

## **Title IIID Evidence-Based Program Resources 2012**

### **Stanford Chronic Disease Self-Management Program (CDSMP) Living Well with Chronic Conditions:**

Living Well (Stanford University's Chronic Disease Self-Management Program, or CDSMP) is a six week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma and heart disease. The work shop provides support for normal daily activities and dealing with the emotions that chronic conditions may bring about. Chronic Disease Self-Management programs also include Tomando Control de su Salud, a Spanish-language; culturally appropriate version, and the Positive Self-Management Program (PSMP), a workshop for people with HIV. For more information:

<http://patienteducation.stanford.edu/programs/cdsmp.html>

### **Enhance Fitness (EF):**

Enhance Fitness, developed by the University of Washington in collaboration with Senior Services, is a group exercise program for older adults focusing on stretching, flexibility, balance, low impact aerobics, and strength-training. Classes meet 3 times per week, led by a certified fitness instructor.

For more information: <http://www.projectenhance.org/EnhanceFitness.aspx>  
<http://www.projectenhance.org/contactus.aspx>

### **Fit and Strong :**

Developed by the University of Chicago, this physical activity program for older adults who have arthritis is designed to be offered three times a week for 8 weeks. Each session includes a 60-minute exercise program, a 30-minute education and a group problem-solving session to help participants develop ways of incorporating exercise into their daily lives. For more information [www.fitandstrong.org](http://www.fitandstrong.org)

### **Go4Life:**

A no cost exercise program Go4Life provides older adults with the tools and resources to get moving and keep moving. Go4Life is based on studies demonstrating the benefits of exercise and physical activity for older people, including those with chronic health conditions. This new campaign reaches out to older people who traditionally have not embraced exercise and shows them ways that even those with physical limitations may be able to exercise safely as well. Toolkits and information available on line

For more information: <http://go4life.niapublications.org/> For information in Spanish: <http://go4life.niapublications.org/resources/spanish#espanol>.

### **Growing Stronger:**

A free safe, simple, and highly effective exercise program based on the principles of strength training is available online.

<http://www.cdc.gov/physicalactivity/growingstronger/resources/index.html>

### **Healthy IDEAS:**

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations. This case manager-led program typically lasts for 3-6 months. A 14-20 hour curriculum with mental health specialist and a DVD are resources for program. Developed by the Huffington Center on Aging at Baylor College of Medicine, Sheltering Arms and the Care for Elders Partnership in Houston. For more information: [www.shelteringarms.org](http://www.shelteringarms.org)

### **Home Meds:**

This program was adapted from the Vanderbilt University Medication Management Model by the Partners in Care Foundation in California. This intervention is designed to enable case managers, social workers and nurse case managers to enter a participant's medication into a computer-based alert system, and to resolve identified medication problems with involvement of a consulting geriatric pharmacist. Delivered by Pharmacist Managed Care, resources for this program include a Toolkit and information sheets available on-line. For more information:

[http://www.homemeds.org/landing\\_pages/7,3.html](http://www.homemeds.org/landing_pages/7,3.html)

### **Matter of Balance (MOB):**

A Matter of Balance Program. Volunteer Lay Leader Model, Adapted from Boston University Royal Center by Maine's Partnership for Healthy Aging, teaches practical coping strategies to reduce the fear of falling. This group-based course is led by trained lay leaders over 8 weekly 2-hour sessions. For more information, contact Maine Health Partnership for Healthy Aging at:

<http://www.mainehealth.org/pfha>

### **PEARLS:**

PEARLS is a time-limited and participant-driven program that teaches depression management techniques to older adults with minor depression or dysthymia. It is offered to people who are receiving home-based services from community services agencies. The program consists of in-home counseling sessions followed by a series of maintenance session contacts conducted over the telephone. Community-based depression care managers use problem-solving treatment, social and physical activity planning, and pleasant events in a series of eight 50-minute sessions over a 19-week period with 3-6 subsequent telephone contacts. A free toolkit is available on line. For more information: [www.pearlsprogram.org](http://www.pearlsprogram.org)

### **Stepping On:**

Developed at the University of Sydney, Australia, this program is a series of small group sessions designed to teach fall prevention strategies to community-dwelling older adults. The program involves a seven week, two-hour week, group program session with a home visit or phone call and booster session. Designed to be taught by a professional who works with older adults and a peer leader, the program also brings in other professional (i.e. pharmacist, physical therapist) to speak during some of the sessions. There is a manual for purchase. For more information:

