

Evidenced-Based Health Programs

What is an Evidence-Based Health Program?

An evidence-based program is a program that has been evaluated in two important types of research and shown to have important health outcomes. The program was first evaluated in controlled environments with research that compared results for those who participated in the program and those who did not with results showing significant benefits for those who participated. Then the program was evaluated in real world situations showing that the program could be implemented effectively in communities with the same significant benefits those who participate.

Living Well With Chronic Conditions

(a.k.a. Chronic Disease Self-Management Program)

6 sessions 2 ½ hour per session

Participants learn how making small changes in their lifestyle will lead to living better with their chronic disease. Topics include techniques to deal with emotions such as pain, fatigue, isolation, and frustration; exercises to maintain and improve flexibility, strength and endurance; communicating effectively with others, including health professionals; appropriate use of medications; and making better nutrition choices.

A Matter of Balance: Managing Concerns about Falls

Eight sessions – 2 hours per session

A Matter of Balance curriculum is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Activities include helping participants set realistic goals to increase their daily activity level, change their environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

Tai Ji Quan: Moving for Better Balance™

1 hour – 2 times/week

Tai Ji Quan: Moving For Better Balance helps older adults improve their balance and reduce the likelihood of falling. Research has shown that people who complete the program are half as likely to fall and are less fearful of falling. Participants learn balance skills, good body alignment and coordinated Tai Chi movements. The program is a series of two one-hour classes offered each week for 12 weeks led by one certified leader.

Powerful Tools for Caregivers

6 sessions- 90 minutes or 2 ½ hours per session

Powerful Tools for Caregivers is a six-week educational program that addresses the needs of caregivers. Program participants caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions.

For class schedules: <http://www.cmcoa.org> – Click on Calendar

For more information contact Paula Woischke at CMCOA at 320.253.9349

January 2017

Evidenced-Based Health Programs

EnhanceFitness

Ongoing class meets for 1 hour – 2-3 times per week

EnhanceFitness is taught by a Certified Instructor. The class focuses on 4 areas: Stretching and flexibility; Low impact aerobics; Strength training and Balance. This class is for older adults wishing to maintain and/or improve their physical functioning and stay socially connected.

I CAN Prevent Diabetes *16 week class - 1 hour/week plus 8 monthly Post-core maintenance*

I CAN Prevent Diabetes is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. It is based on the National Diabetes Prevention Program and the *Lifestyle Intervention* curriculum. This program provides the tools to prevent or delay adult type 2 diabetes where you live.

Stepping On

Eight sessions – 2 hours per session

Stepping On is offered once a week for 7 weeks and follow-up session at 3 months. It offers people a way of reducing falls and at the same time increasing self confidence in situations where they are at risk of falling. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, and coping after a fall, and how to initiate a medication review.

Living Well with Chronic Pain

6 sessions 2 ½ hour per session

Chronic Pain Self-Management Program is a workshop given 2 1/2 hours, once a week, for 6 weeks. It is designed for people who have a diagnosis of chronic pain and ideas for how to deal with their symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

Living Well with Diabetes (DSMP)

6 sessions 2 ½ hour per session

This workshop is given 2½ hours, once a week, for 6 weeks. This program is designed for people with type 2 diabetes and how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with health care providers.



For class schedules: <http://www.cmcoa.org> – Click on Calendar
For more information contact Paula Woischke at CMCOA at 320.253.9349

January 2017