<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>WEBSITE/CONTACT</th>
<th>PROGRAM GOALS &amp; TARGET AUDIENCE</th>
<th>PROGRAM DESCRIPTION</th>
<th>DELIVERED BY</th>
<th>TRAINING REQUIREMENTS</th>
<th>PROGRAM COSTS</th>
<th>KEY WORDS</th>
</tr>
</thead>
</table>
| A Matter of Balance (MOB)| www.mainehealth.org/mob    | • Reduce fall risk and fear of falling  
• Improve falls self-management  
• Improve falls self-efficacy and promote physical activity  
• Target Audience: Adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance and strength and have restricted their activities because of concerns about falling  
| • 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  | • 2 coaches (volunteer lay leaders) teach the class to participants  
• Guest therapist visit (1 session for 1 hour)  | • Master Trainers: 2-day training and on-going updates  
• Coach/Lay leader training: 8 hours and attend annual 2.5 hour training update  | • Licensing Cost: None. Everything is included in the training fee  
• 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:  
  a) 11-15 attendees: $16,000* plus $220/person for materials  
  b) 16-20 attendees: $18,500* plus $220/person for materials  
• 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: $11.00  
- A Matter of Balance Lay Leader Model CD-ROM for Coaches: $2.00  | • fall prevention  
• self-management  
• health promotion  |
<table>
<thead>
<tr>
<th>Active Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact person: Cynthia M. Castro, Ph.D., Program Developer and Trainer, <a href="mailto:cync@stanford.edu">cync@stanford.edu</a>, (650) 498-7281 <a href="http://hip.stanford.edu/organizational-consulting/">http://hip.stanford.edu/organizational-consulting/</a> Enabled by Stanford Prevention Research Center, distributed by Stanford Health Promotion Resource Center</td>
</tr>
<tr>
<td>• Physical activity program that helps individuals incorporate preferred physical activities in their daily lives</td>
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<tr>
<td>• Target Audience: Adults 50+</td>
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<tr>
<td>• 6-month telephone-based individualized program that provides remote guidance and support and builds self-management skills</td>
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<tr>
<td>• Trained activity coach/peer counselor/facilitator who monitors progress, modifies exercise strategies and provides exercise tips</td>
</tr>
<tr>
<td>• Participant materials are available in both English and Spanish. Coach’s manual is only available in English</td>
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<tr>
<td>• Facilitator training and certification (recommended, but not required):</td>
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<tr>
<td>- 8-hour minimum workshop</td>
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<tr>
<td>- Assigned reading and written test</td>
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<tr>
<td>- Completion and submission of 3 sample sessions to be reviewed by trainer</td>
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<tr>
<td>- Train-the-Trainer is available to organizations that have completed facilitator training and implemented Active Choices for a minimum of 6 months. Includes:</td>
</tr>
<tr>
<td>- 8-hour minimum workshop</td>
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<tr>
<td>- Assigned reading and written test</td>
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<tr>
<td>- Completion and submission of facilitator training workshop to be reviewed by a trainer and 6 months experience as a facilitator</td>
</tr>
<tr>
<td>• Licensing Cost: None. One time purchase of Active Choices Manual.</td>
</tr>
<tr>
<td>• Training Cost: - Minimum $1200. Costs vary depending on organization, number of trainees, and location (on/off-site)</td>
</tr>
<tr>
<td>• Materials Cost: - $205 per organization for an electronic Active Choices Manual, which includes coach/counselor training material and electronic program forms for duplication. Material toolkit comes with reproducible forms and information sheets. - Also need to consider workshop space rental, photocopying costs, facilitator supervision time - No cost to participant</td>
</tr>
<tr>
<td>• telephone-based</td>
</tr>
<tr>
<td>• physical activity</td>
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<tr>
<td>• self-management</td>
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<tr>
<td>• health promotion</td>
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</tbody>
</table>
**Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs**
**Updated November 2019**

<table>
<thead>
<tr>
<th>Active Living Every Day (ALED)</th>
<th><a href="http://www.ActiveLiving.info">www.ActiveLiving.info</a> OR 800-747-4457</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Behavior change program that helps participants overcome their barriers to physical activity and make positive changes that improve their health and well-being</td>
<td></td>
</tr>
<tr>
<td>• Participants learn to set goals, overcome barriers and find activities they enjoy</td>
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<tr>
<td>• <strong>Target Audience:</strong> Adults interested in integrating physical activity into their daily lives</td>
<td></td>
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<tr>
<td>• 12 week class sessions</td>
<td>• Trained facilitators. At least 1 trained facilitator is needed per class</td>
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<tr>
<td>• Incorporates short lecture and group discussion</td>
<td>• A facilitator must complete:</td>
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<tr>
<td>• 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</td>
<td>- an on-line course,</td>
</tr>
<tr>
<td>• Bock 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</td>
<td>- participate in a live 2-hour, online training session</td>
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<td></td>
<td>- pass a competency exam from Active Living Partners (ALP). Refer to the ALP training workshop schedule for availability.</td>
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<tr>
<td></td>
<td>• No specific educational or fitness certification is required of facilitators. The successful facilitator is comfortable with groups, has strong teaching/coaching skills, and agrees whole-heartedly with the Active Living Partners approach to helping people become more active</td>
</tr>
<tr>
<td></td>
<td>• Licensing Cost: None. A license from Active Living Partners is required to become a provider and to use the ALED name, logo, and materials</td>
</tr>
<tr>
<td></td>
<td>• Training Cost: $373 per facilitator, includes materials (facilitator guide, lesson plans, sample marketing materials, handouts), training fee, and competency test</td>
</tr>
<tr>
<td></td>
<td>• Participant Materials Cost:</td>
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<tr>
<td></td>
<td>- An Active Living Every Day book (includes text and access to online resources) must be purchased for every participant. Current price is $37.95 (bulk order discounts are available) - Step counters or pedometers are also introduced in the program and can be purchased from ALP or other vendors</td>
</tr>
<tr>
<td></td>
<td>• Required Equipment: LCD projector, computer, flip chart, markers, pens, photocopies of selected handouts, etc. A sample budgeting sheet can be provided</td>
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<tr>
<td></td>
<td>• physical activity</td>
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<td></td>
<td>• chronic conditions</td>
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<td></td>
<td>• group setting</td>
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<td></td>
<td>• self-management</td>
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<td></td>
<td>• health promotion</td>
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</tbody>
</table>
| AEA Arthritis Foundation Aquatic Program (AFAP) | www.aeavive.com | 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 | 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.  
- **Trained Program Leaders**  
- 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 minute  
- Certificate is valid for 2 years and renewal is required | **Licensing Fee:** None  
- AF Training & Exam-$129.00-$149.00 |  
- warm pool exercise  
- physical activity  
- arthritis  
- chronic condition  
- group setting  
- self-management  
- health promotion |
### AEA Arthritis Foundation Exercise Program (AFEP)

