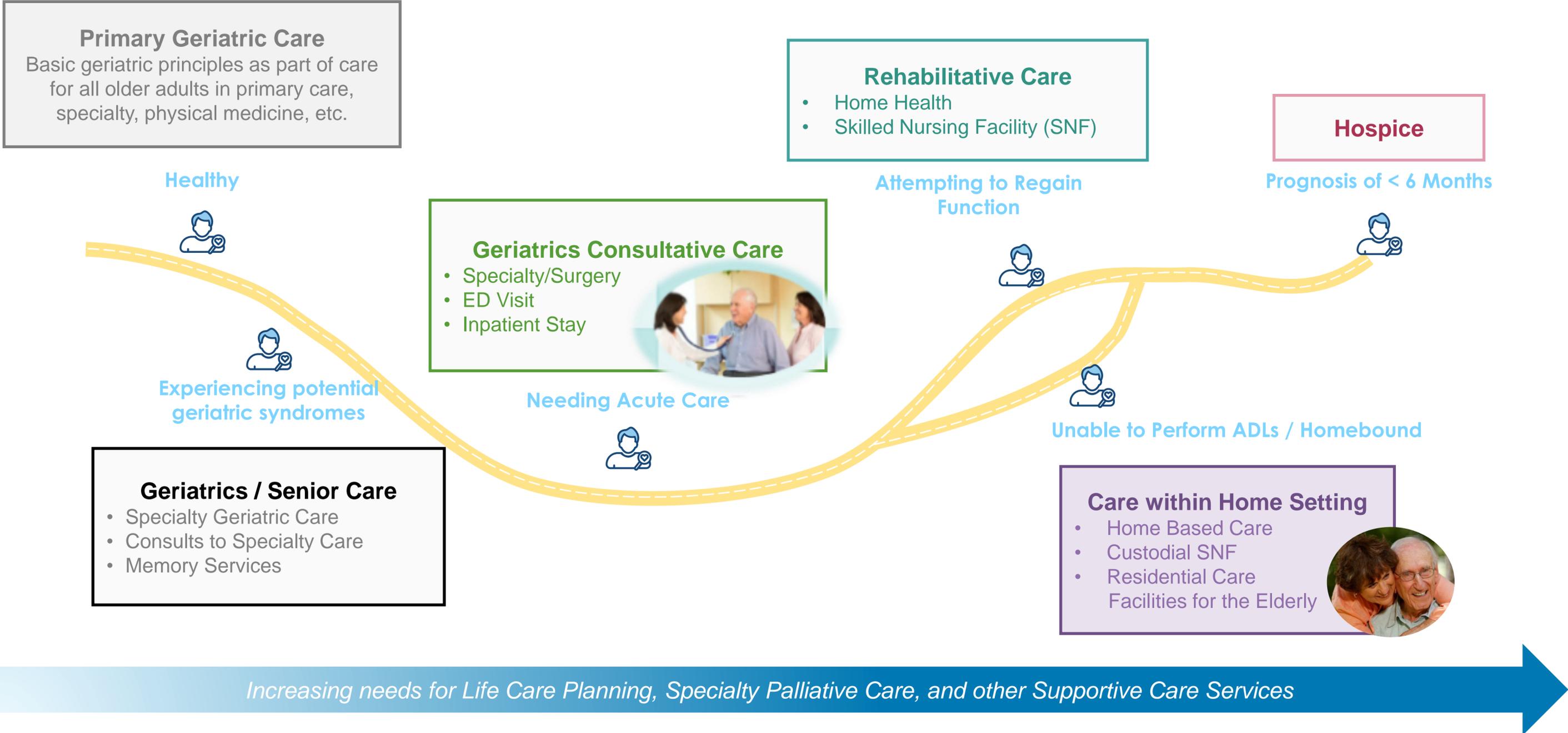


PRINCIPLES

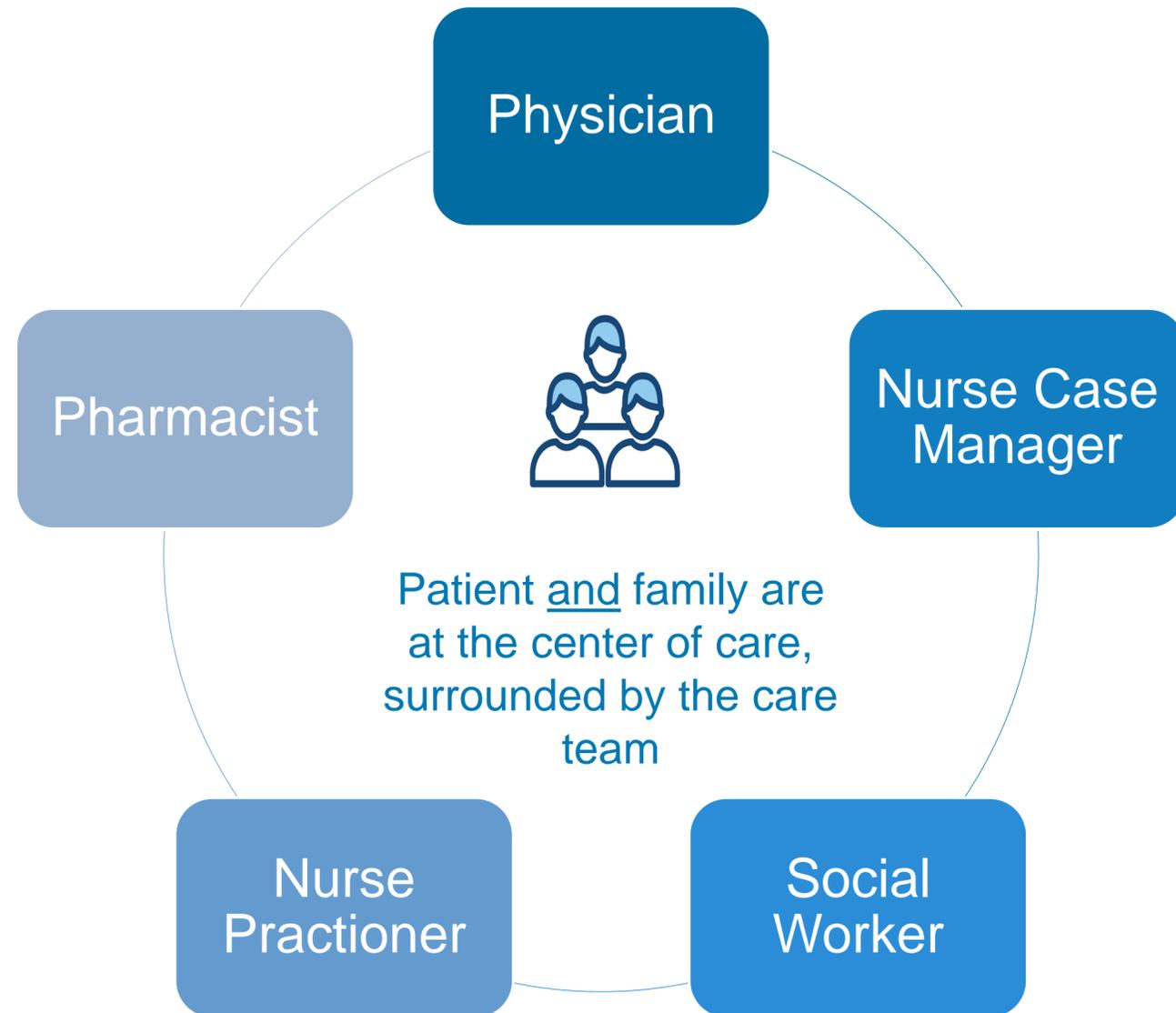


The Geriatric Patient Journey

Integrated geriatric care with consistent assessment, documentation, and treatment brings Geriatric care to the patient when and where they need it



Care Coordination for the Geriatric Patient and Family



To develop effective and efficient care coordination for geriatric patients, health systems must:

- Integrate regulatory requirements into programs rather than silo by payer
- Stratify by patient complexity
- Design the right interventions for the right patients
- Innovate on the use of technology
- Coordinate care across multiple care settings and providers

