



The Aging in Place Project of the Sinclair School of Nursing

The Challenge:

Many older adults want to postpone or avoid nursing home care and live independently in their home.

The Goal:

To help older adults “age in place” by providing nurse-coordinated quality services in an ideal, independent senior housing environment.

An Innovative Solution:

The Aging in Place Project includes TigerPlace, a state of the art independent living facility for seniors in Columbia, MO; and Sinclair Aging in Place care services that help the people of TigerPlace and other seniors in the community stay active and healthy at home each day. Both are innovative learning environments for student experiences related to aging in place.

What It Is

- A partnership among the MU Sinclair School of Nursing, the Missouri Department of Health and Senior Services as well as a top long-term care provider, Americare, is assessing the impact of a model of registered nurse the care coordination and other services to help seniors age in place. The new model of long term care was developed based on prior research findings and designed to promote research about care of older adults and long term care services. Americare built TigerPlace. Since it opened in 2004, it is fully occupied and residents and University of Missouri students are actively learning from each other. A second phase of construction is nearing completion and will expand capacity from 31 to 54 apartments in December.
- State legislation for the Missouri Aging in Place Initiative in 1999 and 2001 was needed to build TigerPlace and evaluate how providing coordinated care and services to elders can support them so they do not have to move to a traditional nursing home as their needs increase. ***TigerPlace is the only place like it in the country***, built to nursing home standards, licensed as intermediate care so people can use long term care insurance as they qualify and operated as independent living by Americare with the Sinclair School of Nursing.

What It Does

- The effects of mental and physical problems are diminished in the TigerPlace supportive environment. Based on individual choice and autonomy, both the building and the services maximize each elder person’s mental, physical, and psychosocial strengths. Specific services that integrate mind and body are: a country club dining experience for meals; a sports bar; private completely accessible apartments with screened porches; an on-site veterinary clinic, doors to the outside from each apartment with safe walking paths for personal pets; and health and wellness programs with registered nurse care coordination and 24-hour nurse response on call.

How It Stands Out

- Sinclair Home Care (in operation since 1999)
 - Has, according to outcome analyses of the CMS-funded evaluation produced significantly better outcomes in cognition, depression, ADLs, and incontinence than a matched cohort of nursing home residents at 6, 12, 18, and 24 months.
 - Has produced significantly better outcomes of pain, shortness of breath and ADLs through AIP nurse care coordination.
 - Has served nearly 3,000 clients.
 - Generates over \$1.5 million in revenue annually.
 - Has provided 600 nursing students with clinical experiences (and provided experience for many engineering, communication, business, PT, SW, and medical students).
 - Has served 700 clients in the AIP CMS-funded evaluation; nurse care coordination delayed or prevented nursing home placement for 250 clients served in the early years of Sinclair Home Care's operation.

- TigerPlace (in operation since 2004)
 - Has provided more than over 400 students with clinical experiences.
 - Facilitates development and evaluation of technology in a collaborative setting.
 - Is the site for the interdisciplinary technology and aging research team that has secured more than \$5.8 million in funding from the National Science Foundation, National Institute on Aging, and Administration on Aging.
 - Has reduced hospitalizations, sustained outcomes of maintaining mobility and independence, early illness recognition, involvement in life and community activities, and successful hospice care for those at end of life.

| | | | |
|--|--------------------------------------|-------------------|--------------------|
| Hartford Building Interdisciplinary Geriatric Health Care Research Center Initiative | RAND Corporation | 10/1/06-12/31/08 | \$200,000 |
| Technology to Enhance Aging in Place at Tiger Place | Administration on Aging | 9/29/05-12/31/08 | \$979,104 |
| A Smart Carpet for Monitoring Safety of Older Adults with Alzheimer's Disease | Alzheimer's Association | 6/1/07-5/31/10 | \$246,947 |
| HCC: Elder-Centered Recognition Technology for the Assessment of Physical Function | National Science Foundation | 1/1/08-12/31/10 | \$900,000 |
| Automated Video Sensor Network for Eldercare | NIH National Institute on Aging | 7/1/07-6/30/09 | \$288,196 |
| Technology Interventions for Elders with Mobility and Cognitive Impairments | National Science Foundation | 11/15/04-11/14/09 | \$1,200,000 |
| Aging in Place: A New Model for Long Term Care | Health Care Financing Administration | 1/1/99-12/31/02 | \$2,000,000 |
| TOTAL | | | \$5,814,247 |
| Total Current | | | \$3,814,247 |