



[www.mountsinai.org/rehab](http://www.mountsinai.org/rehab)

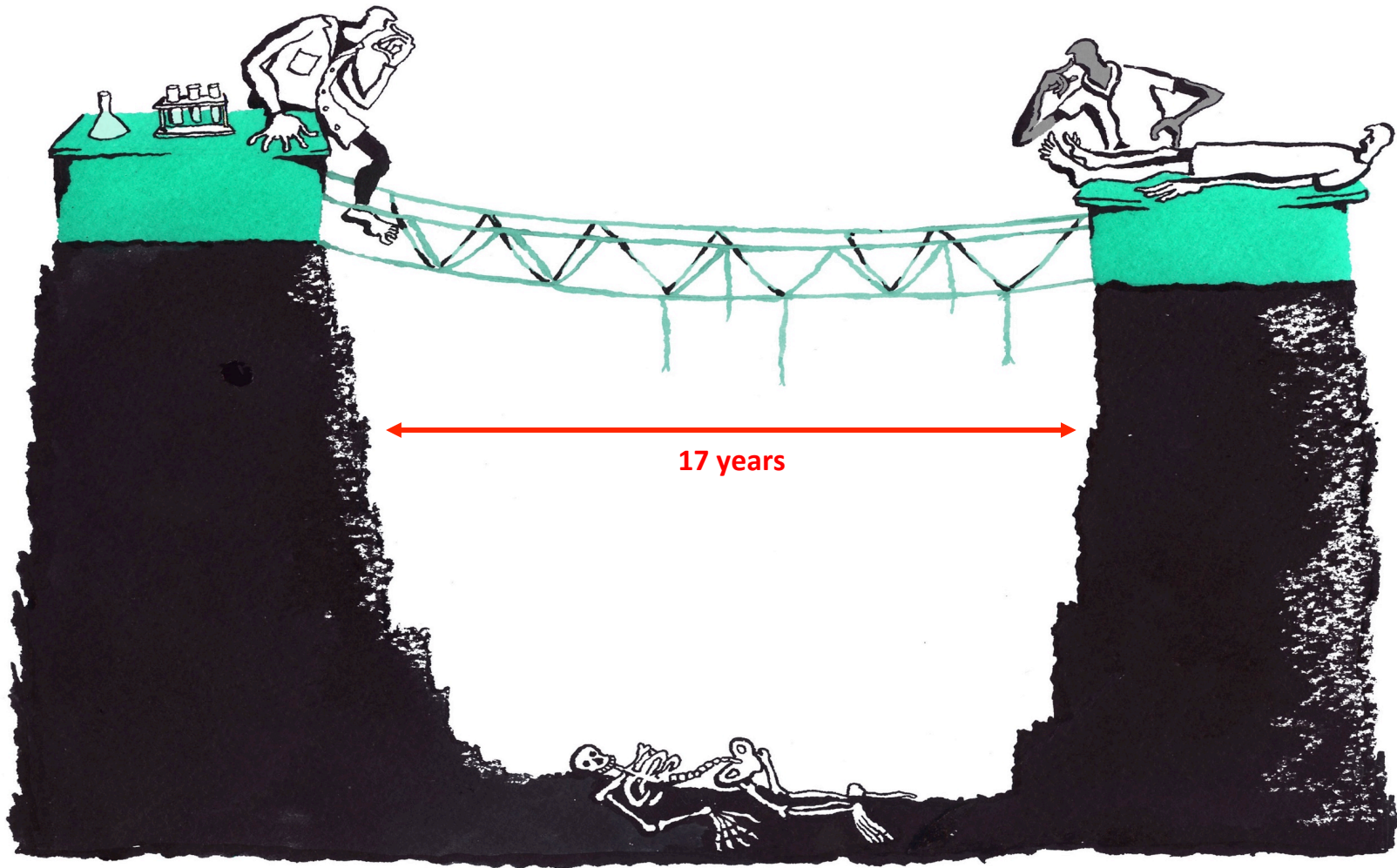
# mHealth: Technology adoption, demonstrating value to healthcare delivery organizations, clinicians and patients