<table>
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<tr>
<th><a href="http://www.aewave.com">www.aewave.com</a></th>
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</table>

- **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

**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.

**Trained Program Leaders**

- **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 minute
  - **Certificate is valid for 2 years and renewal is required**

**Training Cost**
- **Licensing Fee: None**
- **AF Training & Exam-$129.00-$149.00**

**Physical activity**
- **arthritis**
- **chronic condition**
- **group setting**
- **self-management**
- **health promotion**
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<tr>
<th>Better Choices, Better Health – Chronic Disease (online Chronic Disease Self-Management Program CDSMP)</th>
<th><a href="http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html">http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html</a></th>
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<table>
<thead>
<tr>
<th>BRI Care Consultation™</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Bass, PhD, Senior VP for Research and Education (<a href="mailto:dbass@benrose.org">dbass@benrose.org</a>; 216.373.1664)</td>
<td>BRI Care Consultation is an evidence-based care-coaching program, owned by the Benjamin Rose Institute on Aging (BRIA), for older and younger adults with chronic health conditions/disabilities and family or friend caregivers. It is delivered via telephone, mail, and email by trained Care Consultants.</td>
</tr>
<tr>
<td>Branka Primetica, MSW, BRI Care Consultation Program Manager (<a href="mailto:bprimetica@benrose.org">bprimetica@benrose.org</a>; 216.373.1662)</td>
<td>BRI Care Consultation™ is an evidence-based care-coaching program, owned by the Benjamin Rose Institute on Aging (BRIA), for older and younger adults with chronic health conditions/disabilities and family or friend caregivers. It is delivered via telephone, mail, and email by trained Care Consultants.</td>
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<tr>
<td><a href="http://www.benrose.org">www.benrose.org</a></td>
<td>Trained Care Consultants with at least a Bachelor’s degree in Social Work, Nursing, or other health-related fields.</td>
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</table>

**Goals:**
- Care Coordination, based on a long-term relationship, links to and monitors the use of healthcare and community services; organizes family and friend assistance; and provides information and emotional support.
- Assessment and Reassessment is conducted in an ongoing manner; covers a broad range of potential problems/concerns (e.g., arranging services, depression, and home safety; capacity to provide care, strain).
- Care Consultants coach the adult and caregiver in the creation of an Action Plan.

**The core components of the Program include:**
1) Assessment, 2) action planning, and 3) ongoing maintenance and support.

**The initial training includes a one-day, live web-based training session followed by a series of refresher and fidelity review sessions, estimated at 16 hours during Year 1 and 4 hours annually.**

**Supervisors receive the Supervisor version of the Care Consultation Information System (CCIS) Manual, which outlines access to additional CCIS features and their utility. Both Supervisors and Care Consultants participate in ongoing refresher, fidelity, and troubleshooting sessions.**

**Printed and electronic copies of Service Delivery and Care Consultation Information System (CCIS) Manuals are available at the time of training. Accompanying materials include Assessment, Action Step and Goal examples, tip sheets, letter templates, marketing material templates, vignettes, fidelity review checklists, and case transition protocols.**

**Benjamin Rose Institute on Aging has distinct pricing structures for organizations who choose to purchase a license, and organizations who choose to contract with Benjamin Rose to deliver the program to their clients for them. The current 2018 non-profit organization licensing fees are as follows:**

| Year 1 licensing fees total | $9,000. The cost of the Care Consultation Information System (CCIS) web-based software installation and hosting by the licensee is $4,500. This fee includes three (3) licenses with full access to the CCIS for Care Consultants, Assistants, and/or Supervisor(s); one (1) Site Administrator license with limited access to the CCIS and; one (1) Quality Assurance license with limited access to the CCIS that includes the client satisfaction survey. The cost of BRI Care Consultation and CCIS initial training is $2,500. This training includes a comprehensive one and a half (1.5) day live webinar-based training for up to ten (10) attendees. |
| BRI Care Consultation™ (continued) | | | | Provided at no cost are up to three (3) printed copies of all Care Consultant manuals and accompanying training materials, with one (1) printed Administrator and Quality Assurance manual. An electronic version of the manuals is provided at no cost. Ongoing support and replacement staff training is provided during year-one for $2,000. This includes up to two (2), two (2) hour refresher trainings; up to four (4) fidelity review sessions by telephone/webinar; and; up to four (4) hours of CCIS troubleshooting and case consultation. In addition, training for replacement Care Consultants due to staff turnover during year-one. Total support is estimated at 16 hours during year one. After year-one, there is a yearly renewal cost of $2,100 (contact for details) All licensing fees listed above are subject to change. Other additional costs: salary and benefit costs for Care Consultants and Supervisors of the program, equipment necessary to deliver the program, and telephone and internet service fees. |
### Bingocize®

