

California Department of Aging

Older Americans Act Title III- D

Disease Prevention and Health Promotion Program Narrative

Program / Element / Component – 30.10

Description

The Disease Prevention and Health Promotion Program (Title III-D) is designed to strengthen preventive health services and health promotion systems. Title III-D seeks to initiate programs designed to help older adults prevent/manage chronic diseases and increase healthier lifestyles. Healthy aging reduces healthcare costs and increases quality of life for older adults.

Health promotion programs impact the ability of the senior to age in place. They include health screening, education or counseling and other activities that promote physical fitness, falls prevention and emotional well-being. Services are directed to prevent and mitigate the consequences of chronic diseases in senior participants with an emphasis on evidence based health promotion programs.

Program services may be held in multipurpose senior centers, at congregate meal sites, through home-delivered meals programs, or at other appropriate sites.

The Medication Management Program is a federally funded program under Title III-D of the Older Americans Act (OAA). Medication Management is defined as “medication screening and education to prevent incorrect medication and adverse drug reactions.”

Benefits

Healthy aging is the development and maintenance of optimal physical, mental, and social well-being and function in older adults. An active healthy lifestyle is a key component to successful aging and can help even frail older adults prolong their independence and improve their quality of life. Medication management provides medication screening and education to an individual and/or the caregiver to prevent incorrect medication and adverse drug reactions.

Eligibility

The target population for this program is individuals who are aged 60 years and over, who live in an area of greatest economic need, in a medically underserved area of the region, who have chronic medical conditions that can improve with education and non-medical intervention.

Access

Information on the Title III-D services and how to qualify and receive services can be obtained by calling the statewide toll free line at **1-800-510-2020**, the local Area Agency on Aging listed in the blue bordered pages of the Community Services Section of the telephone book under Senior Information and Referral/Assistance, or access the California Department of Aging website at www.aging.ca.gov.

Background

Title III-D was Formerly Title III-F under the 1992 OAA. In the federal Fiscal Year 2001 OAA appropriation for Title III-D, Disease Prevention and Health Promotion Services, Medication Management is a required service with a separate funding allocation.

The scope of services and activities that can be provided under Title III-D include health risk assessments, routine health screening, nutrition counseling, physical fitness and exercise, home injury prevention (falls prevention), and medication management.