

Evidence-Based Health Programs

Evidence-based programs use a tested curriculum so every participant receives the same information. The result is a growing body of research in social and behavioral sciences demonstrating that certain approaches and strategies for working with older adults and families can positively impact important problems such as energy, motivation, depression, falls, and management of chronic health conditions.

Self Management Programs	
<p><i>Healthier Living (Chronic Disease Self-Management Program)</i> This program aims to help those with chronic disease(s) maintain their health, and maintain or increase activities and personal fulfillment. The focus is on problem-solving and strategies to deal with challenges such as frustration, fatigue, pain and isolation; increasing exercise to maintain and improve strength, flexibility and endurance; appropriate use of medications; effective communication with family, friends, and health professionals; nutrition; and how to evaluate new treatments. Program participants meet for 2.5 hours once a week over 6 weeks.</p>	<p>Length of program: 2.5 hours once a week for 6 weeks</p> <p>Number of participants: 12 - 20</p>
Physical Activity Programs	
<p><i>Arthritis Exercise Program</i> This group exercise program, developed by the Arthritis Foundation, can help safely make physical activity part of every day life. The low-impact physical activity is proven to reduce pain and decrease stiffness, and help improve functional ability, self-confidence, self-care, mobility, muscle strength and coordination. The six-week program meets two times a week for an hour and the routines include gentle range-of-motion exercises that are suitable for every fitness level.</p>	<p>Length of program: 1 hour twice a week for 6 weeks</p> <p>Number of participants: 12 - 20</p>
<p><i>Walk With Ease</i> This group-walking program, developed by the Arthritis Foundation, can help safely make physical activity part of every day life. The multi-component program meets one hour, three times a week for 6 weeks and includes; walking, health education, stretching and strengthening exercises, and motivational strategies to set and reach goals. Each participant joins the program with different abilities and is encouraged to create a unique walking plan with realistic goals that meet their own needs for improved fitness. This class is designed to decrease disability and improve arthritis symptoms, self-efficacy, and perceived control, balance, strength, and walking pace.</p>	<p>Length of program: 1 hour 3 times a week for 6 weeks</p> <p>Number of participants: 12 - 20</p>

<p><i>Matter of Balance</i> A Matter of Balance is a program for people who have fallen in the past, have a risk of falling and who may be reducing their activities due to a fear of falling. The program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance. Participants meet for 2 hours, one or twice a week for a total of eight sessions.</p>	<p>Length of program: 2 hours, once or twice a week for a total of 8 sessions</p> <p>Number of participants: 8 - 12</p>
Caregiver/Memory Programs	
<p><i>UCLA Memory Training</i> This Memory Training course is based on research conducted by Dr. Gary Small and Dr. Karen Miller of the UCLA Memory and Aging Center and provides an innovative educational program for people with age-related memory concerns. Participants learn in small groups, through a combination of presentations with group discussions, memory quizzes, and skill-building exercises. This program focuses on teaching new skills in a low stress, fun environment and meets two hours every week for 4 weeks.</p>	<p>Length of program: 2 hours, once a week for 4 weeks</p> <p>Number of participants: 10 - 17</p>
<p><i>Powerful Tools for Caregivers</i> This program helps family caregivers take care of themselves while caring for an older relative or friend. Family or friends caring for a loved one develop self-care tools to help them manage and reduce stress; communicate effectively with family members and professionals involved in the caregiving; reduce guilt, anger and depression; set goals and problem-solve; and make tough decisions. It consists of six 2 hour-sessions, one day each week for six consecutive weeks.</p>	<p>Length of program: 2 hours once a week for 6 weeks</p> <p>Number of participants: 10 - 15</p>

For more information contact:
Carol Hahn, MSN, RN
CVHRN@earthlink.net
310-322-1310