

Health Promotion/Disease Prevention Programs

APPROVED FOR OLDER AMERICANS ACT (OAA) TITLE III-D FUNDING

Bureau of Aging, Community Living, and Supports



Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Contents

A Matter of Balance	3
Active Choices	4
Active Living Every Day (ALED)	5
AEA Arthritis Foundation Aquatic Program (AFAP).....	6
Aquatic Exercise Association (AEA) Arthritis Foundation Exercise Program (AFEP).....	7
Better Choices, Better Health – Chronic Disease	8
Bingocize®	9
Brief Intervention & Treatment for Elders (BRITE).....	10
Cancer: Thriving and Surviving	11
CAPABLE	12
Care Transitions Intervention (CTI).....	13
Chronic Disease Self-Management Program (CDSMP)	14
Chronic Pain Self-Management Program (CPSMP).....	15
Diabetes Self-Management Program (DSMP)	16
Drums Alive ®	17
Eat Smart, Move More, Weigh Less.....	18
Enhance®Fitness.....	19
Enhance®Wellness.....	20
FallsTalk	21
FallScape.....	22
Fit and Strong!	23
Geri-Fit® Strength Training Workout.....	24
Home Hazard Removal Program (HARP).....	25
Health Coaches for Hypertension Control (HCHC).....	26
HealthMatters™ Program	27
Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors).....	28
Healthy Moves for Aging Well	29
Healthy Steps for Older Adults (HSOA).....	30
Healthy Steps in Motion (HSIM).....	31
HomeMeds	32
Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM).....	33
National Diabetes Prevention Program (NDPP).....	34
On the Move (OTM).....	35
Otago Exercise Program.....	36

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

PEARLS (Program to Encourage Active, Rewarding Lives for Seniors).....	37
Positive Self-Management for HIV (PSMP)	38
Pisando Fuerte	39
PREPARE™	40
Respecting Choices® Advance Care Planning	41
Stay Active and Independent for Life (SAIL).....	42
Stepping On	43
Tai Chi for Arthritis	44
Tai Chi Prime	45
Tai Ji Quan: Moving for Better Balance® (TJQMBB)	46
Walk with Ease	47
Wellness Initiatives for Senior Education (WISE)	48
Wellness Recovery Action Plan (WRAP®)	49
Workplace Chronic Disease Self-Management.....	50
YMCA’s Moving for Better Balance (MFBB)	51

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

A Matter of Balance

Website/Contact: <https://www.mainehealth.org/mob>

Topics: Physical Activity, Falls Prevention, Self-Management, Health Promotion

Program Goals: Improved falls efficacy, falls management, and increased activity/exercise level.

Target Audience: Adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance, and strength, who may have fallen in the past, and have restricted their activities because of concerns about falling.

Program Description/Structure:

- 8 weekly or twice weekly sessions
- 2 hours per session
- 8-12 group participants
- Emphasizes practical coping strategies to reduce fear of falling and teach fall prevention strategies.
- Structured group intervention activities include group discussion, problem-solving, skill building, assertiveness training, videos, sharing practical solutions, and exercise training.

Delivered By: 2 coaches (volunteer lay leaders) teach the class to participants, guest therapist visit (1 session for 1 hour)

Training Requirements:

- Master Trainers: 2-day training and on-going updates
- Coach/Lay Leader Training: 8 hours and attend annual 2.5-hour training update

Program Costs:

- Licensing cost: \$500 initial and \$300 renewal every 3 years
- Training Cost:
- Master trainer session open to anyone (includes all materials: \$1,500 per Master Trainer plus travel)
- Group training available at an agency's location upon request
 - 11-15 attendees: \$16,000* plus \$220/person for materials
 - *Plus, travel, meals and lodging for 2 Lead Trainers*
- Post-training Materials Cost:
- Coach Handbook: \$20
- Participant Workbook: \$13
- Guest Therapist Handbook: \$6
- DVD (Fear of Falling and Exercise: It's Never Too Late): \$164.76/set
- A Matter of Balance DVD: \$11
- A Matter of Balance Lay Leader Model CD-ROM for Coaches: \$2

Languages: English, Albanian, Chinese, Korean, Portuguese, Russian, Spanish, Vietnamese

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Active Choices

Website/Contact: <https://med.stanford.edu/healthyaging/active-choices-program.html>

*Developed by Stanford Prevention Research Center, distributed by Stanford Health Promotion Resource Center

Topics: Behavioral Health, Cancer Survivors, Chronic Disease, Falls Prevention Physical Activity

Program Goals: Physical activity program that helps individuals incorporate preferred physical activities in their daily lives.

Target Audience: Adults 50+

Program Description/Structure: 6-month to 12-month individualized program that can be delivered by telephone or through online meeting platforms (e.g. Zoom). It provides remote guidance, feedback, and support while offering adults the flexibility to choose when and where to undertake their physical activity.

Delivered By: Trained physical activity advisor, who can be a professional or volunteer.

Training Requirements:

- Facilitator training and certification (recommended, but not required):
 - 8-hour minimum workshop
 - Assigned reading and written test
 - Completion and submission of 3 sample sessions to be reviewed by trainer

Program Costs:

- Licensing Cost: None. One time purchase of Active Choices Manual.
- Training Cost: \$1,950, plus \$500 for each additional person being trained.
- Materials Cost: \$295 per organization for an electronic Active Choices Manual, this includes coach/counselor training material and electronic program forms for duplication. Material toolkit comes with reproducible forms and information sheets
- Additional Costs: Consider workshop space rental, photocopying costs, facilitator supervision time
- Participant Cost: None

Languages: English, Spanish

*Coaches manual only available in English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Active Living Every Day (ALED)

Website/Contact: <https://us.humankinetics.com/blogs/active-living>

Topics: Physical Activity, Chronic Conditions, Self-Management, Health Promotion

Program Goals: Participants learn to set goals, overcome barriers, and find activities they enjoy

Target Audience: Adults interested in integrating physical activity into their daily lives

Program Description/Structure:

- Behavior change program that helps participants overcome their barriers to physical activity and make positive changes that improve their health and well-being.
- 12-week class sessions
- Incorporates short lectures and group discussions
- Participants choose their own activities and create plans based on individual lifestyle and personal preferences, focusing on moderate-intensity activities that can be added to daily routines.
- Book and optional online tools offer structure and support as participants explore their options and begin to realize how enjoyable physical activity can be. As participants work through the course, they learn lifestyle management skills and build on small successes.

Delivered By: Trained facilitators. At least 1 trained facilitator is needed per class.

Training Requirements: A facilitator must complete a self-paced course and pass an online competency exam. No specific educational or fitness certification is required of facilitators. The successful facilitator is comfortable with groups, has strong teaching/coaching skills, and agrees wholeheartedly with the Active Living partners approach to helping people become more active.

Program Costs:

- Licensing Cost: None. A signed license agreement from Human Kinetics is required to become a provider and to use the ALED name, logo, and materials.
- Training Cost: \$399 per facilitator, includes a facilitator workbook, access to online resources (including plans, PowerPoint slides, class handouts, administrative forms, and customizable marketing materials), training fee, online competency test, and a copy of the participant book and access to online participant resources.
- Participant Materials Cost: An *Active Living Every Day* book (includes text and access to online resources) must be purchased for every participant. Current price of print book is \$49.95, and e-book is \$37.95 (bulk order discounts are available – step counters or activity trackers are also introduced in the program and may be purchased from other vendors.
- Required Equipment: LCD projector, computer, flip chart, markers, pens, photocopies of select handouts, etc. A sample budgeting sheet can be provided.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

AEA Arthritis Foundation Aquatic Program (AFAP)

Website/Contact: <https://aeawave.org/>

Topics: Warm Pool Exercise, Physical Activity, Arthritis, Chronic Condition, Self-Management, Health Promotion

Program Goals:

- Overall sense of well-being
- Better quality of life
- Reduce pain/inflammation
- Increase social interaction
- Fun, safe, and effective way to promote better health
- Improved joint function
- Increased muscular strength

Target Audience: Adults with arthritis, related rheumatic diseases or musculoskeletal conditions, ranging from people who are older, sedentary, and very limited by impaired joint mobility to those who are relatively active with only mild joint involvement.

Program Description/Structure: Warm-water exercise program suitable for every fitness level, shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component.

Delivered By: Trained program leaders

Training Requirements:

- Successful completion of AEA Arthritis Foundation Program Leader Training and examination. The program leader training consists of online preparation and/or optional in-person movement review.
- Current CPR/AED certification
- Recommended study/preparation time: 10-25 hours
- Examination: 90 minutes
- Renewal requires 15 CEC hours every 2 years.

Program Costs:

- Licensing Fee: None
- Arthritis Foundation Training and Exam: \$129-149

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Aquatic Exercise Association (AEA) Arthritis Foundation Exercise Program (AFEP)

Website/Contact: <https://aeawave.org/>

Topics: Physical Activity, Arthritis, Chronic Condition, Self-Management, Health Promotion

Program Goals:

- Overall sense of well-being
- Better quality of life
- Reduce pain/inflammation
- Increase social interaction
- Fun, safe, and effective way to promote better health
- Improved joint function
- Increased muscular strength

Target Audience: Adults with arthritis related rheumatic diseases or musculoskeletal conditions, ranging from people who are older, sedentary, and very limited by impaired joint mobility to those who are relatively active with only mild joint involvement.

Program Description/Structure: Low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

Delivered By: Trained program leaders

Training Requirements:

- Successful completion of the AEA Arthritis Foundation Program Leader Training and examination. The program leader training consists of online preparation and/or optional in-person movement review.
- Current CPR/AED
- Recommended study/preparation time: 10-25 hours
- Examination: 90 minutes
- Renewal requires 15 CEC hours every 2 years.

