

Evidence-Based Programs for Mid-life and Older Adults – At a Glance

TABLE 1

	Arthritis Self-Management	Living Well with Chronic Conditions	Matter of Balance
Program Goals	Increase self-management through building skills in goal setting, problem solving, communication, working with health care providers and condition and treatment management	Increase self-management through building skills in goal setting, problem solving, communication, working with health care providers and condition and treatment management	Reduce fear of falling, increase self-management skills in preventing falls including goal setting, problem solving and increasing balance, flexibility and lower body strength
Description	Peer-led interactive skill-building program.	Peer-led interactive skill-building program.	Peer-led interactive skill-building program.
Class Size	8-15	8-15	8-15
Length/Timeframe	2 hour session Once per week for 6 weeks	2-2.5 hour session Once per week for 6 weeks	2 hour session Once per week for 8 weeks
Target Population	Adults with arthritis who are able to participate in goal setting and problem solving activities	Adults with chronic conditions who are able to participate in goal setting and problem solving activities	Adults 60+ with a history of falls or at risk of falls who are able to participate in goal setting and problem solving activities
License fee	No – license is held by the Arthritis Foundation North Central Chapter. The chapter works with the MN Dept of Health to provide training by certified leader trainers	License is required, but programs can begin implementation under the license held by the MN Dept of Health. Leaders must be trained by certified leader trainers	License is required, but programs can begin implementation under the license held by the MN Board on Aging. Leaders must be trained by certified leader trainers
Written Materials, DVDs, CDs	Book is available to accompany the class but is not required . Leader materials are provided as a part of training. Additional easel pads and/or white boards may be needed.	Book and Relaxation CD to accompany the class available but not required. Leader materials provided as a part of training. Additional easel pads, white boards may be needed.	Participant workbooks are duplicated from PDFs provided to leaders when trained at a cost of \$5-9 each for duplication. Leader materials include a manual provided as part of

Evidence-Based Programs for Mid-life and Older Adults – At a Glance

TABLE 1

	Arthritis Self-Management	Living Well with Chronic Conditions	Matter of Balance
			training and two DVDs. Additional easel pads and/or white boards may be needed.
Program facilitators			
Leaders/Coaches	Peer leaders, preferably 2 per class. Health professionals may lead the class, but ideally no more than one member of the leader team will be a health professional and at least one of the leaders will have arthritis.	Peer leaders, 2 per workshop. Health professionals may lead the workshop, but ideally no more than one member of the leader team will be a health professional and at least one of the leaders will have a chronic condition.	Peer coaches, preferably 2 per class. Health professionals may lead the class, but ideally no more than one member of the coach team will be a health professional.
Training	We are in process of scheduling leader training. Regionally located based on need and interest level, contact: Jan.whitbeck@state.mn.us	We are in process of scheduling leader training. Regionally located based on need and interest level, contact: Jan.whitbeck@state.mn.us	We are in process of scheduling leader training. Regionally located based on need and interest level, contact: Emily@tcaging.org
Instructor certification req?	Yes. Leaders must be trained to facilitate the program by certified trainers and must teach at least one class to be certified.	Yes. Leaders must be trained to facilitate the program by certified trainers and must teach at least two workshops to be certified.	Yes. Coaches must be trained to facilitate the program by certified trainers and must teach at least one class to be certified.
Number of instructors needed	2 per class	2 per workshop	2 per class
Resource Requirements			
Facility	Tables in U-shape or circle Chairs ADA accessible	Tables in U-shape or circle Chairs ADA accessible	Tables in U-shape circle Chairs that are stable, not on wheels, for seated exercising Some chairs with arms ADA accessible

Evidence-Based Programs for Mid-life and Older Adults – At a Glance

Participant Data Collection and Program Monitoring – participant data collection and program monitoring strategies vary depending on the practices of the license holder and the grant funding supporting the program training and implementation. For more information contact Pam Van Zyl York, pam.york@state.mn.us or Kari Benson, kari.benson@state.mn.us.

