

“

We work on getting them to take control of their health on their own.

—Nora Flett—

”



Edward Hughes lead instructor of Stay Active and Independent for Life (SAIL)

Edward Hughes is 88 years old but has no hesitation getting up and motivating his peers at the Spokane Tribe to get moving.

He's a lead instructor of Stay Active and Independent for Life (SAIL), a fitness program designed for elders.

“I think the number one benefit of this program is independence,” Edward said of the regimen aimed at maintaining balance, strength and flexibility. “I hope to [live to] be 100, maybe 110 if I can stand it!”

Spokane tribal member Nora Flett is a health coach and works with the participants of SAIL on a range of health needs, including health literacy and medication management.

“We work on getting them to take control of their health on their own, learn to talk to their doctors, take care of their medication management. Any goals they have for themselves to be healthy I help them reach those goals,” Nora said.

Since the tribe launched its health coaching program in 2015, which includes

in-home outreach by locally trained community health workers, participants have seen a 58 percent reduction in hospitalizations and a 68 percent reduction in readmissions. About 60 members participate in SAIL, which is offered several times per week.

“We're helping somebody's mom, we're helping somebody's grandma improve their quality of life, help them age with dignity in their homes and really remain independent as long as possible,” said Jeri Rathbun, program coordinator.

Healthier Washington supports health literacy through the Washington Health Alliance's Own Your Health website, www.oyh.wacommunitycheckup.org. The site offers simple instructions to help consumers remain informed and take charge of their health care.

Healthier Washington Linkages:

Healthier Washington supports health literacy and making it possible for people to remain independent for as long as possible.

While not directly supported by Healthier Washington, SAIL exemplifies Initiative 3 of the Medicaid Transformation demonstration, which allows health maintenance and therapy supports, including evidence-based health and exercise programs. By expanding options for people receiving long-term services and supports, they can stay at home and delay or avoid the need for more intensive services.



See more stories at hca.wa.gov/VoicesHW

Learn more about Healthier Washington at hca.wa.gov/hw

#VoicesHW