Program Costs:

- Licensing Fee: None
- Arthritis Foundation Training and Exam: \$129-149

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Better Choices, Better Health – Chronic Disease

Website/Contact: <https://www.ncoa.org/article/evidence-based-program-better-choices-better-health>

Topics: Physical Activity, Chronic Disease, Medication Management, Pain Management

Program Goals: Enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes.

Target Audience: Adults with one or more chronic conditions who are comfortable using a computer and checking email.

Program Description/Structure:

- Online interactive version of the Chronic Disease Self-Management Program (CDSMP).
- 2 hours per week for 6 weeks
- Participants log on at their convenience 2-3 times per week for a total of about 2 hours per week. Participants do not need to log on at the same time.
- Program is offered on a dedicated website utilizing discussion boards and weekly lessons.
- Approximately 25 people per workshop. All interactions between facilitator and participants take place online.
- All information is private and anonymous.

Delivered By: Two trained peer facilitators per workshop. Facilitators follow a script and assist participants by modeling action planning and problem solving, offering encouragement, and posting to the discussion boards. Facilitators do not deliver content, which differs from the small group program.

Training Requirements:

- Facilitators are trained online by first participating in a workshop and then attend a series of webinars. When training is complete newly trained facilitators co-lead the workshop with a previously trained facilitator.
- There is a detailed online and downloadable facilitators' manual that gives daily and weekly instructions as to facilitator duties.

Program Costs:

*Shared Workshop Implementation: participants are pooled from multiple organizations

- Minimum commitment of 300 participants over 24 months. Exceptions will be considered.
- Total per Participant Fee: \$275 for between 300-500 enrollees over 2 years. \$250 per enrollee over 500.
- License, workshop staff and companion workbook included. Marketing, recruitment, and engagement services available.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Bingocize®

Website/Contact: <https://www.bingocize.com/>

Topics: Physical Activity, Falls Prevention, Social Engagement, Self-Management, Health Education, Health Activation, Cognition, Games

Program Goals:

- Improve functional performance including lower/upper body strength, gait, balance, range of motion
- Improve aspects of cognition (executive function)
- Increase social engagement
- Improve knowledge of falls risk reduction
- Improve health activation

Target Audience: Older adults at all physical and cognitive ability levels in a variety of settings

Program Description/Structure:

- 10-week health promotion program that strategically combines the fun game of bingo with exercise and falls prevention education; designed to increase functional performance, health knowledge, cognition, and social engagement of older adults in a variety of settings.
- Each twice weekly, one-hour session is led by certified leaders in licensed facilities.
- An optional mobile app version is also available as add on; use mobile devices to play Bingocize®, includes educational modules to help teach older adults about falls prevention and other health education topics.

Delivered By: Trained lay leader staff/volunteers. At least one trained leader per session of up to 20 people. Two trained leaders required for sessions with over 20 participants.

Training Requirements: Online leader training consisting of four self-paced modules. Onsite training available (contact Info@bingocize.com for more pricing information)

Program Costs:

- Licensing Cost: 2-year license \$250 per facility
- Training Cost: Online training/certification \$150 per person; recertification \$75 after 2 years; online access to targeted educational and marketing materials for participants, as well as a manual for certified leaders.
- Equipment Cost: "Bingocize® in a Box" durable and reusable box contains equipment for up to 20 participants, includes resistance bands and therapy balls. \$250 (shipping not included).
- A mobile app is available as an add to the original license (contact Info@bingocize.com for more pricing information)

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Brief Intervention & Treatment for Elders (BRITE)

Website/Contact: <http://brite.fmhi.usf.edu/BRITE.htm>

Topics: At-Risk Substance Abuse, Prescription Drug Abuse, Screening, Brief Intervention, Behavioral Health, Self-Management, Health Promotion

Program Goals: Substance abuse screening and intervention program for community-dwelling older adults who are at-risk for or experiencing substance abuse problems.

Target Audience: Adults 55+

Program Description/Structure:

- Screening (6-question questionnaire)
- Brief intervention (1-5 sessions)
- Brief treatment that is solution-focused and goal-oriented (1-7 sessions)
- Referral for specialized treatment services can occur

Delivered By: Generalist provider or substance abuse specialist

Training Requirements: Refer to website for more information

Program Costs: Refer to website for more information

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Cancer: Thriving and Surviving

Website/Contact: <https://selfmanagementresource.com/programs/small-group/cancer-thriving-and-surviving-small-group/>

Topics: Cancer, Physical Activity, Medication Management, Nutrition, Pain Management

Program Goals: Improved communication with providers, less depression, more energy, better sleep, and less stress.

Target Audience: People with cancer, survivors, family, friends, or caregivers.

Program Description/Structure: A six-week workshop that meets two to two and a half hours each week. The workshop teaches real life skills for living a full, healthy life for people affected by cancer. Classes are fun and interactive. Participants share their successes and build a common source of support. The workshop builds confidence around managing health, staying active, and enjoying life.

Delivered By: 2 trained Leaders, one or both of whom are non-health professionals and cancer survivors, for both in person and virtual workshops.

Training Requirements: Four-day leader training

Program Costs:

Licensing Cost: \$500, includes two leader trainings and up to 20 workshops. \$1,500, includes three leader trainings and up to 60 workshops.

- Additional workshops may be purchased for \$25/workshop.
- Additional leader trainings may be purchased for \$200/training if the agency does not accept any paying participants, or \$400/training if the agency does accept paying participants.
- Participant Material Cost: Living a Healthy Life with Chronic Conditions (a copy is required for each participant) - \$21.56 (bulk pricing is available). Relaxation tape/CD (optional) - \$11.20 each. Toolkit Option - \$54.36.

Languages: English, Spanish

*Also available as a tool kit

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

CAPABLE

Website/Contact: https://nursing.jhu.edu/faculty_research/research/projects/capable/index.html

Topics: Falls, Fall Prevention, Self-Management, Health Promotion

Program Goals: Reduce fall risk and fear of falling.

Target Audience:

- Are older adults (over 60); although some health systems are including people as young as 50.
- Are cognitively intact or have only mild cognitive impairment to be able to participate in the brainstorming and action planning process.
- Have some or a lot of difficulty in performing Activities of Daily Living (ADLs), such as bathing, dressing, grooming, or walking across a small room. This could apply to adults at any age with ADL difficulty.

Program Description/Structure:

- Individually tailored delivered at home
- 6 Occupational Therapy visits
- 4 Nurse visits
- Budget for home repairs, modifications, and installation of assistive devices
- Occurs over a 4–5-month period
- Is preventative in nature to optimize daily functional goals and decrease fear of falling through tailored action planning around participant-chosen goals such as being able to get into the bath safely.

Delivered By: Occupational therapist, nurse, “handyman” or home modification specialist

Training Requirements:

- 6 online modules plus 8 hours of training through Skype or other distance learning technology
- Follow up support calls or monthly webinars
- Users group for support available

Program Costs:

- Licensing Cost: None, everything is included in the training fee.
- Training of RN or OT: (includes manuals and materials) \$3,000. Group training possible at a discount.
- Post-Training Materials for Participants: (all optional)
 - Health Passport: \$10
 - Exercise workbook: \$10
 - Tips for Safe and Independent Living book: \$12

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Care Transitions Intervention (CTI)

Website/Contact: <https://caretransitions.health/>

Topics: Transitional Care, Case Management, Care Transitions, Medication Management

Program Goals: Promote self-identified personal goals around symptom management and functional recovery in the care transition from hospital to home. Reduce hospital readmissions.

Target Audience: Patients and family caregivers undergoing transitions across care settings (Medicare, Medicaid, Dual Eligible, Commercial, Uninsured) and all age ranges.

Program Description/Structure:

- 4-week program that assists individuals with complex care needs to learn self-management skills to ensure needs are met during the transition from hospital to home.
- 4 conceptual domains: Medication self-management, use of a dynamic patient-centered record, primary care and specialist follow up, and knowledge of red flags.

Delivered By: Transitions Coach that is trained by the Care Transitions Program

Training Requirements:

- Initial online training, followed by a 1 day intensive and interactive training, either on-site in Aurora, Colorado or off-site (1.5 days at a single agency for up to 35 trainees).
- Key coach attributes – ability to shift from doing things for a given patient to encouraging them to do as much as possible for themselves.
 - Competence in medication review and reconciliation.
 - Experience in activating patients to communicate their needs to a variety of health care professionals
- 1.5 day “Train the Trainer” session is also available for experienced Coaches to qualify to train new coaches within their existing organization. Held in Denver, Colorado. Refer to the website for the application process.

Program Costs: Contact the Care Transitions Intervention (CTI) training staff through their website.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Chronic Disease Self-Management Program (CDSMP)

Website/Contact: <https://selfmanagementresource.com/programs/small-group/chronic-disease-self-management-small-group/>

Topics: Chronic Disease, Falls Prevention, Medication Management, Nutrition, Pain Management, Physical Activity

Program Goals: Improved health behaviors (exercise, medication adherence, communication with health professionals), reduced symptoms (pain, fatigue, shortness of breath, depression), reduced health care utilization (ED visits, physician visits hospital days).

Target Audience: Adults, 18 years and older, living with one or more chronic conditions.

Program Description/Structure: An interactive workshop for those living with one or more physical or mental health chronic conditions such as arthritis, diabetes, heart disease, depression, etc. Participants learn skills to manage their conditions on a day-to-day basis: exercise, healthy eating, symptom management (pain, fatigue, sleep, shortness of breath, stress, and depression), weight loss, and communication skills. Core self-management skills taught include action planning, problem solving and decision making.

- Six weeks, two and a half hours per week.

Delivered By: Two trained peer facilitators.

Training Requirements: Virtual training information is below, for other types of training refer to website.

- Leader training is 7 weeks.
- Trainees are required to attend 13 2.5-hour Zoom video meetings using webcam and computer speakers.
- The first meeting each week has one session, and weeks 2-7 have 2 sessions each week.
- There are homework assignments required before and during the training.
- This is an intense, time-consuming training.