- **www.bingocize.com**
- **bingocize@wku.edu**

- **Target Audience:** Older adults at all physical and cognitive ability levels in a variety of settings
- **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 an add on. Use mobile devices to play Bingocize®, includes educational modules to help teach older adults about falls prevention and other health education topics.
- **Trained lay leader staff/volunteers**
  - At least one trained leader per session for up to 20 people
  - Two trained leaders required for sessions with over 20 participants
- **Online leader training consisting of four self-paced modules**
  - Online training available (contact bingocize@wku.edu for more pricing information)
- **Licensing cost:** 2-year license $250.00 per facility
- **Training cost:** Online training/certification $150.00 per person; Recertification $75.00 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, $250.00 (shipping not included)
- **A Mobile App is available as an add to the original license** (contact bingocize@wku.edu for pricing information)

### Brief Intervention & Treatment for Elders (BRITE)

- **http://brite.fmhu.usf.edu/BRITE.htm**

- **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+
- **4 components:**
  - 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
- **Generalist provider or substance abuse specialist**
- **Refer to website for more information**
- **Licensing cost:** 2-year license $250.00 per facility
- **Training cost:** Online training/certification $150.00 per person; Recertification $75.00 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, $250.00 (shipping not included)
- **A Mobile App is available as an add to the original license** (contact bingocize@wku.edu for pricing information)

- **Exercise**
  - Falls prevention
  - Social engagement
  - Self-management
  - Health education
  - Health activation
  - Cognition
  - Games
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</table>

| CAPABLE | nursing.jhu.edu/capable | • Reduce fall risk  
• Reduce fear of falling | • 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 preventive 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. | • Occupational therapist  
• Nurse  
• “Handyman” or home modification specialist | • 6 online modules plus 6 hours of training through Skype or other distance-learning technology  
• Follow up support calls or monthly webinars  
• Users group for support available | • Licensing cost:  
- None, everything is included in the training fee.  
- Training of RN or OT:  
- (includes manuals and materials): $3,000  
- Group training rates possible at a discount  
- Post-training Materials for participants (all optional)  
• Cost:  
- Health passport: $10  
- Exercise workbook for participants: $10  
- Tips for Safe and Independent Living book for participants: $12 | • Falls  
Falls prevention  
At-risk for falls  
Tailored program  
Community setting  
In-home  
Preventive  
Self-management  
Health promotion  
Self-efficacy  
Improved daily function |

| | | | | | | | | |
### Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

**Updated November 2019**

| Care Transitions Intervention (CTI) | www.caretransitions.org | • Promote self-identified personal goals around symptom management and functional recovery in the care transition from hospital to home  
• Reduce hospital readmissions  
• Target Audience: Adults 65+ who are transitioning from hospital to home who meet the following criteria:  
  - non-psychiatric-related hospital admission  
  - community-dwelling (i.e., not a long-term care facility) residence within a predefined radius of the hospital (thereby making a home visit feasible)  
  - have a working telephone  
  - have at least one of 11 diagnoses documented in their record (congestive heart failure, chronic obstructive pulmonary disease, coronary artery disease, diabetes, stroke, medical and surgical back conditions (predominantly spinal stenosis), hip fracture, peripheral vascular disease, cardiac arrhythmias, deep venous thrombosis, and pulmonary embolism) | • 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  
  - Knowledge of red flags | • Transitions Coach that is trained by the Care Transitions Program  
• Initial on-line 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. | • Contact the Care Transitions Intervention (CTI) training staff through their website  
• transitional care  
• case management  
• care transitions |
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<tr>
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</tr>
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<tbody>
<tr>
<td>Cancer: Thriving and Surviving (CTS)</td>
<td>See details for the suite of chronic disease self-management education programs managed by the Self-Management Resource Center at the end of this document. This includes community-based, Spanish, and online versions.</td>
</tr>
<tr>
<td>Chronic Disease Self-Management Program (CDSMP)</td>
<td>See details for the suite of chronic disease self-management education programs managed by the Self-Management Resource Center at the end of this document. This includes community-based, Spanish, and online versions.</td>
</tr>
<tr>
<td>Chronic Pain Self-Management Program (CPSMP)</td>
<td>See details for the suite of chronic disease self-management education programs managed by the Self-Management Resource Center at the end of this document. This includes community-based, Spanish, and online versions.</td>
</tr>
<tr>
<td>Diabetes Self-Management Program (DSMP)</td>
<td>See details for the suite of chronic disease self-management education programs managed by the Self-Management Resource Center at the end of this document. This includes community-based, Spanish, and online versions.</td>
</tr>
</tbody>
</table>
| Goals of the program are 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. | • 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.  
| • 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. | • Registered Dietitian Nutritionist (RDN) instructors who are also Licensed Dietetic Nutritionists (LDNs).  
| 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 eight times per calendar year. | • 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 eight times per calendar year.  
| • weight loss  
• weight management  
• healthy eating  
• physical activity  
• wellness |
| **Enhance®Fitness** | www.projectenhance.org | **Goal:** To improve the overall functional fitness and well-being of older adults. | **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.** | **A Certified Fitness Instructor** | 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 EnhanceFitness Instructor training. | **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  
- 1 Site Coordinator Implementation Manual per site  
- Marketing materials  
- Secure Web site link to program resources  
- Data collection forms  
- One 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  
EnhanceFitness Master Trainer Training Basic fee: $2,000. Package includes:  
- 2-day in-person Master Trainer training followed by a 1.5 day mentored New Instructor Training  
- Master Trainer Manual  
- Quarterly National Master Trainer Calls | **Participant-centered Falls Prevention Physical Activity All In One Self-efficacy Ongoing Inclusive Increase function Increase strength Increase social activation Decrease Depression CDC Arthritis Approved Hard ROI proven Lowers Healthcare Cost Decreases Unplanned Hospitalizations Decreases Mortality Rate Medicare Advantage Plan reimbursement available Community setting Fun!** |
### EnhanceWellness

**www.projectenhance.org**

### Goal:
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

### 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)

### An EnhanceWellness Counselor

A Nurse, Social Worker or a Community Health Worker with prior motivational interviewing training attend an in-person EnhanceWellness New Counselor Training certification. EW certification includes a pre-training online module and a 2 day in-person certification.

