# Health Access for Independent Living (HAIL)

Empowering Consumers to Manage Their Health

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## Why We Need HAIL

 One major reason that people with physical disabilities have significant health disparities is due to barriers to health care.

 People with physical disabilities may have secondary conditions that limit their health.

#### **HAIL Goals**

#### **For Consumers:**

- Learn to recognize and address secondary health conditions
- Develop skills to learn to be empowered health care consumers
- Set and achieve short-term healthrelated goals

#### For CIL staff:

- Assist consumers to be healthier by addressing secondary conditions
- Empower consumers to understand and exercise their rights to access health care facilities and services
- •Help consumers to gain knowledge and take action to address their health care needs

### Partnership with CILs

- •Independent Living philosophy supports building consumer self-direction in managing health.
- •Consumers tend to trust CIL staff members to help them remain independent in the community.

## What Secondary Conditions?

- We conducted a needs assessment of CILs nationwide to identify:
  - frequently reported secondary conditions
  - barriers to accessing health care and improving health

Results: top Secondary Conditions were chronic pain, depression, and fatigue

## What Knowledge and Skills do Consumers Need?

Why and how to access screenings and preventive care

 Rights and strategies to access health care facilities and services

 Information and tools to help selfmanage health

## What Are the Steps to Implementing HAIL?

- The CIL Staff member supports the consumer to:
  - Identify Health Needs
  - Find Resources
  - Pursue Short-Term Goals

"HAIL Steps are succinct and simple"
--Sheila (consumer)

## 1. Identify Health Needs

- •What secondary conditions?
- •What consumer skills?

"You pretty much look for what you're needing and the website gives you an opportunity to define that."

Saundra (consumer)

#### 2. Find Resources

Use the HAIL Searchable website:

www.hail.ku.edu

"You have enough information on the website to pursue options. You don't feel like you have to search all over the place."

Jack (consumer)

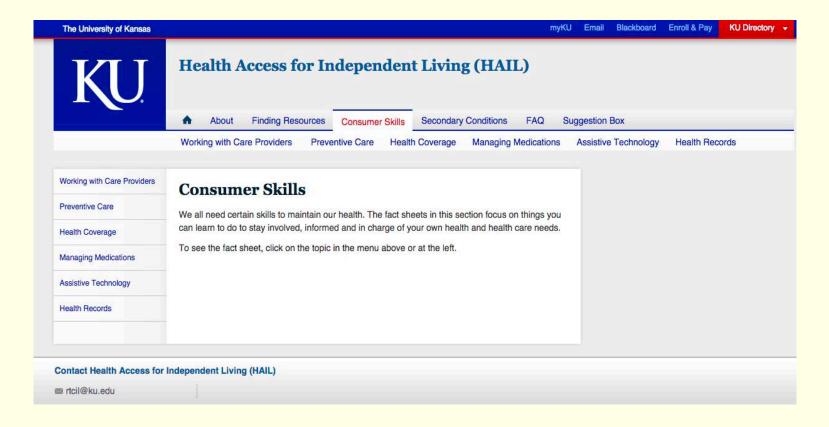
#### **Home Page**



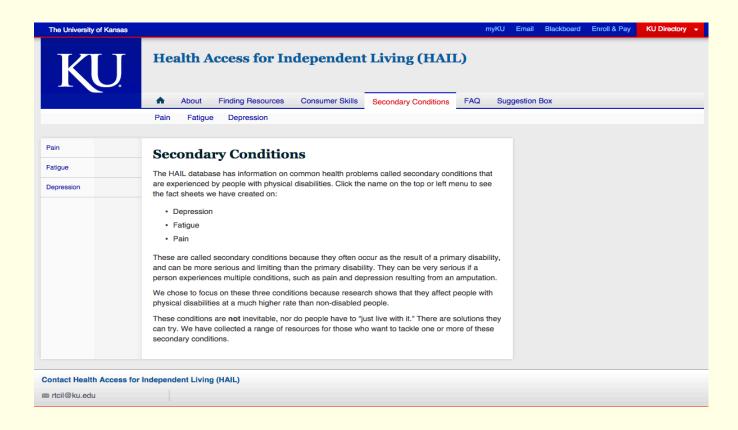
#### Finding Resources Page



#### **Consumer Skills Page**



#### **Secondary Conditions Page**



#### 3. Pursue Short-Term Goals

- Short term goals help assure success
- Tracking goals perhaps the hardest part

"HAIL gave me the motivation. Now if I feel I've hit a plateau I have the confidence to quickly go back and find new ideas."

Saundra (consumer)

## **Example Goals**

#### •Outcome Goals:

- Address pain,
   reduce pain
   medication
- Lose weight
- Increase Mobility

#### •Process Goals:

- Exercise
- Cut back on sodas
- Use a walker

### **Next Steps for HAIL**

- Revise based on trial results and feedback.
- Keep adding more resources and tools.
- Test with another CIL.
- •Repeat . . .