Program Costs:

- Licensing Cost: (Included in the SMRC suite of programs) Start at \$500, which provides for 2 leader trainings and 20 workshops OR \$1,500, which provides for 3 leader trainings and 60 workshops. All licenses are for 3 years. (Single-agency nonprofit and public agencies, for other options see website)
- Participant Material Cost: Living a Healthy Life with Chronic Conditions (a copy is required for each participant) - \$21.56 (bulk pricing is available). Relaxation tape/CD (optional) - \$11.20 each. Toolkit Option - \$54.36.

Languages: English, Arabic, Chinese, Creole-Haitian, Danish, Finnish, French Canadian, Hindi, Hmong, Italian, Russian, Samoan, Spanish, Tongan, Vietnamese.

*Also available as a tool kit

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Chronic Pain Self-Management Program (CPSMP)

Website/Contact: <https://selfmanagementresource.com/programs/small-group/chronic-pain-self-management-small-group/>

Topics: Pain Management, Medication Management, Nutrition, Physical Activity

Program Goals:

- Less Pain (improved quality, problem, severity)
- Decreased depression
- Less dependency
- Increased self-efficacy
- Improved role behaviors and life satisfaction.

Target Audience: Adults, 18 years and older, living with chronic pain

Program Description/Structure: Participants learn techniques to deal with symptoms of chronic pain conditions, such as fatigue, sleeplessness, stress, and emotional problems such as depression, anger, fear, and frustration, with emphasis on cognitive behavioral therapy techniques for managing pain.

Delivered By: Two trained peer facilitators.

Training Requirements: Must be trained by SMRC-certified Master Trainers.

- In-Person Leader Training:
 - Typically 4 full days of interactive sessions.
 - Includes practice teaching, role-playing, and review of workshop content.
- Virtual Leader Training:
 - Conducted via video platform (Zoom or similar).
 - Includes multiple sessions spread over several weeks (commonly 7 weeks with 13 sessions for virtual training).
 - Requires webcam and computer audio for participation.

Program Costs:

- Licensing Cost: (Included in the SMRC suite of programs) Start at \$500, which provides for 2 leader trainings and 20 workshops OR \$1,500, which provides for 3 leader trainings and 60 workshops. All licenses are for 3 years. (Single-agency nonprofit and public agencies, for other options see website)
- Participant Material Cost: Living a Healthy Life with Chronic Pain (a copy is required for each participant) - \$19.96 (bulk pricing is available). Moving Easy Program CD or MP3 (usually inserted in the Chronic Pain book). Relaxation tape/CD (optional) - \$11.20 each. Toolkit Option - \$43.16.

Languages: English, French Canadian, Spanish

*Also available as a tool kit

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Diabetes Self-Management Program (DSMP)

Website/Contact: <https://selfmanagementresource.com/programs/small-group/diabetes-self-management-small-group/>

Topics: Physical Activity, Diabetes, Nutrition, Medication Management, Problem-Solving, Decision-Making

Program Goals:

- Improved health behaviors (exercise, medication adherence, communication with health professionals, role function)
- Reduced HbA1c
- Increased adherence to advised examinations (eye, foot, kidney)
- Improved symptoms (hypoglycemia, depression, fatigue, sleep problems)
- Reduced health care costs

Target Audience: Adults, 18 years and older, living with type 2 diabetes

Program Description/Structure: Participants learn skills to manage their diabetes on a day-to-day basis; exercise, healthy eating, symptom management, weight loss, communication skills, how to manage sick days, importance of glucose monitoring and about other necessary tests. Core self-management skills include action planning, problem solving and decision making.

In-person, virtual and toolkit options available. See website for more information on formats. Six weekly two and a half hour sessions in a group setting.

Delivered By: Two trained peer facilitators.

Training Requirements: Must be trained by SMRC-certified Master Trainers.

- Format: Typically 4-day in-person training or virtual training spread over several weeks (similar to CDSMP).
 - Includes practice teaching, role-playing, and homework assignments.
 - Leaders must demonstrate fidelity to the scripted curriculum.

Program Costs:

- Licensing Cost: (Included in the SMRC suite of programs) Start at \$500, which provides for 2 leader trainings and 20 workshops OR \$1,500, which provides for 3 leader trainings and 60 workshops. All licenses are for 3 years. (Single-agency nonprofit and public agencies, for other options see website)
- Participant Material Cost: Living a Healthy Life with Chronic Conditions (a copy is required for each participant) - \$21.56 (bulk pricing is available). Toolkit Option - \$47.16.

Languages: English, Spanish

*Also available as a tool kit

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Drums Alive®

Website/Contact: <https://www.drums-alive.com/>

Topics: Physical Activity, Blood Pressure, Weight Management, Balance, Reaction Time

Program Goals: Improve physical, mental, and social-emotional well-being through rhythmic drumming exercises.

Target Audience: Adults, 18 years and older

Program Description/Structure: Participants engage in drumming routines using stability balls and drumsticks to improve physical and cognitive health. The program includes class designs with choreographies and routines that are adaptable to various populations, including children, seniors and individuals with special needs.

Delivered By: Licensed Drums Alive instructors.

Training Requirements: Complete Drums Alive Basic Instructor Training (online or in-person).

- Recommended prerequisites: nationally recognized fitness certification or degree in health/fitness/music/dance, prior teaching experience, and current CPR/first aid certification.

Program Costs:

- Licensing Cost: Drums Alive Basic Course \$285, Golden Beats course \$315, Basic and Golden Beats course bundle \$540/ License renewal \$150 annually (this is the cost to join the Drums Alive Membership). Membership fees (\$20/month or \$200/year) to maintain active instructor status.
- Participant Material Cost: Costs for stability balls, drumsticks, bucket base and optional instructional materials (note: many facilities will already have equipment options available that are used for other programs)

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Eat Smart, Move More, Weigh Less

Website/Contact: <https://esmmweighless.com/>

Topics: Weight Loss, Weight Management, Healthy Eating, Physical Activity, Wellness, Social Engagement

Program Goals: To enable and empower participants to –

- Learn about and adopt evidence-based strategies necessary for achieving and maintaining a healthy weight.
- Connect with others working on similar goals.
- Overcome barriers to healthy eating and physical activity.

Target Audience: Adults and older adults interested in improving their eating and physical activity habits with the goal of weight maintenance and/or weight loss.

Program Description/Structure:

- 15 one-hour long weekly sessions delivered online by a live Registered Dietitian Nutritionist (RDN) instructor.
- 20-40 participants per class.
- Classes are accessible on computers or mobile devices (internet access required).
- Lunchtime and evening class times are available. Flexible attendance for schedule conflicts is offered.
- Participants receive one-on-one support outside of class from RDN instructor through a secure, online portal.
- Each hour-long class includes evidence to support the strategy, practical steps for adopting the behavior, 3–5-minute optional movement break, ways concepts can be adopted by the whole family, opportunities for sharing and celebrating, suggestions for living mindfully and a guided discussion of the strategy for the week.

Delivered By: Registered Dietitian Nutritionist (RDN) instructors who are also Licensed Dietitian/Nutritionists (LDNs). All program instructors are hired and trained by NC State University. NC State University oversees the complete delivery of this program. Delivery of this program does *not* involve a train-the-trainer model.

Training Requirements: Registered Dietitian Nutritionist (RDN) instructors who are also Licensed Dietitian/Nutritionists (LDNs). All program instructors are hired and trained by NC State University. Individual sites implementing the program are not responsible for training instructors.

Program Costs:

- Individual Cost: \$235/participant
- Group Cost (groups of 20 or more): \$210/participant
 - Purchased group slots can be redeemed during any current or future class series. New 15-week class series are offered 8 times per calendar year.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Enhance®Fitness

Website/Contact: <https://projectenhance.org/enhancefitness/>

Topics: Falls Prevention, Physical Activity, Self-Efficacy

Program Goals: To improve the overall functional fitness and well-being of older adults.

Target Audience: Older adults, from the frail to the fit. The class can be taken seated or standing, and instructors are trained in how to modify the exercises to suit the varying abilities of participants.

Program Description/Structure:

- An ongoing, low-cost, evidence-based group falls prevention and physical activity program developed specifically for older adults. The exercises focus on four key areas important to the health and fitness of participants: low impact cardiovascular, dynamic/static balance work, strength training and stretching.
- Classes meet three times a week, an hour each session, providing social stimulation as well as physical benefits.

Delivered By: A certified fitness instructor.

Training Requirements: Fitness instructors must be certified by a nationally recognized fitness organization such as YMCA, ACE, or ACSM. They must also attend the required 1.5-day Enhance®Fitness instructor training.

Program Costs:

- Basic Fee, Year 1: \$3,200. Package includes:
 - License for one site (one-time fee per each additional physical site: \$500)
 - 1.5-day instructor training for up to 15 instructor candidates
 - Instructor manual for each instructor trained
 - One Site Coordinator Implementation Manual per site
 - Marketing materials
 - Secure website link to program resources
 - Data collection forms
 - Once license for EF Online Data Entry System (ODES) for data entry, analysis, and reports. (Licenses for additional users cost \$200 per person per year)
 - Instructor support including moderated discussion group and newsletter
- Annual License Renewal: \$50/site and \$200/ODES license
- Enhance®Fitness Master Trainer Training Basic fee: \$2,000. Package includes:
 - Two day in-person Master Trainer training followed by a 1.5 day mentored New Instructor Training
 - Master Trainer Manual
 - Quarterly National Master Trainer Calls

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Enhance®Wellness

Website/Contact: <https://projectenhance.org/enhancewellness/>

Topics: Chronic Disease Self-Management, Physical Activity, Motivational Interviewing, Health Promotion

Program Goals: Maintain or increase the health and functional status of community-based older adults with chronic conditions.

