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
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

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<tr>
<th>Age</th>
<th>2010 Pop</th>
<th>2030 Proj Pop</th>
<th>2050 Proj Pop</th>
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Greatest increase expected in population aged 75+

Source: https://aging.ca.gov/download.ashx?lE0rcNUV0zbUy1iwYmWKng%3d%3d#page=85
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**


Geriatrics – A Specialty with Legacy

Nationally

About Us  Who We Are  History

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. Pecora, 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

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The Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Health Care Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA)
Relationship Among Geriatric Syndromes And Outcomes

Shared Risk Factors
- Increased age
- Cognitive impairment
- Functional impairment
- Mobility impairment

Geriatric Syndromes
- Incontinence
- Falls
- Pressure Ulcers
- Delirium
- Functional decline

Frailty

Poor Outcomes
- Dependence
- Disability
- Institutionalization
- Death

Geriatric Trends

- Optimal Prescribing/ De-prescribing
  - Fall prevention
  - Dementia care

- Study Population Diversity

- Long-term COVID-19 Impact

- Chronic Pain Management

- Serious Mental Illness
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.

**Vision**

- Inter-Disciplinary Care
  - Life Care Planning, Palliative Care, Hospice, and other Supportive Care Services
- Patient & Family Empowerment
- Age-Friendly Approaches

**Types of Service Framework**

- **Specialty Geriatrics Consultation**
  - Ad hoc or one-off consult or assessment for primary care, hospital-based specialists, senior care programs (e.g., Geriatric ED)
  - Overall care managed by primary care
- **Longitudinal Specialty Geriatrics Consultation**
  - Ongoing consultation and management of geriatric syndromes (i.e., dementia)

**Principles**

Increasing geriatric complexity
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.

**Primary Geriatric Care**
Basic geriatric principles as part of care for all older adults in primary care, specialty, physical medicine, etc.

**Geriatrics Consultative Care**
- Specialty/Surgery
- ED Visit
- Inpatient Stay

**Geriatrics / Senior Care**
- Specialty Geriatric Care
- Consults to Specialty Care
- Memory Services

**Rehabilitative Care**
- Home Health
- Skilled Nursing Facility (SNF)

**Attempting to Regain Function**

**Hospice**
Prognosis of < 6 Months

**Care within Home Setting**
- Home Based Care
- Custodial SNF
- Residential Care
  Facilities for the Elderly

**Increasing needs for Life Care Planning, Specialty Palliative Care, and other Supportive Care Services**
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 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