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mHealth technology  
in the community





**Telehealth  
Intervention  
Programs  
for Seniors**

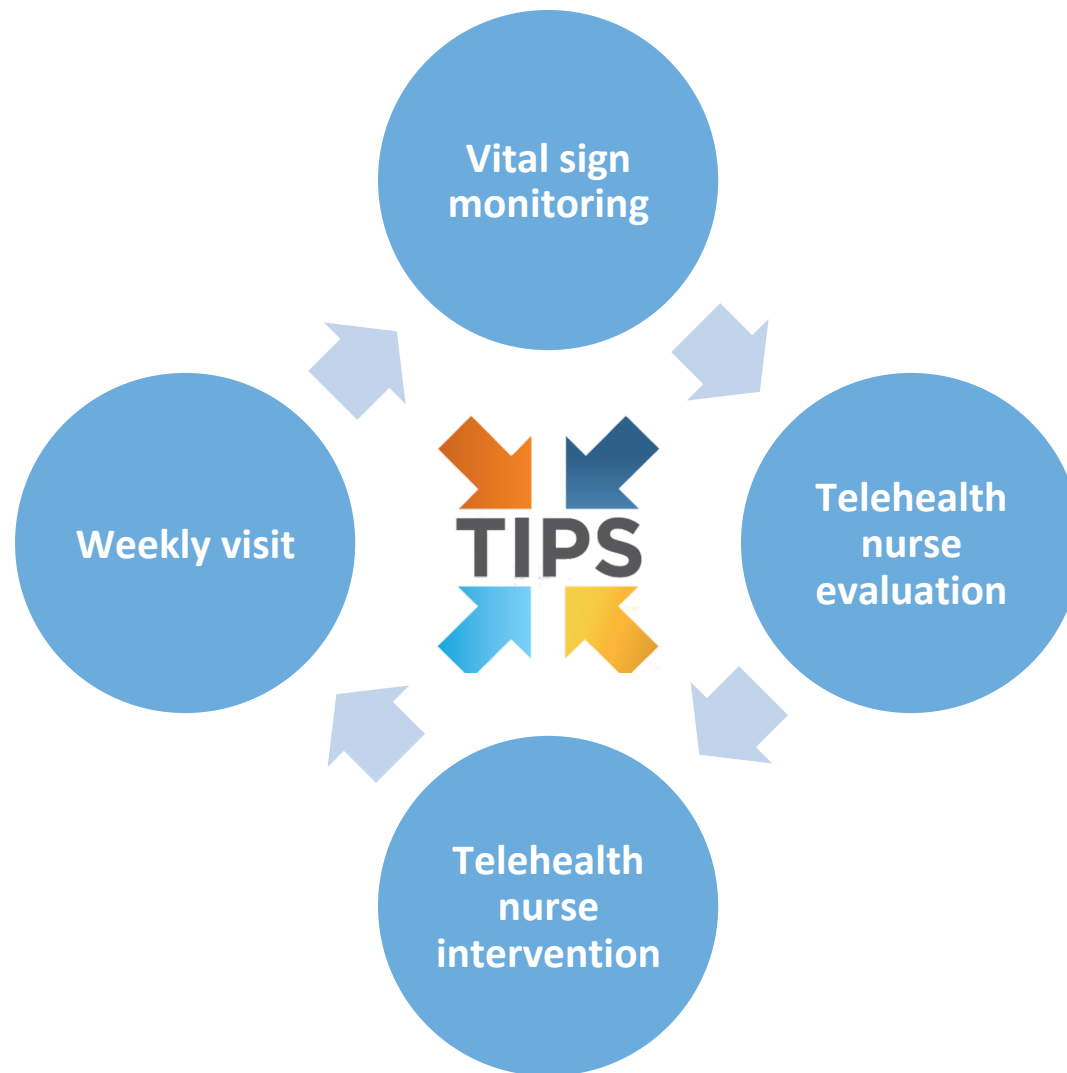


## 2013: Westchester County had a problem

- 18% of the population is over 65
- Many living in poverty
- Most managing chronic conditions
- Costing the county a lot of money