Target Audience: Adults aging with disability and older adults with one or more chronic conditions, excluding dementia.

Program Description/Structure:

- A six-month individualized Health Action Planning program.
- Works well as a cross-referral intervention for regularly scheduled optional support group meetings and evidence-based workshops such as Chronic Disease Self-Management Program (CDSMP) and A Matter of Balance (MOB).

Delivered By: An Enhance®Wellness Counselor

Training Requirements: A nurse, social worker, or a community health worker with prior motivational interviewing training attend an in-person Enhance®Wellness New Counselor Training certification. EW certification includes a per-training online module and a two day in-person certification. *Additional online support modules for active Enhance®Wellness Counselors are under development.

Program Costs:

- Basic fee, Year 1: \$3,200. Package includes:
 - Enhance®Wellness license for organization
 - Two-day Enhance®Wellness instructor training for up to 12 counselor candidates
 - Enhance®Wellness instructor manual for each instructor trained
 - Enhance®Wellness marketing material templates
 - Secure website link to program resources on WellWare
 - Data collection forms
 - One license for EW WellWare for charging Health Action Plan, analysis, and reports. (Licenses for additional counselors cost \$200 per person per year).
 - Counselor support including regularly scheduled calls with EW-T-Trainer and newsletter
- Annual License Renewal: \$50 per organization and \$200/WellWare License
- Enhance®Wellness Master Trainer Training Basic fee: \$2,000. Package includes:
 - Two day in-person Master Trainer training
 - Master Trainer Manual
- Note for organizations offering PEARLS:
 - WellWare is also used for PEARLS. A single \$200 WellWare fee will cover access to both PEARLS and Enhance®Wellness for an individual counselor.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

FallsTalk

Website/Contact: <http://fallscape.org/>

Topics: Fall Prevention, Self-Management, Health Promotion, Fall Risk Screening, Self-Efficacy

Program Goals:

- Increase falls prevention behaviors and falls self-management skills
- Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy
- Prevent participant falls and reduce fall risk

Target Audience: Adults 50+ who have fallen OR are experiencing regular loss of balance AND are at risk for falls OR are concerned about falling.

Program Description/Structure:

Delivered By: One or two trained facilitators. Interview, follow up, and telephone check-ins can be delivered by separate facilitators.

Training Requirements:

- One or two days which can be completely separated (course outline on website).
- In-person training is mandatory to ensure programming fidelity, no specific educational prerequisites.
- Included software matches trainee's abilities.
- Training is offered at various sites or can be delivered on-site for groups by custom arrangement.

Program Costs:

- Licensing Cost: Included in the training costs.
- Training Cost: \$250-395 (one or two days) depending on program components and group rate; package includes training, software, and support for one year.
- Annual Subscription Cost: Starts at \$250 based on both the number of users on-site and program components (see website for details). Subscription provides ongoing site support, software updates and web-based training.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

FallScape

Website/Contact: <http://fallscape.org/>

Topics: Fall Prevention, Self-Management, Health Promotion, Self-Efficacy, Fall Risk Screening

Program Goals:

- Increase falls prevention behaviors and falls self-management skills
- Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy
- Enhance fall threat recognition and prevention behaviors with multimedia
- Prevent participant falls and reduce fall risk

Target Audience: Adults 50+ who have fallen OR are experiencing regular loss of balance AND are at risk for falls OR are concerned about falling.

Program Description/Structure:

Delivered By: One to four trained facilitators. Interview, follow up, and telephone check-ins; as well as multimedia training, and multimedia evaluation can also be delivered by separate facilitators.

Training Requirements:

- One or Two days which must be completed separately. Two days of FallsTalk training and demonstration of competency are required before FallScape training can begin (course outline on website).
- In-person training is mandatory to ensure program fidelity, FallScape training is a prerequisite for enrollment in advanced FallScape (Day 2).
- Included software matches trainee's abilities.
- Training is offered at various sites or can be delivered on-site for groups by custom arrangement.

Program Costs:

- Licensing Cost: Included in the training costs.
- Training Cost: FallsTalk training plus \$250-\$490 depending on program components (1 or 2 days which must be taken separately from FallsTalk training and each other). Package includes training, software, multimedia elements, support for one year, and required competency testing.
- Annual Subscription Cost: Starts at \$600 including FallsTalk license. Fee is based on both the number of users on-site and program components (see website for details). Subscription provides ongoing site support, software, and multimedia element updates, as well as web-based training.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Fit and Strong!

Website/Contact: <https://www.fitandstrong.org/>

Topics: Physical Activity, Osteoarthritis, Chronic Condition, Self-Management, Health Promotion

Program Goals: Manage lower-extremity osteoarthritis through engagement in safe, balanced program of physical activity that builds lower extremity strength.

Target Audience: Sedentary older adults who are experiencing lower-extremity joint pain and stiffness and have received physician clearance to participate in exercise.

Program Description/Structure:

- 8 weeks
- 3 times per week
- 90 minutes per session

Delivered By: Fit and Strong! Master Trainer

Training Requirements:

- 8-hour Master Trainer-led training
- Must be a certified exercise instructor or licensed physical therapist, or PT or OT aide or student

Program Costs:

- Licensing Cost: (includes training) \$2,000 for a system and \$400 for each system site in Year One; \$1,000 for stand-alone site in Year One.
 - Sites may need to reimburse their instructors for their training time
 - Certified exercise instructor training (\$30/hour for 8 hours)
- Equipment Cost:
 - Ankle Weights: \$22 each
 - Exercise Bands: \$5 each
 - Manuals (instructor \$30 and participant \$30 each)
 - CD Player: \$25
 - Exercise music CD: \$20 each
 - Mats: \$40
 - Instructor liability insurance: \$160/year if site does not already have in place

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Gerifit® Strength Training Workout

Website/Contact: <https://www.gerifit.com/>

Topics: Balance, Health Promotion, Caregiver, Self-Management, Memory Care, Physical Activity

Program Goals: Increases strength, flexibility, range of motion, mobility, gait, and balance.

Target Audience: Older adults age 65+

Program Description/Structure:

- An ongoing, 45-minute, twice -weekly progressive resistance strength training exercise program.
- Participants start out using a set of 2-pound dumbbells and then, as their strength increases, they can use heavier weights to build more strength and balance. Most older adults graduate to using a set of 4-pound dumbbells within a year's time.
- Exercises are performed seated in chairs (optional standing).
- Geri-Fit® is a group setting class

Delivered By: Accredited online training and certification through gerifit.com

Training Requirements: Must complete Geri-Fit certification. Certified and non-credited fitness instructors, lay leaders and other EBHP programs, volunteers, or staff with experience in working with the older adult population.

- Online Training:
 - Self-paced, requires 20–80 hours of study and practice, depending on prior experience.
 - Includes watching training videos, reading the instructor manual, and practicing exercises.
- Live Training (Optional):
 - One-day, 8-hour accredited course led by a Master Trainer.
 - Requires 6 hours of online pre-study before attending the workshop.

Program Costs:

- Licensing Cost: \$2500 per facility (includes online training and certification for two instructors). Each additional instructor: \$315.
- On-site training and certification are also available, but at an additional cost.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Home Hazard Removal Program (HARP)

Website/Contact: <https://starklab.wustl.edu/resources/harp/>

Topics: Falls Prevention

Program Goals: Reduce number of falls, reduce fall hazards in the home, and improved ability to manage fall risk.

Target Audience: Older adults at high risk of falling (e.g., has experienced a previous fall, is worried about falling, has a balance or gait impairment)

Program Description/Structure: A behavioral intervention that targets fall risk behaviors and home hazards for older adults at high risk for falling. The elements of intervention are:

- A comprehensive assessment of the individual, their behaviors, and the environment;
- A home hazard plan;
- Remediation of hazards; and
- A booster session three months after intervention

The primary mechanisms for resolving barriers in HARP are minor home repair (e.g., grab bars), adaptive equipment, task modification, and education and self-management strategies to improve awareness of fall risks (to bring awareness of fall hazards).

Program is designed as a 1:1 intervention in the home. Two to three sessions (up to two hours each) with a 30-minute booster session at three to six months.

Delivered By: Occupational therapist

Training Requirements:

- Pre-Training: reading packet, knowledge-based pre-test.
- Training: 4 hours of web-based training that includes video lecture and video of the process with clients.
- Post-Training: video case study to assess skill, knowledge-based post-test.

*Certification granted when achieve 90% accuracy on both knowledge and case study.

Program Costs:

- Preparation:
 - Therapist certification - \$100
 - Engage contractor - \$0
 - Fall risk awareness – variable
 - Toolkit supplies - \$300
- Delivery Per Participant
 - Modifications - \$250 (0-500)
 - OT Time – 4-5 hours

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Health Coaches for Hypertension Control (HCHC)

Website/Contact: <https://www.clemson.edu/centers-institutes/aging/index.html>

Topics: Hypertension, Self-Management, Physical Activity, Medication Management

Program Goals:

- Increase knowledge about hypertension self-management.
- Increase stage of readiness to make lifestyle changes required for successful self-management.
- Promote behavior changes in nutrition, physical activity, stress management, tobacco use, and medication management.

Target Audience: Those aged 50+ diagnosed with hypertension

Program Description/Structure:

- HCHC consists of eight weekly sessions averaging about 1.5 hours each. The weekly sessions are offered by a pair of trained lay leaders (Health Coaches) in various community sites. The eight core sessions include:
 - Basics of Hypertension Control
 - Nutrition
 - Physical Activity (includes weight control)
 - Tobacco Use
 - Stress Management
 - Medical Management
 - Long-Term Action Plan

Delivered By: Trained, local community members who use a scripted manual, posters, and participant notebooks and supplies such as blood pressure monitor and pedometer to implement the program.

