

# Just For Us (JFU)

North Carolina Institute of Medicine  
New Models of Care Workgroup  
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# Just for Us

- ▶ Help seniors and the disabled remain in their home safely and as independently as possible for as long as possible (support aging-in-place).
  - ▶ Facilitate self management of chronic diseases and health promotion.
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# The Partners

- ▶ Duke's Division of Community Health
  - ▶ Lincoln Community Health Center
  - ▶ Durham Housing Authority
  - ▶ Durham County Health Department
  - ▶ Durham County Department of Social Services
  - ▶ The Durham Center
  - ▶ Seniors and their caregivers
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# Basic Design

- ▶ Patient-centered care
  - ▶ Primary care delivered in-home
  - ▶ Used elements of the PACE concept of care
  - ▶ Interdisciplinary team built around the patient
  - ▶ Leverages existing resources
  - ▶ Financially viable and feasible
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# JFU Launched in 2002

- ▶ Core services of the home visit program:
  - Primary care, case management, ancillary services
- ▶ Targeting:
  - Community-dwelling low-income seniors & disabled adults in Durham
- ▶ Eligibility:
  - “access impediment” = a physical or cognitive limitation that impedes the patient’s ability to attend scheduled PCP visits.
  - Living in a catchment area; mostly in subsidized, clustered housing

# JFU: The Team

- 2.0 FTE PA-Cs
  - .25 FTE geriatrician & pharmacist
  - 1.0 FTE community health worker
  - .10 FTE occupational therapist
  - .20 FTE nutritionist
  - 1.0 FTE social worker
  - 1.0 FTE administrative assistant
  - .20 FTE Phlebotomist
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# Our Patients

- ▶ 81% African-American
- ▶ Average age 71
- ▶ 63% are women
- ▶ 41% with annual incomes below \$7K
- ▶ Most rely on personal care assistants, public transportation, & food assistance



- ▶ Chronic disease mostly hypertension, diabetes, heart disease, & COPD.
- ▶ 44% with mental health issues
- ▶ 28% substance abuse
- ▶ 27% with dementia
- ▶ Most are holding on to their independence

# Just For Us

## Outcomes

- Ambulance costs  49%
- ER costs  41%
- Inpatient costs  68%
- Prescription costs  25%
- Home health costs  52%

**All patients with hypertension**      **79% ≤ 140/90**  
**Diabetics with hypertension**      **84% ≤ 140/90**

Yaggy S, Michener L, Yaggy D, Champagne M, Silberberg M, Lyn M, Johnson F, Yarnall KS. Just for Us: An Academic Medical Center-Community Partnership to Maintain the Health of a Frail Low-Income Senior Population. The Gerontologist 2006;46(2): 271-276.

# Current Sites of Care

- ▶ Senior living communities
- ▶ Subsidized low income housing
- ▶ Group homes
- ▶ Assisted living facilities
- ▶ Scattered sites in the community (private homes)



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