*Additional online support modules for active EnhanceWellness Counselors are under development.*

### Basic fee, Year 1: $3,200 (new pricing as of June 2017)

Package includes:
- EnhanceWellness license for organization
- 2 day EnhanceWellness instructor training for up to 12 counselor candidates
- EnhanceWellness Instructor manual for each instructor trained
- EnhanceWellness marketing material templates
- Secure Web site link to program resources on WellWare
- Data collection forms
- One license for EW WellWare for charting 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/organization and $200/WellWare license

EnhanceWellness Master Trainer Training Basic fee: $2,000. Package includes:
- 2-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 EnhanceWellness for an individual counselor.

### Participant-centered Individualized Self-efficacy Tailored Chronic Disease Self-Management Inclusive Motivational Interviewing Physical Activity Health Promotion Cross-Referral Hub Works in Diverse Settings: Community, Home, Clinical
| FallsTalk | www.fallscape.org | 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. | • A one to six month personalized behavior change program delivered in two one-on-one sessions utilizing easy-to-use software (provided) that includes: a) evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports; b) fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each); c) follow-up interview and log review (10-20 min.). | • One or two trained facilitators  
  • Interview, follow-up and telephone check-ins can be delivered by separate facilitators. | • One or two days which can be completed separately (course outline on website)  
  • In-person training is mandatory to insure program fidelity, no specific educational pre-requisites  
  • Included software matches trainee’s abilities  
  • Training is offered at various sites or can be delivered on-site for groups by custom arrangement. | • Licensing Cost: Included in the training costs.  
  • Training Cost: $250 - $395 (1 or 2 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 on-going site support, software updates and web-based training. | • falls  
  • fall prevention  
  • at-risk for falls  
  • personal program  
  • community setting  
  • in-home  
  • out-patient  
  • telephone-based portion  
  • self-management  
  • health promotion  
  • self-efficacy  
  • fall risk screening |
<table>
<thead>
<tr>
<th>FallScape</th>
<th><a href="http://www.fallscape.org">www.fallscape.org</a></th>
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</thead>
</table>

**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.

**A one to six month personalized multimedia behavior change program delivered in two to four one-on-one sessions utilizing easy-to-use software (provided) that includes:**

- Evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports;
- FallScape interactive multimedia training (one or two 15-30 min. sessions);
- Fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each);
- Follow-up interview and log review (10-20 min.);
- FallScape interactive multimedia evaluation (10-15 min.).

**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.

**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 insure program fidelity, FallScape training is a pre-requisite 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.

**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.
| Fit and Strong! | www.fitandstrong.org | • 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 | • 8 weeks  
• 3 times per week  
• 90 minutes per session | • Fit and Strong! Master Trainer-led training  
• Must be a certified exercise instructor or licensed physical therapist, or PT or OT aide or student | • 8 hour Master Trainer-led training  
• Must be a certified exercise instructor or licensed physical therapist, or PT or OT aide or student | • 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 | • physical activity  
• osteoarthritis  
• lower extremity strength  
• chronic condition  
• self-management  
• health promotion |
<table>
<thead>
<tr>
<th>Geri-Fit® Strength Training Workout</th>
<th><a href="http://www.gerifit.com">www.gerifit.com</a></th>
<th>1-888-GERI-FIT (437-4348)</th>
<th>Francesca Fisher, CSSTS</th>
</tr>
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<tr>
<td><strong>• Increases strength, flexibility, range of motion, mobility, gait and balance.</strong></td>
<td><strong>• An ongoing, 45-minute, twice-weekly progressive resistance strength training exercise program.</strong></td>
<td><strong>• Target Audience</strong></td>
<td><strong>• Licensing Cost:</strong></td>
</tr>
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<td><strong>• Target Audience</strong> Older adults age 65+.</td>
<td>- Participants start out using a set of 2-pound dumbbells and then, as their strength increases, they can use heavier weights in order to build more strength and balance. Most older adults graduate to using a set of 4-pound dumbbells within a year’s time.</td>
<td>Older adults age 65+.</td>
<td>- Licensing: $2500 per facility (includes online training and certification for two instructors). Each additional instructor: $315</td>
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<td>- Exercises are performed seated in chairs (optional standing).</td>
<td>- Geri-Fit is a group setting class.</td>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
</tr>
<tr>
<td><strong>• Accredited online training and certification through gerifit.com</strong></td>
<td><strong>• Licensing Cost:</strong></td>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- Lower body strength</td>
</tr>
<tr>
<td><strong>• Licensing Cost:</strong></td>
<td>- Licensing: $2500 per facility (includes online training and certification for two instructors). Each additional instructor: $315</td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
<td>- Balance program</td>
</tr>
<tr>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
<td>- Lower body strength</td>
<td>- Physical activity</td>
</tr>
<tr>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
<td>- Lower body strength</td>
<td>- Group setting</td>
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<tr>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
<td>- Lower body strength</td>
<td>- Private Training</td>
</tr>
<tr>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
<td>- Lower body strength</td>
<td>- Health promotion</td>
</tr>
<tr>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
<td>- Lower body strength</td>
<td>- Caregiver</td>
</tr>
<tr>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
<td>- Lower body strength</td>
<td>- Self-management</td>
</tr>
<tr>
<td><strong>• Must be currently certified as a Group Fitness instructor or Personal Fitness trainer by a nationally-recognized certifying organization, OR have a degree in kinesiology, gerokinesiology, exercise science, physical therapy, occupational therapy, athletic training, nursing and other health professionals</strong></td>
<td>- On-site training and certification is also available, but at an additional cost.</td>
<td>- Lower body strength</td>
<td>- Memory care</td>
</tr>
<tr>
<td>Health Coaches for Hypertension Control (HCHC)</td>
<td><a href="http://www.clemson.edu/cbshs/centers-institutes/aging/resources/health-coaches/index.html">http://www.clemson.edu/cbshs/centers-institutes/aging/resources/health-coaches/index.html</a></td>
<td>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 years and above diagnosed with hypertension.</td>
<td>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; Medication Management; Long-Term Action Plan. 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. 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. The 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 $500 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.</td>
</tr>
</tbody>
</table>
| Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) | www.careforelders.org/healthyideas | • 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 | • 3-6 month program  
• Minimum of 3 in-person visits in the client’s home and 5 or more telephone contacts  
• 4 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 | • 2-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 | • 2-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 | • 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 2 days 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 $1600 if a regional trainer is available  
• Materials Cost:  
  - Intervention manual/ handouts reproduced for each staff person approximately $25/ person | • depression  
• behavioral health  
• in-home visits  
• self-management  
• health promotion |
## Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

