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# **The PFMpro:**

An outcome and intervention tool  
for seniors

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## Outcome Measurement: Why is it such a big deal?

- ❑ Funders love it
  - ❑ Monitoring employees
  - ❑ Greater accountability
  - ❑ More focused interventions
  - ❑ Bragging fuel
  - ❑ Did we say "funders love it"?
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# Strong Outcomes

## Among 8,000 Clients:

- 97% Reduce risk factors for institutionalization
  - 14 ER visits per 100 clients  
*Medicare Benchmark: 54 in Pittsburgh*
  - 17 Hospital Admissions per 100 clients  
*Medicare Benchmark: 30 in Pittsburgh*
  - 6% Relocated to skilled nursing facilities  
*Medicare Benchmark: 9% in Pittsburgh*
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# What is the PFMipro?

- Outcome measurement & intervention tool
  - Developed *by practitioners for practitioners*
  - Flexible!
  - Research-based protective factors
  - Predictive of nursing home admissions
  - Scientifically validated
  - Person-centered, strength-based
  - Easy to use and easy to understand
  - It's an app
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# Development of the tool



## Development Process

- Define long term outcomes
  - Define short term outcomes
  - Create reliable scoring criteria
  - Pilot and refine
  - Ensure relevance
  - Determine frequency
  - Generate reports
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## **The Protective Factors for Maintaining Independence©**

*An Outcome Measurement Tool for Aging Services*

*Jordan Golin and Jeffrey D. Freedman*

Social service agencies are under increasing pressure to demonstrate the value and efficacy of services that they provide to their older adult clients. These agencies are already accustomed to complying with considerable amounts of regulatory requirements and oversight mandates that require them to meticulously document all agency activity while striving to deliver high-quality services with strained and often inadequate budgets. However, these same agencies often lack the information and training on strategies for measuring the impact of their services on their clients in a clear and meaningful way. Such strategies are becoming increasingly important in tracking and authenticating accountability to the governing bodies, funding sources, and, most importantly, the agencies themselves in their pursuit of ensuring the highest quality of care to those in need.

*Jordan Golin, PsyD, is a licensed psychologist who obtained his doctorate in clinical psychology from Indiana University of Pennsylvania and a master's in clinical psychology from the Hebrew University. Dr. Golin has expertise in individual and family psychotherapy. As director of clinical and elder care services for Jewish Family & Children's Service, Dr. Golin is a primary coordinator for AgeWell Pittsburgh, a collaborative project providing comprehensive services to older adults.*

*Jeffrey D. Freedman, PhD, is a licensed psychologist who earned his doctorate degree in 1996 from Duquesne University. Dr. Freedman was trained in the field of clinical neuropsychology with a specialty in geriatric care. He co-owns a private mental health outpatient group practice, is an associate professor at Western Psychiatric Institute and Clinic, and regularly lectures and trains staff at a number of geriatric care facilities in the Pittsburgh area.*

## How is the PFMIPro Used and Applied?

- Identifies level of risk/protective factors and changes in PF scores over time
  - Low PF scores result in intervention
  - Ongoing assessment of participants
  - Used by broad range of service providers
  - Also collect data on intermediate & long-term outcomes:
    - Hospital and ER visits
    - Falls
    - Nursing home admissions
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# How Are The Protective Factors Categorized?

- Physical Health
  - Psychological Health
  - Social Relationships
  - Safety & Security
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## Physical Health

0 1 2 3 Age

0 1 2 3 Adequate Nutrition

0 1 2 3 ADL/IADLs

0 1 2 3 Medical Coverage

0 1 2 3 Medication Compliance

0 1 2 3 Exercise/Physical Activity

## Psychological Health

0 1 2 3 Cognitive Intactness

0 1 2 3 Sense of Purpose/Meaning

0 1 2 3 Sense of Control

0 1 2 3 Emotional Stability

## Social Relationships

0 1 2 3 Living With Someone

0 1 2 3 Social Involvement

0 1 2 3 Caregiver Wellbeing  
- Health

0 1 2 3 Caregiver Wellbeing  
- Physical Stamina

0 1 2 3 Caregiver Wellbeing  
- Financial Security

## Safety & Security

0 1 2 3 Income

0 1 2 3 Safe Environment

0 1 2 3 Appropriate Housing

0 1 2 3 Financial Stability

0 1 2 3 Maintains Personal Safety

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# Additional PFMipro Questions

