

Health Allies

Your Partners in Healthy Aging

Helping older adults in affordable housing remain at home longer, optimize their health and well-being, and live their best possible lives.



Support Where People Live

Health Allies is a place-based service that helps housing owners, operators, health plans, and health care payors improve the health and well-being of the older adults they serve.

We operate where older adults live, bringing healthy aging teams into affordable senior housing communities, so our approach is targeted and efficient.

This has demonstrable benefits for older adults who enjoy better quality of life as they age, while costs are reduced across the health care system.

Effective Partnership

Our nurse care managers and wellness coordinators team up with older adults to help them connect to services, support, and resources; manage new or chronic conditions; and navigate care transitions after a rehab or hospital stay—all with a focus on health, engagement, and independence.

Health Allies also includes fitness classes, educational workshops, health clinics, and more to activate residents around managing their health and avoiding loneliness and isolation.

Proven Impact

With Health Allies, communities have healthier populations — as shown in the data from our research:

- 16%** decline in inpatient hospitalization rate
- 19%** decline in trips to the emergency room
- 22%** decline in 30-day hospital readmission rates
- 25%** decline in total days admitted to a hospital per resident
- +90%** of identified service needs met
- +87%** would recommend the program to a friend

"I have the sense that for almost any physical or medical problem, I've got somebody to talk to... being checked in with regularly does feel good."

— Resident of a Health Allies community

Our Value and Impact

Housing owners and operators can deliver on their commitment to provide the highest-quality support and services to their residents — without having to build their own specialized health care team. Health Allies also supports operational efficiency by proactively addressing complex resident needs.

Health care plans and payors can impact their goals of increased use of preventive care, reduced acute care usage, improved health outcomes, and lower costs. Our proactive model of health care service coordination focuses on identifying and closing gaps in key risk areas, reducing crises that drive frequent emergency room visits and hospital stays.



Help residents take control of their health and well-being

- Improve access to health care services and coverage
- Increase knowledge, tools, and support to stay independent
- Build a supportive network that minimizes isolation
- Increase PCP visits, vaccines, health care proxies, and in-home care



Enhance services available in senior housing communities

- Offer on-site support and expertise to help residents with complex health issues
- Avoid crisis situations by addressing issues proactively
- Provide training and resources, reducing staff burnout



Reduce health care costs

- Address emerging issues before they become expensive health emergencies
- Support resident transitions home from hospital and rehab stays

Backed by an Aging Services Leader

Health Allies is part of Hebrew SeniorLife, a national leader with more than 100 years of experience in caring for older adults. As an affordable housing operator and health care provider, we know what it takes to successfully integrate the two. Hebrew SeniorLife is home to one of the leading clinical geriatric research institutes in the country, and our best practices are data-driven and research-proven.

FOR MORE INFORMATION

Mimi Lewis, Program Director
MimiLewis@hsl.harvard.edu | hebrewseniorlife.org/healthallies



Hebrew SeniorLife is a Harvard Medical School affiliate.