**Updated November 2019**

| Healthy Moves for Aging Well | [www.pcf.org/landing_pages/223.html](http://www.pcf.org/landing_pages/223.html) | **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 | **Movement repetitions 3-5 days per week, multiple times per day**  
- One 15-minute session between participant and care manager  
- 3 month follow up period with weekly or biweekly phone calls | **Care managers and motivational volunteer phone coaches teach program exercises to participants in their home**  
- Significant expertise in lifestyle change counseling and in Brief Negotiation methods  
- Training time estimates:  
  - Brief Negotiation/ Motivational Interviewing: approx 8 hours  
  - Fitness expert: approx 2-4 hours | **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 & 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  
- Stop Watch $9 each  
- Healthy Moves video (optional): $75 per organization | **physical activity**  
- in-home  
- self-management  
- health promotion |
<table>
<thead>
<tr>
<th>Healthy Steps for Older Adults (HSOA)</th>
<th>Website: <a href="http://www.aging.pa.gov/aging-services/health-wellness/Pages/Healthy-Steps-for-Older-Adults.aspx">http://www.aging.pa.gov/aging-services/health-wellness/Pages/Healthy-Steps-for-Older-Adults.aspx</a></th>
<th>Goal(s): and injuries resulting in awareness of risks for falls methods to reduce falls. Target Audience: Adults ages 50 years and older</th>
<th>Certified instructors</th>
<th>Completion of three HSOA Workshop Leader online training modules (approximately 45 minutes each)</th>
<th>HSOA workshops are offered to older adults ages 50 and up at no charge through Pennsylvania’s 52 Area Agencies on Aging (AAAs). 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 <a href="mailto:wellness@pa.gov">wellness@pa.gov</a>.</th>
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<tbody>
<tr>
<td><strong>Healthy Steps for Older Adults (HSOA)</strong></td>
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**Healthy Steps for Older Adults (HSOA)**

- **Website:** [http://www.aging.pa.gov/aging-services/health-wellness/Pages/Healthy-Steps-for-Older-Adults.aspx](http://www.aging.pa.gov/aging-services/health-wellness/Pages/Healthy-Steps-for-Older-Adults.aspx)
- **Contact:** PDA Health and Wellness Staff at wellness@pa.gov

**Goal(s):** and injuries resulting in awareness of risks for falls methods to reduce falls.

**Target Audience:** Adults ages 50 years and older

**Certified instructors**

- Completion of three HSOA Workshop Leader online training modules (approximately 45 minutes each)
- Completion of a two-day HSOA Workshop Leader classroom training (approximately 6.5 hours each day)