## **Assessment filled out through:**

Interview    Staff observations    Self-report

**Recent Nursing Home Admission?**

**Recent Hospital Admission?**

**Recent Emergency Room Visit?**

**Recent Falls?**

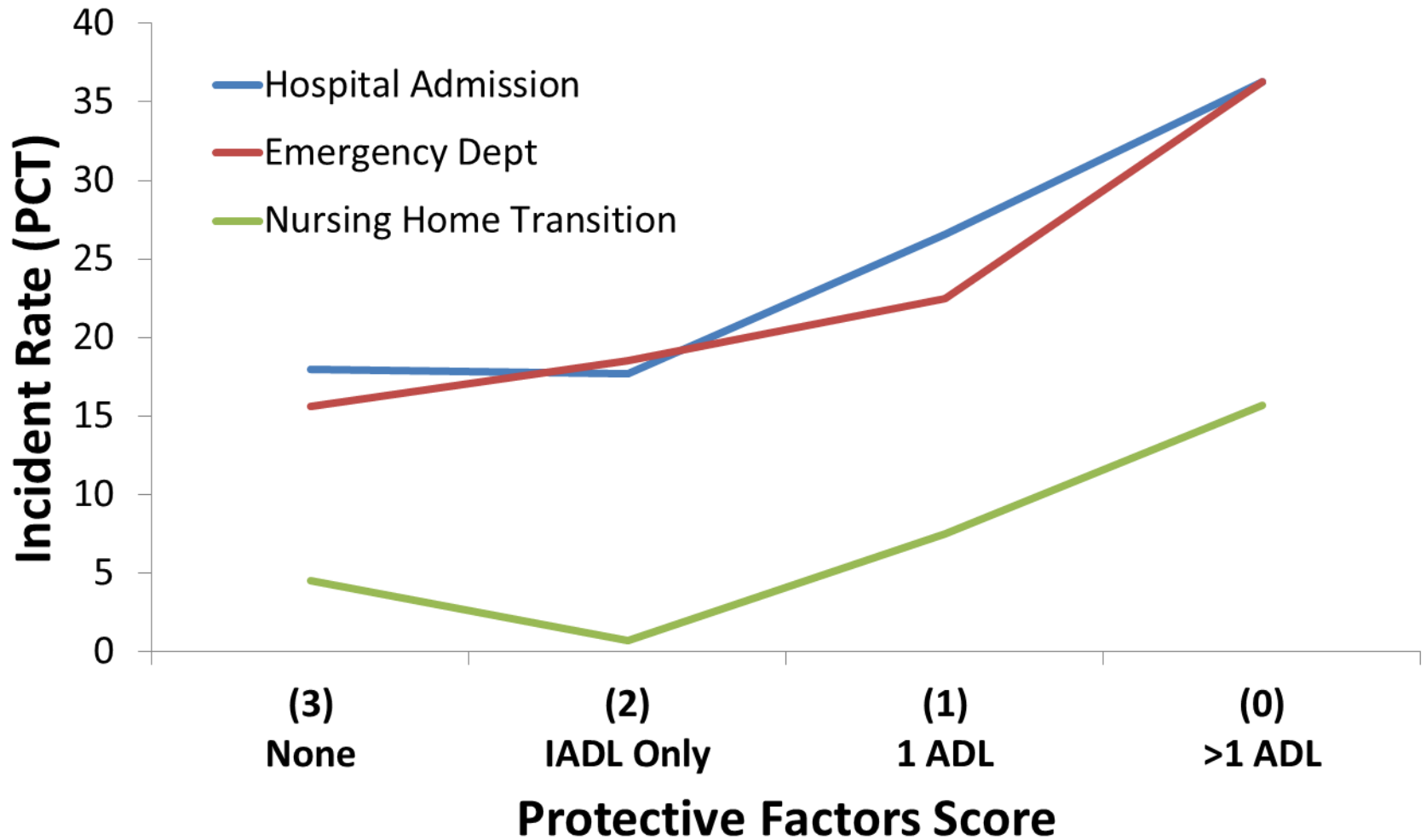
**In general, would you say your health is:**

