



LIFECOURSE™

To support innovation in late life care



LifeCourse

Within the next 15 years, the population of people over age 65 in the United States is set to equal the cumulative total of the previous nine decades. As this population expands, their health care needs will place an increasingly large burden on families, care providers, community organizations and government agencies.

Driven by a desire to improve patient care and support the growing needs of this group of people, Abbott Northwestern Hospital and Allina Health have developed LifeCourse, an innovative approach to late life care. LifeCourse is a compassionate, flexible and empowering response to how people can affordably manage late life care when facing serious illnesses. It helps them to focus on how life can be best lived at the end of life.

LifeCourse supports individuals and families who are faced with the challenges that accompany serious illnesses such as heart failure, cancer and dementia. The approach is built around nationally recognized best practices which are managed by lay health care workers, called care guides.

The time between the diagnosis of a serious illness and the end of life can span months or even years. LifeCourse care guides are a constant presence for Allina Health patients living with serious illness. Care guides help patients articulate their goals and preferences, and connect them to medical and nonmedical resources.

Most recently, these care guides have deployed to the Givens Brain Tumor Center of Abbott Northwestern's Neuroscience Institute, the Minneapolis Heart Institute®, and Abbott Northwestern General Medicine Associates at the Center for Outpatient Care in Edina, helping to align each patient's care with what matters most to him or her.

"Because of my care guide, I was able to actually feel like I had some control over my treatment." – LifeCourse patient

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Allina Health 

ABBOTT NORTHWESTERN
HOSPITAL FOUNDATION

Advancing Excellence

Abbott Northwestern Hospital Foundation, through the generosity of our community, provides funding to help people in the later stages of serious illness access health care with compassion and efficiency. The Foundation is raising \$2 million to strengthen Abbott Northwestern and Allina Health's ability to care for patients while addressing chronic public health issues related to late life care.

Opportunities to advance late life care

- **Influence best practices:** Inspired by great success in the Upper Midwest, LifeCourse is now looking to influence late life care nation-wide. Philanthropy will support the broad dissemination of groundbreaking LifeCourse findings and best practices, from scholarly publications to national conferences to community-based speaking engagements.
- **Frontline training:** Philanthropy will support the sharing of the LifeCourse training program with new communities, implementing our whole-person model of evidence-based best practices across care settings nationwide.
- **LifeCourse care guides:** The care guide model has demonstrated success in helping people achieve a better quality of life while living with a serious illness. Locally, philanthropy will sponsor LifeCourse care guides to help people and families in places such as the Minneapolis Heart Institute®, the Neuroscience Institute's Givens Brain Tumor Center, and Abbott Northwestern General Medicine Associates at the Center for Outpatient Care in Edina.

Philanthropic support advances the mission of Allina Health and Abbott Northwestern by providing exceptional care, preventing illness and providing comfort. By strengthening this program for late life care, our community is ensuring that this national health care leader will continue to be a dynamic place of healing and innovation.

"My care guide listens to me. I talk, and she listens." – LifeCourse patient

To learn more about LifeCourse, please contact
the Abbott Northwestern Hospital Foundation at **612-863-4126**.