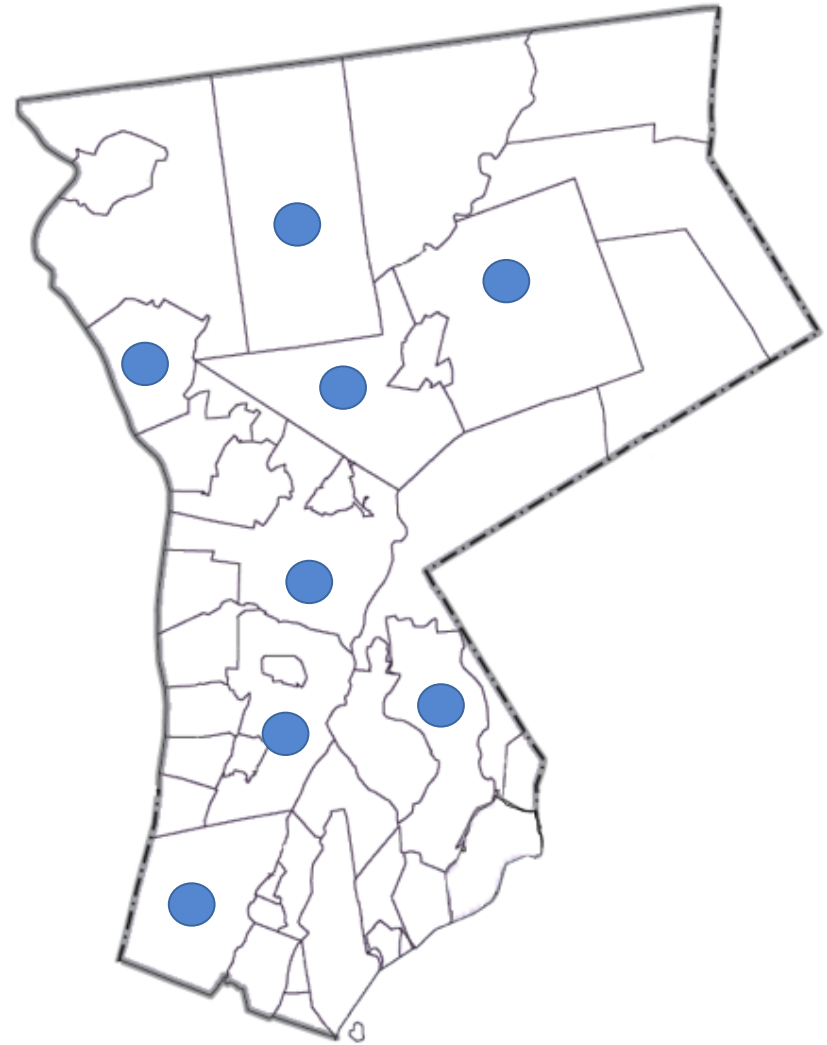




*“We haven’t had to call an ambulance this summer”*

## 2015:

- 8 sites in Westchester
- 4 in PA
- >800 Participants





## 2018:

- 5 states
- >20 sites
- >2,000 older adults
- Multi-award winning
- Replicated in many other states: “TIPS fellows”





## Is it helping?

- 784 Participants in the program for at least 12 months
- 78.5% Compliance
- 60% reduction in hospital visits
- 75% reduction in under 30-day readmissions

Hamilton et al. (2019)