(1) Poor   (2) Fair   (3) Good   (4) Very Good   (5) Excellent

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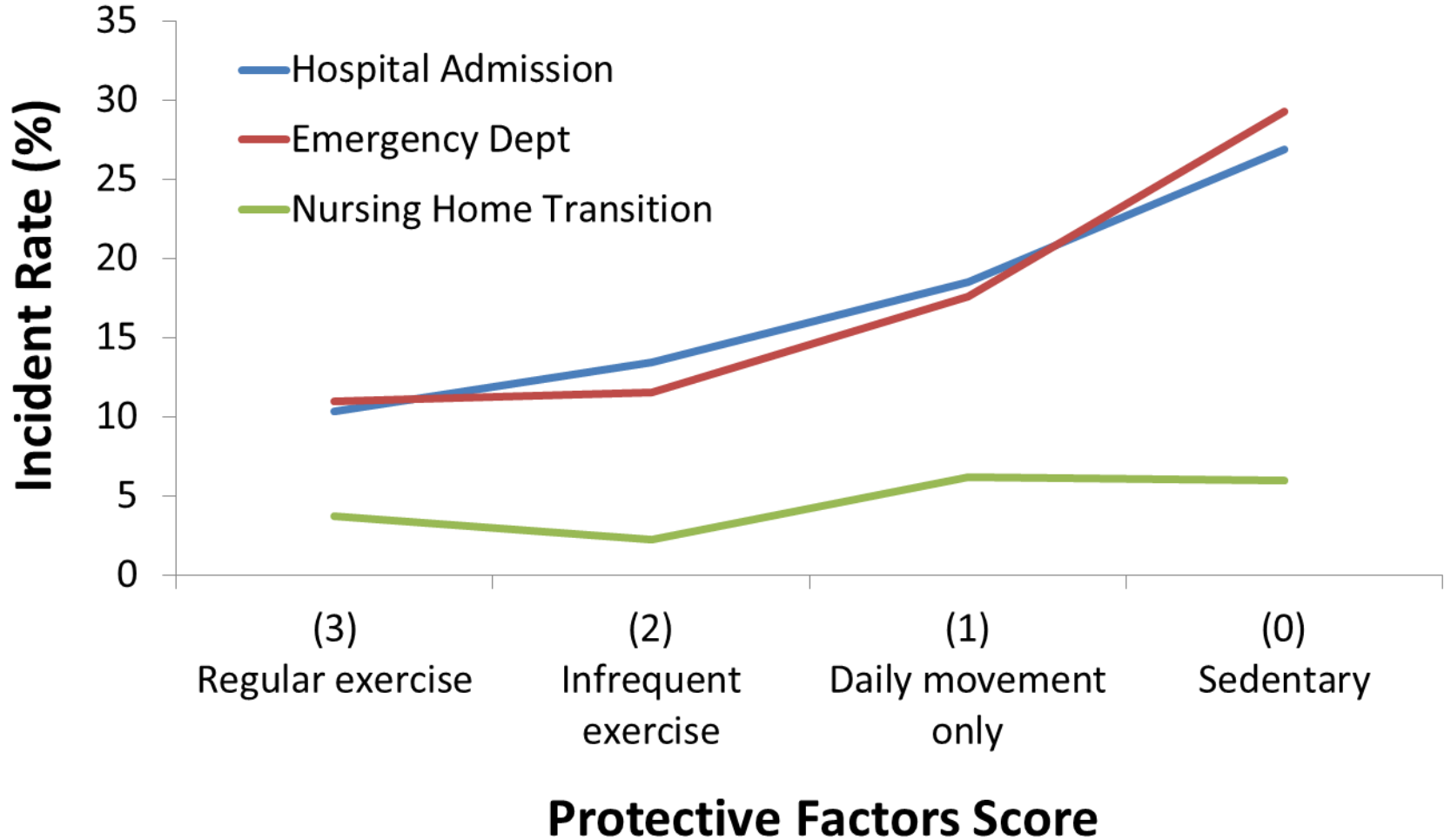


# Validation: Activities of Daily Living





# Validation: Exercise/Physical Activity



- Home
- Assessment
- Participant
- Report
- Admin
- User Profile

Change in PFMI Scores		
	Number of Participants	% of Total
Maintained Score	2	25.00%
Improved Score	2	25.00%
Decreased Score	4	50.00%

**Dummy Data!**

Total Participants with Assessments During this Time Period

Avoided Hospitalization	
Participants Assessed	21
No Hospital Visits	10
No Hospital Visits	47.62%

Avoided Nursing Home Admissions	
Participants Assessed	21
No Nursing Home Visits	16
No Nursing Home Visits	76.19%

Avoided Emergency Room Visit	
Participants Assessed	21
No Emergency Room Visits	11
No Emergency Room Visits	52.38%

Avoided Nursing Home Admission if Eligible	
Nursing Home Eligible Participants Assessed	12
Not Admitted	5
Not Admitted	41.67%

Avoided Falls	
Participants Assessed	21
No Falls	12
No Falls	57.14%

# Questions?

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