Training Requirements: Community members desiring to be trained as Health Coaches would be screened through a structured interview and would pass a criminal background check. Those wishing to be trained as Master Trainers would need to have a background in a health-related field and have experience working with older adults.

Program Costs:

- Approximate cost per participant for printed materials, supplies (pedometer, relaxation CD, cookbook, blood pressure monitor, and the Living a Healthy Life with Chronic Conditions book is \$180. If a community coordinator is needed to manage the program, that would add a salary of about \$35,000.
- The fee to train Master Trainers would be \$400 per participant for trainings conducted at Clemson University. This fee would cover a 1.5-day training, a hard copy of a Health Coach manual and an electronic copy of all other materials such as training PPT, HCHC participant notebooks, and posters used in each session.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

HealthMatters™ Program

Website/Contact: <https://www.healthmattersprogram.org/>

Topics: Physical Activity, Behavioral Health, Chronic Disease, Fall Prevention, Medication Management, Pain Management, Caregiver Support

Program Goals: Improved health behaviors and health status of people with IDD and support the following: psychosocial and physiological health status, knowledge of self-efficacy, fitness (FABS – Flexibility, Aerobics, Balance, Strength).

Target Audience: People with intellectual and developmental disabilities (IDD).

Program Description/Structure: A 12-week program that engages people with developmental disabilities and their supports to have access to research, education and training service learning, and evaluation tools to improve their health where they live, work, learn, and play.

Delivered By:

- 1-3 certified instructor, at least one certified instructor per 1-4 participants with IDD.
- Support persons for people with IDD employed in day/residential/employment community-based programs for people with IDD (direct support professionals, case managers, licensed social workers, health care professionals, community health workers, certified fitness instructors, lay leaders, students).

Training Requirements:

- Completion of 3-hour webinar
- No specific educational or fitness certification is required of certified instructors. A successful certified instructor is comfortable with working with people with IDD, likes to teach and advocate, and is interested in health promotion topics.

Program Costs:

- HealthMatters™ Program Train-The Trainer Workshop Webinar: \$3,500 (up to 100 attendees)
- HealthMatters™ Curriculum: \$33-\$50 (per curriculum, depending where purchased, available at Amazon.com)
- Workbook: \$20 (one per webinar attendee)
- Toolkit: \$10 (posters, copies of surveys, sign in sheets), can be downloaded for free from [HealthMattersProgram.org](https://www.healthmattersprogram.org) website
- Evaluation (Optional):
 - 12-Week HealthMatters™ Program Evaluation: \$500 (program evaluation for people with IDD, pre/post report)
 - HealthMatters™ Assessments (HMA): \$750 per organization (organizational assessments, Time 1 and Time 2 Report)
 - Rapid HMA Report: \$250 per state (statewide needs assessment)

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)

Website/Contact: <https://healthyideasprograms.org/>

Topics: Depression, Behavioral Health, Self-Management, Health Promotion

Program Goals: Reduce the severity of depressive symptoms in frail, high risk and diverse older clients of community agencies.

Target Audience: Ethnically and socioeconomically diverse populations of older adults and family caregivers who are living in the community and are at high risk for depressive symptoms.

Program Description/Structure:

- 3–6-month program. Minimum of three in-person visits in the client's home and five or more telephone contacts
- Four components include:
 - Screening and assessment of depressive symptoms
 - Education about depression and self-care for clients and family caregivers
 - Referral and linkage to health and mental health professionals
 - Behavioral activation

Delivered By: Trained case manager or other social service provider in the client's home or other private location.

Training Requirements: Two-day (12 hours), on-site training with one certified trainer for every 25 attendees. Training arranged by national Healthy IDEAS Team and provided by a certified national or regional trainer. Local trainer/coach provides pre-training on depression as well as follow up training and support. Ideally a local trainer/coach will have mental health or behavioral health background, knowledge of depression and its presentation in older adults, and experience working with older adults.

Program Costs:

- Licensing Cost: None
- Training and Technical Assistance Cost:
 - One-time fee of \$4,000 plus related travel expenses from Houston for the full technical assistance and training package, which includes two days of on-site training and unlimited telephone/email consultation.
 - \$500 additional fee plus travel expenses if more than one national trainer is required (more than 25 trainees).
 - One-time fee is reduced by \$1,600 if a regional trainer is available
- Materials Cost:
 - Intervention manual/handouts reproduced for each staff person approximately \$25/person.

Languages: English

* Materials are also available in Spanish and Chinese for cultural adaptation.

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Healthy Moves for Aging Well

Website/Contact: <https://www.ncoa.org/article/evidence-based-program-healthy-moves-for-aging-well/>

Topics: Physical Activity, Self-Management, Health Promotion

Program Goals: In-home physical activity intervention (chair bound and advanced exercises) that is focused on maintaining health status and quality of life of frail elders.

Target Audience: Adults 65+ who are currently enrolled in a care management program that includes an ongoing, problem-solving relationship with a care manager. Participant criteria includes assistance with 2-4 ADLs, motivation to participate and ability to stand unassisted or with caregiver assistance.

Program Description/Structure:

- Movement repetitions 3-5 days per week, multiple times per day
- One 15-minute session between participant and care manager
- Three month follow up period with weekly or biweekly phone calls.

Delivered By: Care managers and motivational volunteer phone coaches teach program exercises to participant in their home.

Training Requirements:

- Significant expertise in lifestyle changes counseling and in Brief Negotiation methods
- Training time estimates: Brief Negotiation/Motivational Interviewing- approx. 8 hours, Fitness Expert- approx. 2-4 hours.

Program Costs:

- Licensing Cost:
 - Year 1: \$5,000, Year 2 and subsequent years: \$2,000
 - Annual License Fee will cover up to 20 users (care managers)
- Training Cost:
 - Training and support will be offered at a consultant rate of \$160 per hour and can be approximated at 75-100 hours
 - Travel costs are charged separately and will be billed at the actual rate
 - Travel time will be billed at 50% of the hourly rate
 - Agencies are responsible for providing a Behavioral Change educator and a Fitness Expert during training. Agencies should estimate 1) Behavior Change Educator \$1,000-\$1,500/day; \$100/hr for follow up mentoring and 2) Fitness Expert \$400-\$1,000/day; \$50/hr for follow up mentoring.
- Participant Materials Cost
 - Client Materials: \$3 each
 - Stopwatch: \$9 each
 - Healthy Moves video (optional): \$75 per organization

Languages: English

*Spanish versions are available for some materials through Partners in Care Foundation.

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Healthy Steps for Older Adults (HSOA)

Website/Contact: <https://www.pa.gov/agencies/aging/aging-programs-and-services/health-wellness-fitness>

Topics: Fall Prevention, Strength, Health Promotion, Physical Activity

Program Goals: Raise awareness of falls, introduce steps on how to reduce falls, improve overall health and provide referrals and resources

Target Audience: Adults ages 50+

Program Description/Structure: Provides screening, assessment, and education to reduce the incidence of falls. Two 2-hour workshops are offered to interested individuals in the community at facilities such as senior community centers and health care organizations.

Delivered By: Certified instructors

Training Requirements:

- Completion of three HSOA workshop leader online training modules (approx. 45 minutes each).
- Completion of a two-day HSOA workshop leader classroom training (approx. 6.5 hours each day).

Program Costs: HSOA workshops are offered to older adults ages 50+ at no charge through Pennsylvania's 52 Area Agencies on Aging. Other organizations and facilities outside of Pennsylvania's AAA network can purchase a license to train HSOA Workshop Leaders and to conduct HSOA workshops. For information on HSOA program licensing costs or for additional information about the program please email wellness@pa.gov.

Languages: English

* Spanish versions are available for workshops and materials.

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Healthy Steps in Motion (HSIM)

Website/Contact: <https://www.pa.gov/agencies/aging/aging-programs-and-services/health-wellness-fitness>

Topics: Fall Prevention, Fall Risk Screening, Strength, Physical Activity, Health Promotion

Program Goals: Prevent falls and injuries resulting from falls. Promote health and ensure that older adults can remain as independent as possible for as long as possible.

Target Audience: Adults ages 50+

Program Description/Structure:

- A comprehensive fall prevention program. Participants enjoy more exercises including those for people at advanced fitness levels or that have specific medical conditions. Workshops are often repeated due to the physical and social benefits participants receive from attending.
- HSIM is an 8-session program. It can be presented as a 4-week program with 2-one-hour workshops each week or as an 8-week program with 1 one-hour workshop per week.
- HSIM can be offered at senior centers, older adult living centers, recreation centers, hospitals, and YMCAs/YWCAs.

Delivered By: Certified workshop leaders.

Training Requirements: Completion of a two-day HSIM Certified Workshop Leader classroom training (approx. 7 hours each day).

Program Costs: HSIM workshops are offered to older adults ages 50+ at no charge through Pennsylvania's 52 Area Agencies on Aging. Other organizations and facilities outside of Pennsylvania's AAA network can purchase a license to train HSIM Workshop Leaders and to conduct HSIM workshops. For information on HSIM program licensing costs or for additional information about the program please email wellness@pa.gov.

Languages: English

* Spanish versions of materials are available for some workshops.

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

HomeMeds

Website/Contact: www.homemedes.org

Topics: Medication Management, Self-Management, Health Promotion

Program Goals: Enable community agencies to address medication-related problems and errors that endanger the lives and well-being of community dwelling elders.

Target Audience: Area Agencies on Aging (AAA), care management programs and home care agencies with community-dwelling elder clients. Amendable also to typical Title III-D screening events, senior housing, care transitions coaching and caregiver support and education sessions.

Program Description/Structure:

- Individualized in-home screening, assessment, and alert process to identify medication problems.
- Computerized screening and pharmacist review can help prevent falls, dizziness, confusion, and other medication-related problems for elders living at home.
- The model is adaptable to contexts where medications can be reviewed as part of a screening event or using consumers to complete the medication risk assessment form.