## *WHY* is it helping?

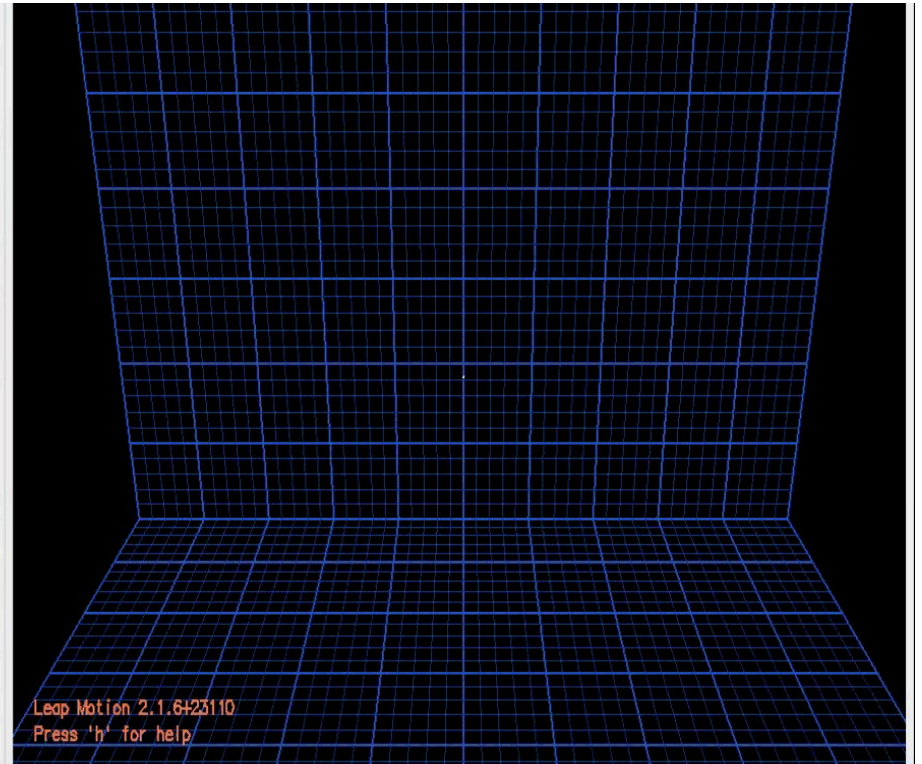
- time with a young person
- Raffles
- Interacting with other older adults
- Wraparound social support and services