**HSOA workshops are offered to older adults ages 50 and up at no charge through Pennsylvania’s 52 Area Agencies on Aging (AAAs). 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.**
<table>
<thead>
<tr>
<th>Healthy Steps in Motion (HSIM)</th>
<th>Website: <a href="http://www.aging.pa.gov/wellness">www.aging.pa.gov/wellness</a></th>
<th>Goal(s):</th>
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<tr>
<td></td>
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<td>• Prevent falls and injuries resulting from falls</td>
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<td></td>
<td></td>
<td>• Promote health</td>
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<td></td>
<td></td>
<td>• Ensure that older adults can remain as independent as possible for as long as possible</td>
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<td>Target Audience:</td>
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<td>Adults ages 50 years and older</td>
<td>HSIM is a comprehensive fall prevention program. Participants in HSIM enjoy more exercises including exercises for people at advanced fitness levels or that have specific medical conditions. HSIM workshops are often repeated due to the physical and social benefits participants receive from attending.</td>
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<td>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 a 1 one-hour workshop each week.</td>
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<td>HSIM can be offered at senior centers, older adult living centers, recreation centers, hospitals and YMCAs/YWCAs.</td>
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<td>Certified Workshop Leaders</td>
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<td>Completion of a two-day HSIM Certified Workshop Leader classroom training (approximately 7 hours each day)</td>
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<td>HSIM workshops are offered to older adults ages 50 and up at no charge through Pennsylvania’s 52 Area Agencies on Aging (AAAs). Other organizations and facilities outside of Pennsylvania’s AAA network can purchase a license to train HSIM Certified Workshop Leaders and to conduct HSIM workshops. For information on HSIM program licensing and training costs or for additional information about the program please email <a href="mailto:wellness@pa.gov">wellness@pa.gov</a>.</td>
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<td>Fall Prevention</td>
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<td>Fall Risk Screening</td>
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<td>Group Workshop</td>
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<td>Balance</td>
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<td>Strength</td>
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<td>Exercise</td>
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<td>Community Setting</td>
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<td></td>
<td>Health Promotion</td>
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</table>
| **HomeMeds** | www.HomeMeds.org | • 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.  
  - Amenable also to typical Title III-D screening events, senior housing, care transitions coaching, and caregiver support and education sessions  
  • 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  
  • 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 (e.g., pharmacy school, local pharmacist, Part D plan, geriatric nurse practitioner)  
  • 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  
  • Time to train staff on computer system usage and proper data collection  
  • **Licensing Cost:** None  
  • **Training and Startup Consultation Cost:** $3,000-$5,000, depending upon method of delivery (webinar vs. on-site)  
  • **Additional Cost:**  
    - Computerized risk assessment screening (online system). Approx $200/month, but cost is negotiable based on number of users and overall volume of use  
    - Pharmacist cost, approx $60-$75/hour. The average review requires 20 minutes and of patients screened 30-40% will typically require review |
<table>
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<tr>
<th>National Diabetes Prevention Program (NDPP)</th>
<th><a href="http://www.cdc.gov/diabetes/prevention">www.cdc.gov/diabetes/prevention</a></th>
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<td>• Prevent or delay the onset of Type 2 diabetes</td>
<td>• 16 weekly core sessions</td>
<td>• Lifestyle Coach: 2 day training an ongoing mentoring. Coaches comply with quality and fidelity standards and meet CDC Diabetes Prevention Recognition Program (DPRP) standards. Master Trainers: 2 day training after successfully facilitating at least one NDPP course. Exceptions for experience with chronic-disease self-management programs will be considered.</td>
<td>To learn more about program costs and organizations offering training, please visit the CDC website (<a href="http://www.cdc.gov/diabetes/prevention">www.cdc.gov/diabetes/prevention</a>).</td>
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<td>• Increase physical activity to 150 minutes of moderate physical activity</td>
<td>• 6 monthly post-core sessions</td>
<td>• Trained Lifestyle Coach facilitates the group session.</td>
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<td>• Lose a minimum of 5% bodyweight</td>
<td>• 1 hour per session</td>
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<td>• 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.</td>
<td>• 12-15 group participants</td>
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<td>• 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.</td>
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<td>• 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.</td>
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</table>
| NYU Caregiver Intervention (NYUCI) | http://nrepp.samhsa.gov/ViewIntervention.aspx?id=74 | • Provide psychosocial counseling and support to improve the well-being of spousal caregivers of people with Alzheimer’s disease  
• Delay institutional placement of the care recipient into a nursing home  
• Target Audience: Family caregivers of people with dementia | • 6 sessions of individual and family counseling, support group participation, and additional on-call telephone consultations in a flexible counseling approach that is tailored to each caregiving family. Includes:  
- 2 individual counseling sessions of 1-3 hours tailored to each caregiver’s specific situation  
- 4 family counseling sessions with the primary caregiver and family members selected by that caregiver  
- Support group participation  
- Ad hoc counseling | • Counselors with advanced degrees in social work or allied professions | • Workbook for counselors required  
• 2 day initial in-person training  
• Follow-up training includes regular case conferences with the developer and clinical colleague  
• Knowledge about Alzheimer’s disease  
• High degree of clinical skill, competence in both individual and family treatment modes preferred | • Licensing Cost: None  
• Training Cost:  
- Specific cost data is unavailable. Multiphase training process and continued telephone consultation (includes initial 2-day training, follow-up training, regular case conferences with the developer, and ongoing support as needed): About $30,000 per year plus travel expenses. Limit 15 trainees.  
- Online training, certification and licensing, continuing education credits currently under development. Pricing information ETA: June 2013.  
• Materials Cost:  
- Alzheimer’s Disease Resource Book (required): $39.95 | • caregiver support  
• Alzheimer’s disease  
• counseling  
• behavioral health  
• self-management  
• health promotion |
Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs
Updated November 2019

| On the Move (OTM) | Program goals:  
1) To improve and sustain mobility so individuals can participate more easily in daily activities  
2) to improve mobility and decrease risk for disability  
Target audience: Older adults who are medically stable and can walk household distances independently or with a straight cane. | On the Move is 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 held twice a week, for 12 weeks. The 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. | 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 to become a certified On the Move instructor involves: 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. | License fee (3 years): Non-profit = $0  
For profit = Based on number of sites:  
1-5 sites license fee = $1,000;  
6-10 sites license fee = $2,500;  
and 11+ sites license fee = $5,000.  
Instructor training: $750 per instructor. Includes 12-hour training course, On the Move manual and materials, 12 playground balls, and 9 cones. On the Move instructor certification is for 3 years. | Mobility  
Walking  
Group exercise  
Motor control |