Delivered By:

- Care managers, working in partnership with client physician and pharmacist. Usual practice of care management programs without additional staff.
- Should have consulting pharmacist or other medication expert involved in the process.
- Data entry can be done live in the field using laptop or tablet or it can be done in the office after documentation on paper form.

Training Requirements: Time to train staff on computer system usage and proper data collection.

Program Costs:

- Licensing Cost: monthly license fee for software access.
- Training and Startup Consultation Cost: \$3,000-\$5,000, depending upon delivery method (webinar vs. on-site).
- Additional Cost:
 - Computerized risk assessment screening (online system). Approx. \$200/month, but cost is negotiable based on users and overall volume of use.
 - Pharmacist cost approx. \$60-\$85/hour. The average review requires 20 minutes and of patients screened 30-40% will typically require review.

Languages: English

* Spanish-language training and materials are available for some implementations.

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM)

Website/Contact: <https://wihealthyaging.org/programs/live-well-programs/mom/>

Topics: Behavioral Health, Chronic Disease, Medication Management, Nutrition

Program Goals: Understanding how bladder, bowels and pelvic floor muscles work together. Building confidence to set and achieve reasonable goals. Learning to do low-impact pelvic floor muscle exercises. Adjusting fluid intake and fiber intake to improve bladder and bowel function. Group problem-solving and coping with setbacks. Seeking care from health professionals for solutions and specialists if symptoms continue.

Target Audience: Women aged 50 or older who are cognitively intact and currently experiencing or have an interest in preventing incontinence. If participating online, must have a computer with camera.

Program Description/Structure: A program that helps older women build the skills and confidence they need to avoid or improve symptoms of incontinence (bladder and bowel leakage). Three sessions spaced every other week (i.e., five weeks), two hours each session, with optional Booster.

Delivered By: One trained female facilitator

Training Requirements:

- Must be female
- Experience working with groups of older adults
- Comfortable leading workshops
- Completed the 3-4 hour online “Basic Training” in Evidence-Based Health Promotion Program Implementation provided by WIHA

Program Costs:

- License Cost: \$3,000 for three years if sole license holder. The license fee increases if affiliates are added.
- Training Cost: \$450 per person for non-Wisconsin facilitators (at least two facilitators must be trained)
- Other Costs Considerations: purchase/preparation of participant binders, ability to project audio and video, and healthy fiber-filled snacks (if in person)

Languages: English

* Cultural adaptations are available (though not full translations).

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

National Diabetes Prevention Program (NDPP)

Website/Contact: https://www.cdc.gov/diabetes-prevention/?CDC_AAref_Val=https://www.cdc.gov/diabetes/prevention/

Topics: Diabetes, Self-Management, Health Promotion, Physical Activity, Weight Loss

Program Goals:

- Prevent or delay the onset of Type 2 diabetes.
- Increase physical activity to 150 minutes of moderate intensity
- Lose a minimum of 5% body weight

Target Audience: Adults 18+ who are at high risk for developing Type 2 diabetes based on fasting glucose or A1C or via a short risk survey. Adults 60+ automatically qualify.

Program Description/Structure:

- 16 weekly core sessions
- 6 monthly post-core sessions
- 1 hour per session
- 12-15 group participants
- Emphasizes sustainable lifestyle changes including improved nutrition, increased physical activity, stress reduction and coping strategies. Program goal is 5% weight loss to lower risk for developing Type 2 diabetes.
- Structured group activities with CDC approved curriculum including group discussion, problem solving, skill building, videos, sharing practical solutions and group support. Weight and minutes of physical activity recorded weekly.

Delivered By: Trained lifestyle coach facilitates the group session.

Training Requirements:

- Lifestyle Coach: Two-day training and ongoing mentoring. Coaches comply with quality and fidelity standards and meet CDC Diabetes Prevention Recognition Program (DPRP) standards.
- Master Trainers: Two-day training after successfully facilitating at least one NDPP course. Exceptions for experience with chronic disease self-management programs will be considered.

Program Costs: To learn more about program costs and organizations offering training, please visit the website.

Languages: English, Spanish

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

On the Move (OTM)

Website/Contact: <https://www.onthemove.pitt.edu/>

Topics: Mobility, Physical Activity, Motor Control

Program Goals: To improve and sustain mobility so individuals can participate more easily in daily activities and decrease risk for disability.

Target Audience: Older adults who are medically stable and can walk household distances independently or with a straight cane.

Program Description/Structure:

- A group-based exercise program for older adults designed to target key principles of the biomechanics and motor control of walking.
- Classes are 50 minutes in duration and are held twice per week for 12 weeks.
- Program contains a warm-up, stepping patterns, walking patterns, strengthening exercises, and cool-down exercises. The unique stepping and walking patterns promote the timing and coordination of stepping and are integrated with the phases of the gait cycle. Patterns are goal-oriented and progressed in difficulty to continually challenge participants.

Delivered By: Health professionals (physical therapists, physical therapy assistants, occupational therapists, and certified occupational therapy assistant) and certified fitness instructors (certified by a nationally recognized fitness organization such as ACE or ACSM), who are trained to be certified On the Move instructors.

Training Requirements: Attending a 12-hour training course, achieving a passing grade on a written examination, and demonstrating competency with the program. Certification is for three years; at which time it needs to be renewed by achieving a passing grade on a renewal examination.

Program Costs:

- License Fee (3 years):
 - Non-Profit: None
 - For Profit: based on the number of sites.
 - 1-5 sites: \$1,000
 - 6-10 sites: \$2,500
 - 11+ sites: \$5,000
- Instructor Training: \$750 per instructor. Includes 12-hour training course, On the Move manual and materials, 12 playground balls, and 9 cones.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Otago Exercise Program

Website/Contact: <https://www.med.unc.edu/aging/cgweb/courses/otago-exercise-program/>

Topics: Fall Prevention, Strength, Physical Activity, Health Promotion, Physical Therapy, Self-Management

Program Goals: Increase strength, balance, and endurance. Lifestyle change to incorporate strength and balance training a minimum of two hours per week. RCT demonstrated a 35% reduction in falls in high-risk older adults.

Target Audience: Community-dwelling frail older adults. Most effective for those who are age 80+ or 65 + and frail.

Program Description/Structure:

- 4-5 visits with a physical therapist (PT) over 8 weeks with monthly phone calls for a year and optional follow up visits at 6, 9, and 12 months.
- 17 exercises total – the PT evaluates the older adult and selects the most appropriate exercises from the 17.
- Exercises are progressed to challenge the older adult as they improve strength/balance.
- Adjustable ankle weights are used for 3 of the exercises and weight is progressively increased.
- The older adult does the exercises for approximately 30 minutes, three times per week.
- When the older adult is strong enough to walk or exercise, a walking program is prescribed and progressed to up to 30 minutes three times per week.
- Can be implemented in the home, outpatient, assisted living facilities as well as in the community.

Delivered By:

- Physical therapist completes the initial evaluation and prescription
- Follow up visits can be done by a licensed physical therapist assistant
- Follow up phone calls can be done by the PT, a health coach, or another individual who is able to communicate progress to the PT
- The exercises can be done independently or supervised in a one on one or group setting

Training Requirements: Completion of the Otago Exercise Program Online Training for Physical Therapists.

Program Costs:

- Training Cost: Online training is \$50; Therapists receive up to 3.0 CEUs upon completion. If patient demonstrates medical necessity and has a physician referral, then Medicare can potentially cover cost of physical therapy under Medicare Part B which does require a patient co-pay. Medicare coverage applies only when delivered by a licensed PT under Part B.
- Training Supplies: Cost varies for adjustable ankle weights for patients up to 20 lbs.

Languages: English, Spanish (limited patient resources available)

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)

Website/Contact: <https://depts.washington.edu/hprc/programs-tools/pearls/>

Topics: Depression, Counseling, Self-Management

Program Goals: Reduce symptoms of depression and improve health-related quality of life.

Target Audience: Adults 60+ who have minor depression or dysthymia and are receiving home-based social services from community services agencies.

Program Description/Structure:

- Eight 50-minute sessions with a trained social service worker in the client's home over 19 weeks.
- Counselors use three depression management techniques:
 - Problem solving treatment, in which clients are taught to recognize depressive symptoms, define problems that may contribute to depression and devise steps to solve these problems
 - Social and physical activity planning
 - Planning to participate in pleasant events. Counselors encourage participants to use existing community services and attend local events.

Delivered By: Trained social service worker

Training Requirements: Two-day training, virtual training options available.

Program Costs:

- PEARLS Toolkit includes background; detailed instructions, guidance, tips for implementing within an organization and carrying out the components of PEARLS sessions with clients; forms for creating the organizational and data management- Free infrastructure necessary for the implementation of PEARLS.
- 2-day, off-site training in Seattle, WA (includes tuition, course materials, continental breakfast, and snacks), \$395 per participant.
- On-site training varies depending on the number of participants (minimum of 15– 20 persons), plus travel expenses.
- PEARLS Fidelity Instrument - Free (brief, 20-item multiple-choice survey).

Languages: English

* Spanish materials and adaptations are available for some sites.

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Positive Self-Management for HIV (PSMP)

Website/Contact: <https://selfmanagementresource.com/programs/small-group/hiv-positive-self-management-small-group/>

Topics: HIV/AIDS, Self-Management, Health Promotion

Program Goals: Decreased symptom severity, and increased self-efficacy

Target Audience: Adults, 18 years or older with HIV/AIDS

Program Description/Structure: Small group workshop offered either in-person or virtually. One session per week for six weeks, each session lasting two and a half hours.

Delivered By: Two trained leaders, one or both of whom are non-health professionals with HIV, for both in person and virtual workshops.

