The Altair Accountable Community for Health (ACH) for People with Disabilities is focused on the idea that sharing e-health data among a team of health care and community service providers is a key strategy for helping people with disabilities lead healthy lives.

Lutheran Social Service of Minnesota and the Altair Accountable Care Organization (ACO) received an ACH grant for $370,000. This accountable community for health brings together six non-profit disability service providers and clinicians at Bluestone Physician Services. Individuals who live in a traditional group home receive primary medical care onsite. Individuals who live in their own home or apartment can be treated through a clinic without walls approach that includes mobile services at home or in the workplace.

The effort targets about 6,600 people with disabilities in Twin Cities, Anoka, Dakota, Hennepin, Ramsey and Washington counties. These individuals often have complex medical problems and face transportation and access barriers that can prevent them from working and participating in their home communities.

Accountable care in action

Take the case of Sally a nonverbal adult client with severe autism and chronic ear infections. Inevitably, she wakes up in the middle of the night with ear pain and a fever. The on-call physician typically would send her to the ER in the middle of the night. Due to her autism and fear, Sally would fight these trips. She needed to be sedated and restrained during the ambulance ride. Under the old approach, she visited the ER more than a dozen times in 2014 and 2015. Under the new approach, Altair created an electronic patient data portal, where a Bluestone Physician Services clinician could see Sally’s history of ear infections.

In May 2015, Sally had another late-night ear infection. This time the clinician consulted the portal, asked group home staff some diagnostic questions, and prescribed antibiotics that were delivered that night. The clinician
then closed the loop the next day with a home visit. So far accountable care has succeeded at saving thousands of dollars in health care costs and sparing Sally traumatic visits to the ER.

**LifePlan**

The Altair ACH works with each client to create a unique LifePlan that reflects ongoing challenges. The LifePlan goes beyond acute and chronic care by taking into account a client’s needs in housing, employment, physical health, social wellbeing, and behavioral health. For example, a client’s LifePlan might identify physical fitness as a priority and set an exercise plan with the supports necessary to make it happen. Staff and clients use a dashboard tool that prioritize LifePlan goals and track outcomes over time.

*Person supported by Hammer Residences (Altair ACO member) participating in personal fitness training organized by Hammer’s Community Life Coordinator.*