



## CENTER FOR INNOVATION AND WELLBEING

### Minding Our Meds Case Study



### **Mobile health** as a health and wellness strategy.

Medication management is a staggering problem: 91% of persons age 57 to 85 take at least one medication weekly, and improperly taking medications as prescribed [costs an estimated \\$290 billion in avoidable medical spending](#). One of the leading causes? [Forgetfulness](#).

With funding support from the [Center for Technology and Aging](#), The Front Porch Center for Innovation and

Wellbeing conducted a study with researchers from the [UCSF School of Nursing's Institute for Health & Aging](#) to address medication adherence among active, independent older adults using a mobile solution.

The “Minding our Meds” pilot study explored a two-way SMS messaging service from [CareSpeak Communications](#) to develop an mHealth SMS Texting program. Its programmable website dashboard customizes alerts to individuals including medication name, day and time of the alert, dosage, and refills. Through community trainings, education, and technical support, the program engaged 105 older adults from 14 senior living communities and other community organizations over a 3-5 month period. Average responses to self-reported medication adherence questions improved between baseline and follow-up, and self-reported satisfaction measures among participants at follow-up were positive, most reporting that the program made it easier to keep track of medications

Through surveys and focus groups, participants provided valuable insight into the usefulness of the intervention and the challenges they faced. Age, cognitive ability, and technology comfort levels were all important factors that shaped an individual's experience with the medication adherence program, and the findings of this initiative

indicated that a cell texting reminder program is a viable and affordable solution for medication adherence for older adults.

Watch this [video](#) highlighting the need and introducing this work.

### **About the Front Porch Center for Innovation and Wellbeing**

The Front Porch Center for Innovation and Wellbeing is part of Front Porch®, one of Southern California's largest not-for-profit providers of retirement living communities and affordable housing. The Front Porch Center for Innovation and Wellbeing strives to harness technology solutions that support and enhance wellbeing in older adults. The Front Porch Center's core initiatives focus on how technology can: assist in maintaining brain health; enhance social connectedness; promote engagement and growth; empower control over health and wellness; prevent emergencies or serious events; and increase resources and support for formal and informal caregivers. The Front Porch Center for Innovation and Wellbeing is a signature program of Front Porch's Humanly Possible® commitment to doing everything humanly possible to creatively meet the needs of those we serve today and in the future. The Front Porch Center is the winner of the Bronze Award for the Dignity category in the 2015 McKnight's Technology Awards and the Aging 2.0 Pilot Pioneers 2015 Innovation Award. More information can be found at [www.fpciw.org](http://www.fpciw.org).

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