Training Requirements: Must be trained by SMRC-certified Master Trainers

Program Costs:

- License Cost: (Included in the SMRC suite of programs) Start at \$500, which provides for 2 leader trainings and 20 workshops OR \$1,500, which provides for 3 leader trainings and 60 workshops. All licenses are for 3 years. (Single-agency nonprofit and public agencies, for other options see website)
- Participant Materials Cost:
 - Living a Healthy Life with HIV, 4th Edition (a copy is required for each participant): Paperback - \$21.56, eBook - \$19.96
 - Relaxation for Mind and Body (Optional): CD - \$11.20, MP3 – \$11.20

Languages: English, Spanish

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Pisando Fuerte

Website/Contact: <https://wihealthyaging.org/programs/falls-prevention-programs/pisando-fuerte/>

Topics: Fall Prevention, Physical Activity, Medication Management

Program Goals: Fall reduction

Target Audience: Spanish-speaking older adults who are cognitively intact, live independently, and do not use a walker inside of their home [if they need a scooter or wheelchair, they may not be appropriate for the program].

Program Description/Structure: Pisando Fuerte is an eight-session small group community-based workshop, based on behavior change, preventive framework, and principles of adult education, focusing on five critical domains: exercise, balance and mobility; medication review and management; vision review; footwear; and home fall hazards and safety strategies.

- Format: In-person in community or virtual/remote
- Length: 8 sessions, one 2-hour session per week

Delivered By: Two Spanish-speaking trained facilitators or a trained facilitator and peer facilitator.

Training Requirements: Must complete facilitator training in-person or remote and Basic Training pre-training requirement.

Program Costs:

- Facilitator Training: \$950
- License Cost: Start at \$3,250 for three years
- Participant Materials Cost: \$12.50 per participant (Balance & Strength Exercise Manual and participant handouts)

*Prices are subject to change

Languages: Spanish (*for English see Stepping On)

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

PREPARE™

Website/Contact: <https://prepareforyourcare.org/en/prepare/welcome>

Topics: Advanced Care Planning, Alzheimer's Disease/Dementia, Behavioral Health, Cancer Survivors, Care Transitions, Chronic Disease

Program Goals: Increase knowledge, self-efficacy, and readiness to engage in advance care planning behaviors.

Target Audience: Older adults and their family and friends

Program Description/Structure: Format options include in-person at home, in-person in community, online, telephone or by mail.

Delivered By: PREPARE is a direct-to-consumer program that may also be used in group events by community or clinical instructors or leaders.

Training Requirements: N/A

Program Costs: You do not need a license to print materials directly from the PREPARE website or share the "PREPAREforYourCare.org" URL with an individual or for personal use. Print from and/or direct people to the PREPARE website as we update and change our materials often, including our legal advance directives.

All other uses of PREPARE require a [license](#) (e.g., using in large population health programs, research, modifying the materials, adding materials to other programs, etc.).

[Licenses](#) and other provider tools are available for health systems, health plans, societies, associations, or community-based organizations.

Languages: English, Spanish

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Respecting Choices® Advance Care Planning

Website/Contact: <https://respectingchoices.org/advance-care-planning-courses/>

Topics: Advance Care Planning, Health Promotion

Program Goals: Create an effective process to prepare individuals and their families for future healthcare decisions. Make advance care plans available to treating health professionals. Assure plans are incorporated into active medical decisions.

Target Audience: Adults in any stage of health in a variety of settings.

Program Description/Structure: Group or individual ACP conversations delivered in a variety of settings (including in-home and community settings) to assist individuals a) select and prepare a healthcare agent, b) explore previous healthcare experiences, cultural and spiritual beliefs, and what it means to 'live well' (to that individual) as a process to form goals upon which to make future healthcare decisions, c) prepare a written advance care plan document if desired, d) redesign systems (healthcare and community) to support goals and preferences being honored.

Delivered By: Facilitator(s) who have been certified by Respecting Choices®

Training Requirements:

- Facilitator certification is one in-person 8-hour course, preceded by self-paced online learning. Instructor certification is an additional 8-hour in-person course.
- Education in design and implementation is available as 4-hour in-person course.
- Recertification is required every three years as curricula is updated.

Program Costs:

- Licensing Cost: no additional cost to facilitators to use course materials. Licensing of written materials for individual/family education and engagement is available if desired.
- Training Costs: range from \$420 to \$1,245 per person plus travel, depending on level of certification and courses attended. All materials included.
 - National 3-day course offers: a) facilitator certification \$420, b) instructor certification \$475 (facilitator cert is a pre-requisite), c) ACP program design and implementation course \$350.
 - Respecting Choices® also offers a distinct pricing structure for organizations who choose to contract for consultation on program implementation that can include all three courses on-site.
- Post-Training Costs: A variety of written materials for individual/family education and engagement are available for purchase through online store or can be licensed for ability to reproduce by the organization. Instructors are required to recertify every three years for \$75.
 - For organizations with instructors, the cost of materials and online modules used to certify additional facilitators is \$105 per person. Costs may vary depending on population served.
- Other Program Cost Considerations: include rental of space for having ACP conversations, facilitator supervision time, and other program oversight.

Languages: English, *materials also available in Spanish

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Stay Active and Independent for Life (SAIL)

Website/Contact: <https://www.sailfitness.org/>

Topics: Physical Activity, Fall Prevention, Strength, Health Promotion

Program Goals: Reduce fall risk factors by increasing strength and improving balance.

Target Audience: Adults 65+

Program Description/Structure:

- An ongoing class that meets three times per week for one hour. Each class includes warm-up, aerobics, balance activities, strengthening and stretching exercises that can be done seated or standing and educational components.
- Periodic fitness checks assess general mobility, arm strength, and leg strength.
- SAIL guides supplement class activities by providing written education information to prevent falls by addressing fall risk factors.

Delivered By: Qualified SAIL program leader who has completed SAIL training (certified fitness instructors, exercise science professionals, or licensed health care professionals [e.g., physical/occupational/recreational therapists/assistants])

Training Requirements: Complete one day (8 hour) SAIL program leader training or complete 10-week online class through Pierce College with continuing education units awarded upon course completion.

Program Costs:

- Licensing Fee: None, SAIL is a public-domain program.
- Online Instructor Training: \$185
- In-Person Instructor Training: Contact sailwithmeec@gmail.com for updated training information.
- Other Costs: equipment (up to 20 armless chairs, up to 20 pairs of adjustable 5lb cuff weights [10lb/pair]).

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Stepping On

Website/Contact: <https://wihealthyaging.org/programs/falls-prevention-programs/stepping-on/>

Topics: Fall Prevention, Self-Management, Health Promotion

Program Goals: Offer strategies and exercises to reduce falls and increase self-confidence in making decisions and behavioral change in situations where older adults are at risk of falling.

Target Audience: adults age 60+ (average age well into 70's) who are: community-dwelling (not in nursing home or assisted living); do not use a scooter, wheelchair or walker indoors (a cane is fine, and if use a walker only when leave the home, also fine); and are cognitively intact. If participating online, must have a laptop with camera and adequate space.

Program Description/Structure:

- 7 weeks long, 2 hours each session and 2 follow ups.
- Originally provided only in-person, the developers have now approved it for online delivery as well.

Delivered By: TWO trained leaders who have successfully completed either the 3-day in-person Leader Training or the 4-day on-line Leader Training.

Training Requirements:

- Be a health care provider, an aging network professional or fitness instructor
- Experience working with groups of older adults. Ideally, the Leaders have experience leading other evidence-based programs.
- Completed the 3-4 hour online "Basic Training" in Evidence-Based Health Promotion Program Implementation provided by WIHA.

Program Costs:

- Licensing Cost: Three-year license fee. Currently \$3,200 for three years if sole license holder. Fee increases if affiliates are added.
- Training Cost: \$750 per person for non-Wisconsin leaders must pay the Leader Training fee (at least 2 individuals must be trained because the program requires two Leaders)
- Other Requirements:
 - Participant exercise manuals and other handouts
 - Ankle Weights
 - Display
 - Four Guest Experts
 - Snacks (if in person)

Languages: English, Spanish (*see Pisando Fuerte)

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Tai Chi for Arthritis

Website/Contact: <https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis/>

Topics: Tai Chi, Arthritis, Physical Activity, Health Promotion

Program Goals: Improve movement, balance, strength, flexibility, and relaxation. Decrease pain and falls.

Target Audience: Adults with or without arthritis, rheumatic diseases, or related musculoskeletal conditions. The program is appropriate for people with mild, moderate, and severe joint involvement and back pain. It is especially appropriate for adults who have a higher risk of falling.

Program Description/Structure:

- Attend a minimum of 16 hours of Tai Chi. One-hour per week for 16 weeks or two hours per week for eight weeks. Participants must attend at least one in-person class per week.
- Strongly encourage participants to practice the Tai Chi program at home for half hour daily, at least four days per week. This can be done in one half hour session or two fifteen-minute sessions. The instructional DVD is available to help guide participants at home.

Delivered By: Tai Chi for Health certified instructors

Training Requirements:

- Contact a master trainer to schedule an instructor training workshop: [Master Trainers - Tai Chi for Health Institute](#)
- Rectification training every two years (one-day training)
- CPR certification recommended.

Program Costs:

- Licensing Cost: None
- Training Cost: Approx. \$275 per participant, includes Teaching Tai Chi Effectively book and Tai Chi for Arthritis DVDs.
- Participant Cost: Varies by facility

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Tai Chi Prime

Website/Contact: <https://taichihealth.com/tai-chi-prime-overview/>

Topics: Tai Chi, Fall Prevention, Strength, Mobility

Program Goals:

- Falls prevention, strength, balance, balance confidence, gait/mobility, improve cognitive skills.
- Promote home practice of tai chi basic moves and form.
- Set personal goals.
- Promote mind-body skills via everyday qi gong.