[http://www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/3.1\\_steppingon.htm](http://www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/3.1_steppingon.htm)

Manual available from:

Freiberg Press Inc. PO Box 612 Cedar Falls, IA 50613, United States E-mail: [bfreiberg@cfu.net](mailto:bfreiberg@cfu.net)

### **Tai Chi: Moving for Better Balance:**

Developed by the Oregon Research Institute in Eugene, this simplified, 8-form version of Tai Chi, offered in community settings, has been proven to decrease the number of falls and risk of falling in older adults. Classes meet 2-3 times/week for at least three months. Program outcomes include decreased falls, and a decrease in fear of falling. Target participants are relatively fit older adults with no major ambulatory problems or cognitive impairment. Program is 12 weeks duration, 2 or 3 times per week, 36 hours total class time. Taught by trained Tai Chi: Moving for Better Balance Instructors. Instructor Trainees should have experience teaching older adult exercise classes, ideally having taught Tai Chi for at least 1 year.

[http://api.ning.com/files/lpWX79eu\\*NqghrxYqum3lrPOM6Dp4GRQCK9J1qwtJyISBPaj2W38NVNjNcBqsZLkRpIWB9ee-lwV4PIN-hUoPujtn\\*zU9vRw/TCManual\\_Compiled\\_v19.pdf](http://api.ning.com/files/lpWX79eu*NqghrxYqum3lrPOM6Dp4GRQCK9J1qwtJyISBPaj2W38NVNjNcBqsZLkRpIWB9ee-lwV4PIN-hUoPujtn*zU9vRw/TCManual_Compiled_v19.pdf)

In Oregon, chi instructor training: <http://www.holistichealinginstitute.org/tai> .

contact: Suman Sensei Barkhas (541) 515-0462

E-mail: [info@holistichealinginstitute.org](mailto:info@holistichealinginstitute.org)

Tai Chi Moving for Better Balance Implementation Guide available at:

[https://docs.google.com/viewer?a=v&q=cache:NG\\_YXG3kGqMJ:api.ning.com/files/lpWX79eu\\*NqghrxYqum3lrPOM6Dp4GRQCK9J1qwtJyISBPaj2W38NVNjNcBqsZLkRplWB9ee-lwV4PIN-hUoPujtn\\*zU9vRw/TCManual\\_Compiled\\_v19.pdf+TCManual\\_Compiled\\_v19.pdf&hl=en&gl=us&pid=bl&srcid=ADGEESjYX6LjLuLXIP\\_TVbaZWw4sHZAqIsh0kb0t6O4Hhy\\_hAhr\\_Za4OXlyloOL3OfSRR543VAzzVqUa6XPkxgjuVTSP4Frihedn39fgoihM66LDS8oMAM5\\_PUPQfV\\_8vYD5bTm5hzGX&sig=AHIEtbSRbL1d2N1jXaMxtcfTDIEn\\_AWXfA&safe=high](https://docs.google.com/viewer?a=v&q=cache:NG_YXG3kGqMJ:api.ning.com/files/lpWX79eu*NqghrxYqum3lrPOM6Dp4GRQCK9J1qwtJyISBPaj2W38NVNjNcBqsZLkRplWB9ee-lwV4PIN-hUoPujtn*zU9vRw/TCManual_Compiled_v19.pdf+TCManual_Compiled_v19.pdf&hl=en&gl=us&pid=bl&srcid=ADGEESjYX6LjLuLXIP_TVbaZWw4sHZAqIsh0kb0t6O4Hhy_hAhr_Za4OXlyloOL3OfSRR543VAzzVqUa6XPkxgjuVTSP4Frihedn39fgoihM66LDS8oMAM5_PUPQfV_8vYD5bTm5hzGX&sig=AHIEtbSRbL1d2N1jXaMxtcfTDIEn_AWXfA&safe=high)

### Walk with Ease (WWE)

A program of the Arthritis Foundation designed for people with arthritis, other chronic health conditions, and also those that would like to begin a regular walk program. It is a multi-component program that includes walking, health education, stretching and strengthening exercises, and motivational strategies. Meets three times a week for six-weeks, led by a trained leader (total of 18 sessions). Materials have been successfully implemented and evaluated, resulting in benefits such as increased physical activity, increased walking distance and speed, decreased pain, and decreased depression.

<http://www.arthritis.org/walk-with-ease.php>

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