Building an Age-Friendly Health System

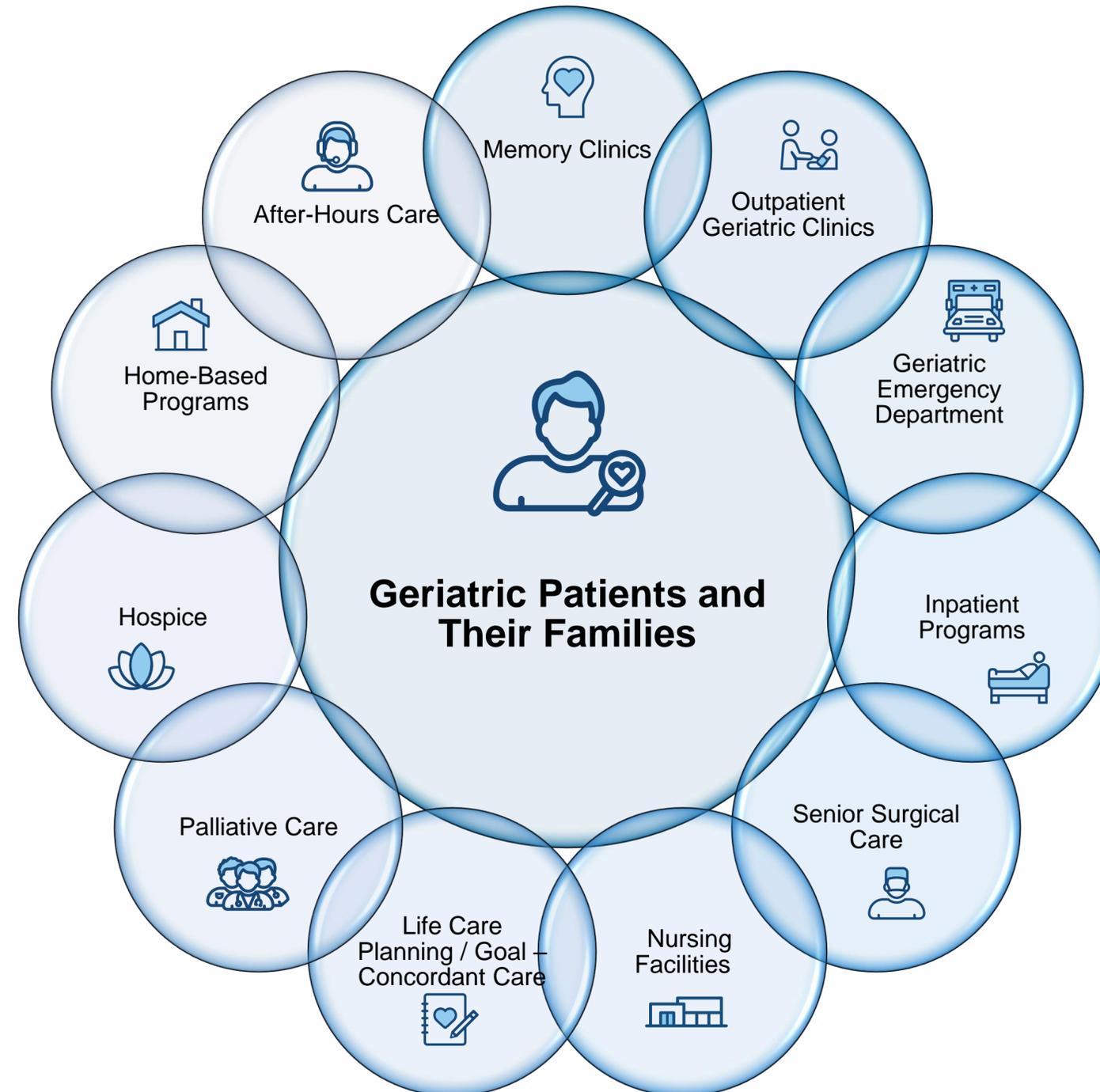
By connecting programs and embedding geriatric principles (like the 5Ms), we can ensure older frail patients have access to the care that is centered around their goals.

Technology-Enabled

- Data visibility/trends over time
- Triggers for Action and Downstream Services

Coordinated

- Case management programs
- Medication coordination across providers and care settings



Interwoven Geriatrics Expertise

- Primary Geriatric Care
- Specialty Geriatric Care
- Geriatric Education

Q & A