Target Audience: Adults 65+ who are able to participate in class without assistive devices such as a walker, cane or scooter and have the cognitive skills necessary to benefit from class instruction and can follow through with home practice.

Program Description/Structure:

- 90-minute classes twice per week for six weeks.
- Classes feature instruction in tai chi and qi gong basics, home practice, coaching, DVDs for home practice and exercises to embed into activities of daily living.
- Each class includes standing classroom-style movement instruction, qi gong and group discussions while seated in a circle, and informal teatime.
- All participants have a chair by their side to touch for balance when needed.

Delivered By: Community members interested in teaching tai chi, PTs, PTAs, OTs, COTAs, nurses, activity directors, recreational and fitness professionals, tai chi, and other martial arts instructors.

Training Requirements: Certified in tai chi Fundamentals Adapted Program (offered via Prime Leader/Organization). Attend a 1 day, in person training for Tai Chi Prime.

Program Costs:

- Training Cost: See website for most up to date information. Training fees vary by organization and region.
- Participant Cost: Determined by the local Tai Chi Prime leader/organization.

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Tai Ji Quan: Moving for Better Balance® (TJQMBB)

Website/Contact: <https://tjqmbb.org/>

Topics: Fall Prevention, Physical Activity, Self-Management, Health Promotion, Chronic Disease

Program Goals: Improved balance, lower-extremity strength, physical performance and preventing falls and injurious falls.

Target Audience: Older adults at risk of falling, people with movement disorder (e.g., Parkinson's disease, walking difficulties).

Program Description/Structure: Consists of an 8-form core with built-in practice variations and a subroutine of Tai Ji Quan -Mini Therapeutic Movements®, which, collectively, comprise a set of functional Tai Ji Quan exercises. TJQMBB represents a substantive enhancement of traditional Tai Ji Quan training and performance as it transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, awareness, and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength.

- The duration of class sessions is 60 minutes. Using an accumulative method of practice (e.g., 30-minute classes 4 times per week to achieve a total of 2 hours weekly) is not appropriate.
- The recommended class size is 8-10 students for new instructors and 10-15 for experienced instructors.
- Drop-in students or rolling admissions are not compatible with the requirements of the program but new participants can join within the first two weeks of the class.

Delivered By: Trained lay leader/facilitator, fitness instructor, physical therapist, occupational therapist, nurse, certified fitness instructor.

Training Requirements: Curriculum offers both a 2-day training workshop (required) and three 1-day follow up refresher courses (highly recommended), with the first being conducted within 1month, the second within 2months, and third within 4months following the 2-day workshop.

For additional information: visit <http://tjqmbb.org/> or contact Dr. Fuzhong Li* at fuzhongli@ori.org.

*The instructor referenced above has given their permission to be contacted about their programs.

Program Costs:

- Training Cost: \$400 per person for individual training. Group training (virtual or in-person): 3,000 trainer fee for up to 10 participants with an additional \$300 per additional person up to 15 participants. \$25 per participant for the TJQMN teaching plan (plus mailing fees).

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Walk with Ease

Website/Contact: www.walkwitharthritis.org

Topics: Physical Activity, Chronic Conditions, Balance, Self-Management, Health Promotion

Program Goals: Reduce pain and discomfort of arthritis, increase balance and strength, build confidence in the ability to be physically active and improve overall health among older adults. Designed to decrease disability and improve arthritis symptoms, self-efficacy, and perceived control, balance, strength, and walking pace.

Target Audience: Older adults with arthritis and other chronic conditions, such as diabetes, heart disease, and hypertension.

Program Description/Structure:

- Community-Based Group Program:
 - One hour, three times per week for six weeks.
 - 12-15 recommended participant group size.
- Self-Directed Program:
 - 30 minutes, three times per week for six weeks.
 - Combines self-paced walks with health-topic related discussion also available.

Delivered By: Certified instructor

Training Requirements: Completion of the 3-4 hour Arthritis Foundation Walk With Ease Leader Training (online or in-person). CPR certification recommended; First Aid certification recommended.

Program Costs:

- Licensing Cost: None
- Training Cost: \$50-\$75, includes all manuals, books, and posters.
 - Online workshop registration: \$50 per leader.
 - In Person (3-4 hour) training workshop: Approx. \$50-\$75 per leader.
 - Consider related expenses, such as room rental, and trainer travel.

Languages: English, Spanish (Camine Con Gusto)

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Wellness Initiatives for Senior Education (WISE)

Website/Contact: <https://centerforprevention.org/wise/>

Topics: Healthy Aging, Alcohol and Prescription Drug Misuse

Program Goals: The WISE program empowers older adults to advocate for their own health, make healthy lifestyle choices, and navigate use of medications and substances like alcohol. Specific health outcomes include:

- Increased knowledge about the ability of the body to metabolize alcohol and medication as we age.
- Improvements in psychological well-being, knowledge and attitudes about aging, knowledge of the interaction between medications and alcohol, and knowledge of early signs and symptoms of depression.
- Increase in the frequency in which participants engaged in positive health and health care behaviors.
- Increase in the frequency in which participants engaged in positive medication management.

Target Audience: Adults age 55+

Program Description/Structure: Six weekly group sessions are conducted in-person, virtually or by phone.

Delivered By: Trained facilitators who work in pairs to co-present the curriculum.

Training Requirements: 2-day training, offered in-person and virtually. Register for training sessions at <https://www.njpn.org/wise>.

Program Costs: Facilitator Training: \$525 per registrant, note that the WISE program must be facilitated by two people.

Languages: English, Spanish

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Wellness Recovery Action Plan (WRAP®)

Website/Contact: <https://www.wellnessrecoveryactionplan.com/>

Topics: Substance Use, Behavioral Health, Cancer Survivors, Chronic Disease, Medication Management, Pain Management

Program Goals: Increased self-agency, self-esteem, and hopefulness. Decreased anxiety and depression. Enhanced social support. Decreased dependency on utilization of formal health care support services.

Target Audience: WRAP is used primarily by people with mental illnesses of varying severity and people coping with various health issues (such as arthritis, diabetes, Hepatitis C, HIV).

Program Description/Structure: A wellness and recovery approach that helps people to 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams.

- 2.5 hours sessions for 8 weeks with 8-12 participants
- 2 full days with 20-25 participants
- 3 full days with 25-50 participants
- Online interactive 4- week online sessions with individual assignments and participation in online discussion boards between sessions. 8-12 participants

Delivered By: Two trained and certified WRAP Facilitators.

Training Requirements: WRAP Facilitators are trained in a standardized 5-day course by 2 Advanced Level WRAP Facilitators. Pre-requisite is attending a WRAP group and developing a personalized WRAP Plan. Advanced Level WRAP facilitators are trained in a 5-day course through Copeland Center for Wellness and Recovery, including required knowledge assessment, completion of 4 practicums, and submission of a mentoring plan. Pre-requisite is to complete a WRAP facilitator course, submission of a video overview of WRAP, and submission of at least 15 evaluations from at least 3 different facilitated WRAP groups. WRAP Facilitators and Advanced Level Facilitators must attend a refresher course at least once every 2 years.

Program Costs: Facilitator Training: \$1,300.00 per person (groups may be eligible for group discount rates)

Languages: English

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

Workplace Chronic Disease Self-Management

Website/Contact: <https://selfmanagementresource.com/programs/small-group/workplace-chronic-disease-self-management-small-group/>

Topics: Chronic Disease, Workplace Wellness, Nutrition, Work-Life Balance, Decision-Making, Medication Management, Physical Activity, Communication

Program Goals: Develop techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems such as depression, anger, fear, and frustration.

Target Audience: Employees of the hosting workplace with any physical or mental chronic conditions or multiple chronic conditions

Program Description/Structure: This is an adaptation of the six-week Chronic Disease Self-Management Program. It contains similar content but is rearranged into one-hour segments for the workplace. It is the ONLY used in the workplace and cannot be used in any other setting.

- Small group sessions offered in-person or virtually
- Two sessions per week for six weeks. Each session lasting 50-55 minutes.
- Additional Option: Mailed toolkit of materials with or without 12 weekly scripted 25–30-minute small group (three – five people) phone calls.

Delivered By: Two trained leaders, one or both of whom are non-health professionals with a chronic condition themselves, for both in-person and virtual workshops. One trained leader for Tool Kit with small group phone calls workshops.

Training Requirements: Must be trained by SMRC-certified Master Trainers

Program Costs:

- License Cost: (Included in the SMRC suite of programs) Start at \$500, which provides for 2 leader trainings and 20 workshops OR \$1,500, which provides for 3 leader trainings and 60 workshops. All licenses are for 3 years. (Single-agency nonprofit and public agencies, for other options see website)
- Participant Materials Cost:
 - Living a Healthy Life with Chronic Conditions, 5th Edition (a copy is required for each participant): Paperback - \$21.56, eBook - \$19.96
 - Relaxation for Mind and Body (optional): CD - \$11.20, MP3 - \$11.20
 - Mailed Toolkit: \$47.96

Languages: English, Spanish

Health Promotion/Disease Prevention Programs

Approved for OAA Title III-D Funding in MI

YMCA's Moving for Better Balance (MFBB)

Website/Contact: <https://www.ymca.org/what-we-do/healthy-living/fitness/older-adults/better-balance>

Topics: Falls Prevention

Program Goals: Improve balance, muscle strength, flexibility, and mobility to enhance overall physical health.

Target Audience: Individuals over 65 as well as those living with chronic conditions.

Program Description/Structure: A 12-week group exercise program developed by researchers at the Oregon Research Institute. The program is based on the principles of Tai Chi and teaches eight movements modified especially for falls prevention.

Delivered By: Trained lay leader

Training Requirements: In-person, online during public health emergencies.

Program Costs:

- Training Cost: Contact your local YMCA to learn if they are currently offering the program and are recruiting new instructors. <https://www.ymca.org/>

Languages: English