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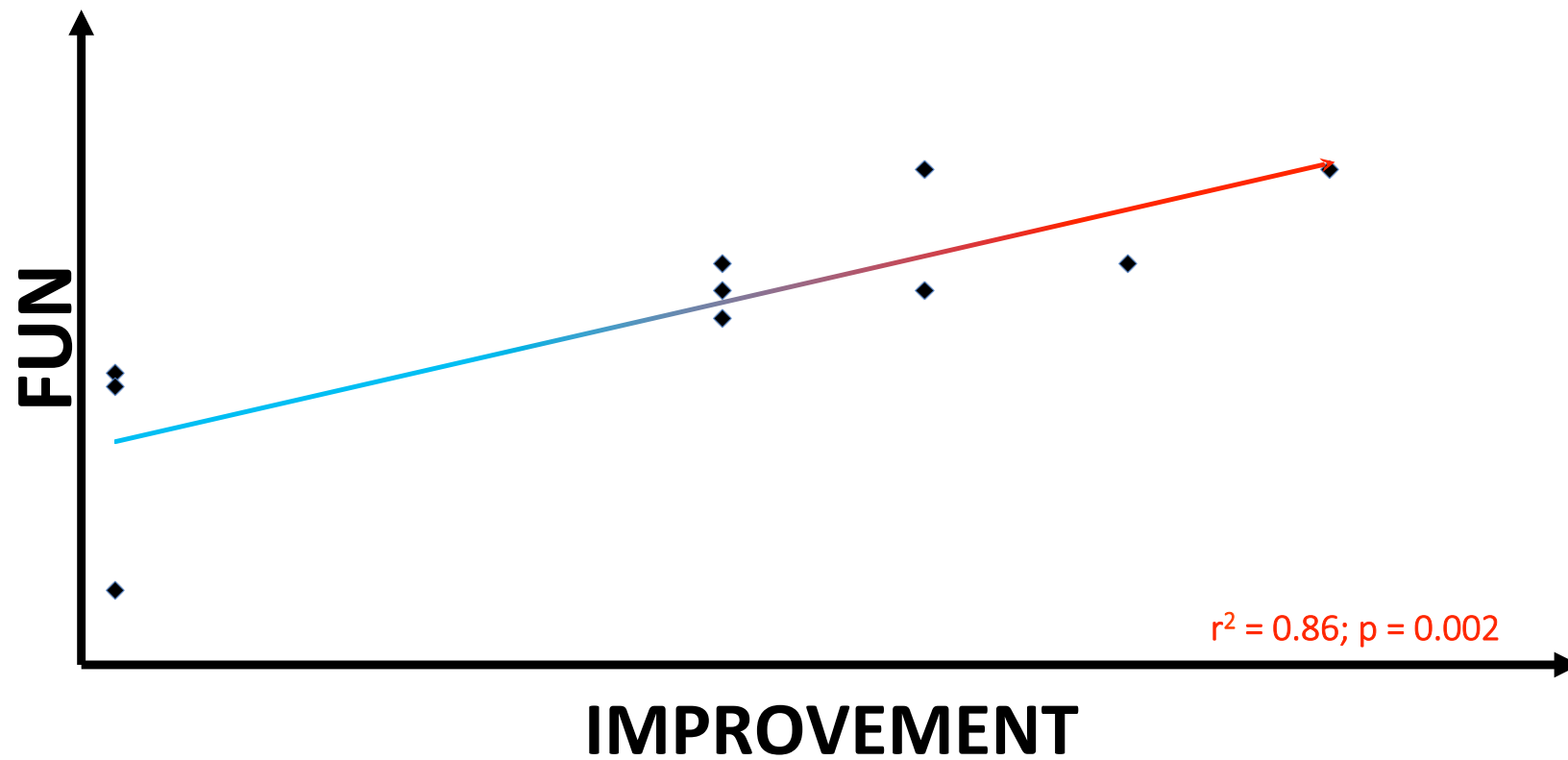
The importance of  
engagement and fun