Evidence-Based Programs for Mid-life and Older Adults – At a Glance

TABLE 2			
	Arthritis Exercise Program (land)	Arthritis Exercise Program (warm water)	EnhanceFitness
Program Goals	Improve functional ability including flexibility, joint range of motion, strength, balance, endurance, reduce pain and provide education about self-management related to arthritis, pain management and self-efficacy in exercise	Improve functional ability including flexibility, joint range of motion, strength, balance, endurance, reduce pain	Improve functional ability including flexibility, joint range of motion, strength, balance, endurance
Description	Community-based program, exercises can be done seated or standing, may use weights	Community-based program in a pool with water temp of at least 83 degrees. Participants stand in water shoulder height, swimming ability is not required.	Community-based program, exercises can be done seated or standing and use hand and ankle weights. Includes periodic fitness assessment.
Class Size	8-20	8-20	8-15
Length/Timeframe	One hour session Participation at least 2 times per week is needed for best benefit	One hour session Participation at least 2 times per week is needed for best benefit	One hour session Participation at least 2 times per week is needed for best benefit
Target Population	Adults with arthritis Frail and fit Beneficial to others	Adults with arthritis Frail and fit Beneficial to others	Older adults Frail and fit
Program or Site License fee	No – license is held by the Arthritis Foundation North Central chapter and leader training is provided by the chapter and MN Dept of Health for the state	No – license is held by the Arthritis Foundation North Central chapter and leader training is provided by the chapter.	Licenses are required for each site. Contact Pam Van Zyl York about fee agreements that may be available under grant funding.
Written Materials, DVDs, CDs	Some Arthritis Foundation materials may be provided	Some Arthritis Foundation materials may be provided	None

Evidence-Based Programs for Mid-life and Older Adults – At a Glance

TABLE 2

	Arthritis Exercise Program (land)	Arthritis Exercise Program (warm water)	EnhanceFitness
Program Instructors			
Type of instructors	Peer leaders trained by certified trainers, CPR certification encouraged	Peer leaders trained by certified trainers, CPR certification encouraged	Nationally certified fitness instructor provided further training in EnhanceFitness by certified trainers
Instructor Training	One-day program training Leader regional training is currently being scheduled based on interest on interest in region, contact: Jan.whitbeck@state.mn.us	One-day program training provided the the Arthritis Foundation North Central Chapter. For more information contact: Jan.whitbeck@state.mn.us	2 day program training For more information contact: dhanka@ucare.org
Instructor certification req?	Yes	Yes	Yes
Number of instructors needed	One per class, two if class is large	One per class, two if class is large	One per class up to 15 members, class size may be increased if two instructors are used
Resource Requirements			
Facility	Room for participants to move easily Non-slip floor ADA accessible	Warm water pool Temperature of at least 83 degrees Shallow water	Room for participants to move easily Wooden floor, if possible ADA accessible
Equipment and materials	Sturdy, non-slip chairs Different heights Some with arms	Warm water pool	Adjustable ankle and wrist weights Storage for weights, Sturdy, armless straight-back chairs, music player stopwatch,

Evidence-Based Programs for Mid-life and Older Adults – At a Glance

TABLE 2

	Arthritis Exercise Program (land)	Arthritis Exercise Program (warm water)	EnhanceFitness
			Tape measure
<p>Participant Data Collection and Program Monitoring - participant data collection and program monitoring strategies vary depending on the practices of the license holder and the grant funding supporting the program training and implementation. For more information contact Pam Van Zyl York, pam.york@state.mn.us or Debbie Hanka (EnhanceFitness) at dhanka@ucare.org.</p>			

Evidence-Based Programs for Mid-life and Older Adults – At a Glance

	Healthy Eating for Successful Living
Program Goals	Develop skills in goal setting and problem solving to improve health eating and exercise habits. Increase knowledge of heart and bone healthy nutrition strategies, Maintain/improve wellness, prevent chronic disease
Description	Peer-led interactive group program involving problem solving and action plans
Class Size	8-15
Length/Timeframe	2-2.5 hour session Once per week for 6 weeks
Target Population	Older Adults who want to learn more about healthy eating and exercise and change current patterns
License fee	No
Written Materials, DVDs, CDs	Participant manual may be duplicated. Leader materials provided at training
Type of instructors	Peer leaders provided training with program back-up by licensed nutrition professional.
Instructor Training	Beginning in fall 2008, contact: kari.benson@state.mn.us or pam.york@state.mn.us
Instructor certification req?	Yes
Number of instructors needed	2 per class
Facility	ADA accessible Tables for participants
Equipment and materials	
Forms	Forms available online
Survey	Assessment, survey tools available online
Analysis	To be conducted by local implementing agency
Monitoring	To be conducted by local implementing agency

Evidence-Based Programs for Mid-life and Older Adults – At a Glance

Websites for More Information, including replication reports

National Council on Aging, Healthy Aging Programs

--all programs

www.healthyagingprograms.org

Stanford Patient Education Center

--Arthritis Self-Management Program

--Chronic Disease Self-Management Program

<http://patienteducation.stanford.edu/>

MaineHealth

--Matter of Balance

www.mmc.org/mh_body.cfm?id=432

Minnesota Department of Health

--Arthritis Exercise Programs

www.health.state.mn.us, search for “arthritis”

ProjectEnhance

--EnhanceFitness Program

www.projectenhance.org

National Resource Center on Nutrition, Physical Activity & Aging

--Eat Better Move More

http://nutritionandaging.fiu.edu/You_Can/index.asp