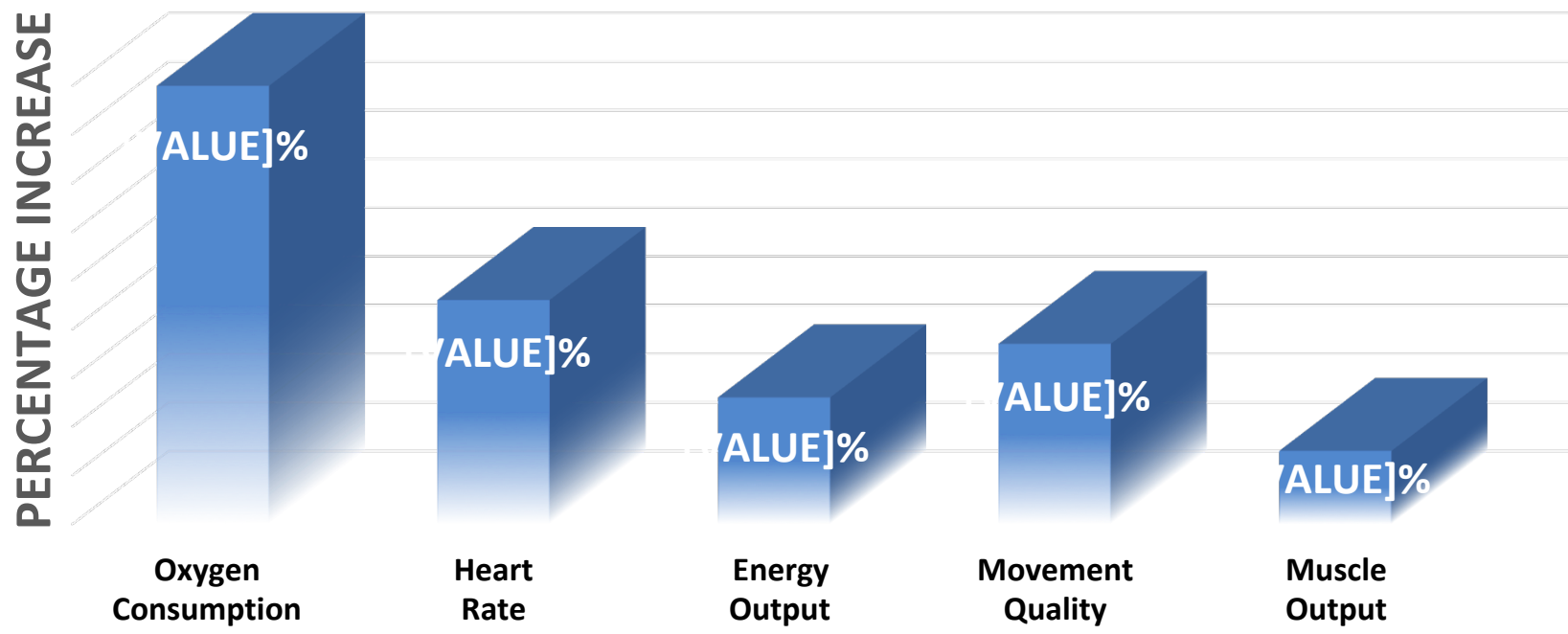


Cramer et al. 2019

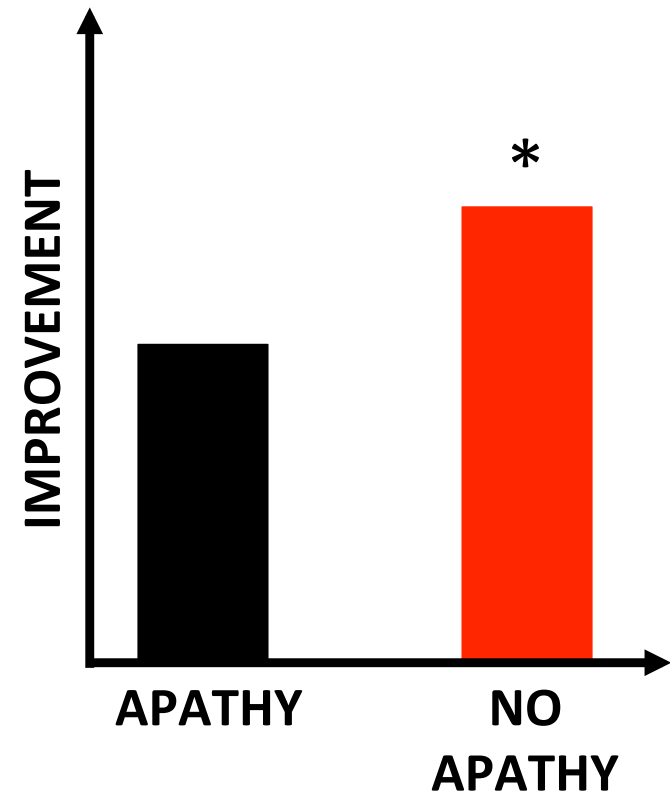




Gobbo et al. 2016



Gobbo et al. 2016



Goldfine et al. 2016

# Acknowledgements

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## Wife (long-suffering)

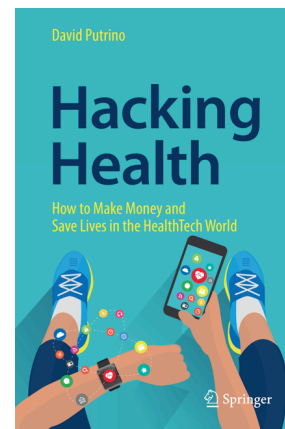
Rose Perry

## Dog

Brasky

## Mount Sinai

Joe Herrera  
Lori McKenna  
Richard "Woody" Wood  
Melissa Gunning  
Angela Riccobonno  
Miguel Escalon



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