www.onthemove.pitt.edu
<table>
<thead>
<tr>
<th>The Otago Exercise Program</th>
<th><a href="http://www.med.unc.edu/aging/otago/exercise-program">http://www.med.unc.edu/aging/otago/exercise-program</a></th>
<th><strong>Target Audience</strong></th>
<th>Community-dwelling frail older adults. Most effective for those who are age 80 and over or 65 and older and frail. Can be implemented in the home, outpatient, assisted living facilities as well as in the community.</th>
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<td></td>
<td><strong>Increased strength, balance, and endurance. Lifestyle change to incorporate strength and balance training a minimum of 2 hours per week. RCT demonstrated a 35% reduction in falls in high risk older adults.</strong></td>
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<td><strong>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</strong></td>
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<td><strong>17 exercises total – the PT evaluates the older adult and selects the most appropriate exercises from the 17 to challenge the older adult.</strong></td>
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<td></td>
<td><strong>Exercises are progressed to challenge the older adult as they improve strength/balance.</strong></td>
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<td><strong>Adjustable ankle weights are used for 3 of the exercises and weight is progressively increased.</strong></td>
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<td><strong>The older adult does the exercises for approximately 30 minutes three times a week.</strong></td>
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<td><strong>When the older adult is strong enough to walk for exercise, a walking program is prescribed and progressed to up to 30 minutes three times a week.</strong></td>
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<td><strong>The older adult can do their prescribed exercises at home independently or with assistance, or in a group exercise settings.</strong></td>
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<td></td>
<td><strong>The initial evaluation and prescription are done by a licensed physical therapist.</strong></td>
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<td><strong>The follow up visits can be done by a licensed physical therapy assistant.</strong></td>
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<td><strong>The follow up phone calls can be done by the PT, a health coach, or other individual who is able to communicate progress to the PT.</strong></td>
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<td><strong>The exercises can be done independently or supervised in a one on one or group setting.</strong></td>
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<td></td>
<td><strong>Completion of the online Otago Exercise Program Online Training for Physical Therapists.</strong></td>
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<td></td>
<td><strong>Optional participation in a free database to track patient progress and program fidelity at <a href="http://www.otagoexerciseusa.com">www.otagoexerciseusa.com</a>.</strong></td>
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<td><strong>Note: Therapists and agencies who participate in the database are eligible to be promoted nationally for offering the OEP.</strong></td>
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<td><strong>Training Cost:</strong></td>
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<td>-Online training cost $25; 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.</td>
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<td><strong>Training Supplies:</strong></td>
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<td></td>
<td>-Adjustable ankle weights for patients up to 20# cost varies -Exercises and patient resources can be downloaded in video or hard copy format.</td>
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</table>
| **PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)** | www.pearlsprogram.org  
Lesley Steinman, M.S.W., M.P.H.,  
University of Washington Health Promotion Research Center  
(206) 543-9837  
mlesles@uw.edu | • 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. | • Eight 50-minute sessions with a trained social service worker in the client’s home over 19 weeks.  
• Counselors use 3 depression management techniques: (1) 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; (2) social and physical activity planning; and (3) planning to participate in pleasant events. Counselors encourage participants to use existing community services and attend local events. | • Trained social service worker. | • 2-day training. | • **Training Cost:** 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). | www.pearlsprogram.org  
Lesley Steinman, M.S.W., M.P.H.,  
University of Washington Health Promotion Research Center  
(206) 543-9837  
mlesles@uw.edu |
| **Positive Self-Management for HIV (PSMP)** | See details for the suite of chronic disease self-management education programs managed by the Self-Management Resource Center at the end of this document. This includes community-based, Spanish, and online versions. | • HIV/AIDS  
• group setting  
• self-management  
• health promotion |
<table>
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<tr>
<th>Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs</th>
<th>Updated November 2019</th>
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<tbody>
<tr>
<td><strong>Powerful Tools for Caregivers</strong></td>
<td><strong>Prevention and Management of Alcohol Problems in Older Adults</strong></td>
</tr>
</tbody>
</table>
| • A self-care education program for family caregivers to improve: self-care behaviors, management of emotions, self-efficacy, and use of community resources  
  • Target Audience: Family caregivers of adults with chronic conditions | • Reduce alcohol-related problems among older at-risk or problem drinkers  
  • Target Audience: Older adults who engage in at-risk or problem drinking behaviors |
| • Community-based group program  
  • Six consecutive weeks  
  • 90 minutes or 2-1/2 hours per week  
  • 10-15 participants  
  • Scripted curriculum providing tools that can be individualized to meet the challenges of caregiving in a supportive and interactive environment | • Step-by-step brief intervention using motivational interviewing concepts  
  • Program components include:  
    - Alcohol screening  
    - Assessments  
    - Brief interventions  
    - Referral guide to more intensive care |
| • Caregiver classes co-led by certified, trained class leaders | • Clinicians |
| • Class Leaders:  
  - Completion of a two-day Class Leader training led by certified Master Trainers  
  - Master Trainers:  
    - Completion of three, 6-week series of caregiver classes  
    - Application and approval by national office prior to teleconference training  
    - Teleconference training with national PTC office | • 0.5-1 day training for professional |
| • Class Leaders:  
  - Cost varies, includes licensing fee and cannot exceed cost reimbursement  
  - Training conducted by two certified Master Trainers at collaborative organizations across the country  
  - Master Training: $250 for teleconference upon completion of requirements | • Licensing Cost: None  
  • Training Cost: Training costs depend on who does the training and how long the training lasts  
  • Materials Cost: No Cost – Workbooks and manuals are available through SAMHSA for free |

**Legend:**  
- Family caregiver  
- Group interaction  
- Self-care  
- Stress management  
- Communication strategies  
- Self-efficacy/confidence  
- Alcohol abuse  
- Substance abuse  
- Behavioral health  
- Self-management  
- Health promotion
| REACH Community (Resources for Enhancing Alzheimer’s Caregivers Health in the Community) | https://www.uthsc.edu/prevmed/memphis-caregiver-center/index.php
Jennifer Martindale-Adams, EdD  Co-Director  UTHSC Caregiver Center Jmartindale@uthsc.edu | Empower Caregivers by increasing problem management and problem solving skills and coping skills  Improve outcomes by decreasing Caregiver burden, anxiety, depression, frustrations, amount of time/day spent on tasks and on duty; and improving management of behavioral concerns, and improving safety for the Person Living with Dementia.  Empower staff through increasing skills and knowledge and providing tools and materials to work with Caregivers  Four (one-hour) core sessions during two to three months with option for additional sessions  Education, support, and skills building, (problem solving, mood management/ cognitive reframing, and stress management).  Focus on main caregiving risk areas (information, safety, health and emotional well-being, social support, management of problem behaviors)  Program Coach Manual with session by session protocols  Caregiver Notebook with 30 behavioral management topics and 18 caregiver stress and coping topics, written at a fifth grade level | REACH Program Coach who is trained and certified by University of Tennessee Health Science Center Caregiver Center (any level of staff)  Webinar training (3.5 to 4.5 hours depending on training selected)  Consultation call (approximately 30 minutes)  Role play of problem solving and mood management (approximately one hour) | Licensing Cost: None  Contact the Caregiver Center for current costs.  Prices range from $750 to $3,900 depending on the training selected, including training, 1 manual per person, and consultation for one year.  **Option 1**: Individual intervention training, $3000 for up to 12 staff (may include supervisors/intake staff). Certification for 4 to 6. Additional staff at $450 per person.  $750 for up to 2 staff. Certification for 1.  **Option 2**: Telephone support group training. $3000 for up to 12 staff. Certification for 4 to 6. Additional staff at $450.  $750 for up to 2 staff. Certification for 1.  **Option 3**: Individual and TELEPHONE support training. $3900 for up to 12 staff. Certification for 4 to 6. Additional staff at $500.  $900 for up to 2. Certification for 1.  **Participant Materials**  Each Caregiver receives a Caregiver Notebook, which is available for $20 from Amazon.com. | Dementia  Alzheimer’s Disease  Behavioral intervention  Caregivers  Community  Caregiver support  Caregiver burden  Self management  Evidence-based  Health promotion |
### Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs

**Updated November 2019**

<table>
<thead>
<tr>
<th>Resources for Enhancing Alzheimer’s Caregiver Health II (Reach II)</th>
<th><a href="http://www.rosalynnrcarter.org/caregiver_intervention_database/dementia/reach_ii_intervention/">http://www.rosalynnrcarter.org/caregiver_intervention_database/dementia/reach_ii_intervention/</a></th>
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<tr>
<td>• Multi-component psychosocial-behavioral intervention to reduce caregiver burden and depression, improve caregivers’ ability to provide self-care, provide caregivers with social support, and help caregivers learn how to manage difficult behaviors in care recipients with Alzheimer’s disease or related disorders</td>
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<td>• <strong>Target Audience:</strong> Caregivers of people with Alzheimer’s disease and related dementias. Culturally appropriate for ethnically diverse populations.</td>
<td>• <strong>6-month period:</strong> 9 home visits and 3 telephone sessions delivered by a certified interventionist</td>
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<td>• 5 telephone support group sessions facilitated by a certified support group leader</td>
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<td>• Methods used in the intervention include didactic instruction, role-playing, empowerment coaching on problem-solving tasks and managing behavioral problems, skills training, stress management techniques, telephone support groups</td>
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<td>• Caregiver Notebook listing strategies for management of caregiver and care recipient issues and providing pamphlets and brochures from local and national resources</td>
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<td>• Participants are provided with educational information, strategies to manage care recipient behaviors, social support, strategies for reframing negative emotional responses, and strategies for enhancing healthy behaviors and managing stress</td>
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| **SHARE (Support, Health, Activities, Resources, and Education) for Dementia** | **www.benrose.org** | **Silvia Orsulic-Jeras, MA**  
SHARE Program Manager & Senior Research Analyst II  
Center for Research and Education  
Benjamin Rose Institute on Aging  
11890 Fairhill Rd.  
Cleveland, OH 44120-53  
ph 216.373.1625 f 216.373.1813  
Carol J. Whitlatch, PhD  
Assistant Director, Center for  
Research & Education  
Benjamin Rose Institute on Aging  
11890 Fairhill Rd.  
Cleveland OH 44120-1053  
ph 216 373 1629 f 216.373.1813  
| **Help care partners to communicate effectively, participate in fulfilling activities, and plan for the future**  
* Promote health and well-being, decrease stress, and learn about resources that reflect care partners' values and preferences  
* Provide education about dementia, how to manage the changes that lie ahead, and creating a balanced plan of care that both care partners can accept  
**Target audience:**  
Persons living with early-stage dementia and their family caregivers | **An evidence-based care planning counseling intervention for persons living with early-stage dementia and their family caregivers. Participants work with a SHARE Counselor to identify sources of support, (i.e., family, friends, and service providers), in order to build a balanced and realistic plan of care for the future.** | **SHARE counselors include social workers, counselors, geriatric case managers, and nurses.** | **All SHARE Counselors receive extensive training from the SHARE Counselor Certified Online Training Course on counseling aging persons, dementia signs and symptoms, caregiving, care values and preferences, and working with both care partners. SHARE Counselors also receive weekly one-on-one coaching sessions with a SHARE Coach to maintain fidelity to study protocols.** | **SHARE for Dementia is available for purchase from the Benjamin Rose Institute on Aging in Cleveland, Ohio. Not-for-profit professionals or organizations can purchase a single one-year license for $3,500 with additional licenses available for purchase per counselor. Yearly renewal fees are required for each license. The SHARE Toolkit includes:**  
SHARE Program Manual  
SHARE Counselor Certified Online Training Course  
SHARE Guide for Families  
SHARE Counselor's Guide  
SHARE app for iPad (iPad not included)  
SHARE Magnet Boards and Magnetic Tiles  
| **Early-stage dementia**  
Care dyads  
Person- and family-centered care  
Care Values  
Care preferences |
## Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs
### Updated November 2019

| Stay Active and Independent for Life (SAIL) | http://livingwell.doh.wa.gov  
Or  
http://www.synaplicseminars.com | • Physical activity program that reduces fall risk factors by increasing strength and improving balance  
• **Target Audience:** Adults 65+  
• An on-going class that meets 3 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. | • 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])  
• Complete 1-day (8 hour) SAIL Program Leader Training OR Complete 10-week online class through Pierce College with Continuing Education Units awarded upon course completion. The online course is available quarterly; see  
http://www.pierce.ctc.edu/el/sail-faq for more information.  
• Background in fitness or exercise science.  
CPR certified. | • License Fee: None; SAIL is a public-domain program.  
• SAIL Program Leader training: Cost for online course is $185.  
http://www.pierce.ctc.edu/el/sail-register  
• Refer to  
http://livingwell.doh.wa.gov  
http://synaplicseminars.com  
for further information regarding in-person 1-day training costs/availability.  
• **Other costs:** equipment (up to 20 armless chairs, up to 20 pairs of adjustable 5lb cuff weights [10lb/pair]). | • Physical activity  
• balance program  
• muscle strength  
• group setting  
• health promotion  
• fall prevention |
<table>
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<tr>
<th>Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs</th>
<th>Updated November 2019</th>
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<tr>
<td><strong>Stepping On</strong></td>
<td><strong><a href="http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.htm">http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.htm</a></strong></td>
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<td>OR</td>
<td><strong><a href="http://wihealthyaging.org/stepping-on">http://wihealthyaging.org/stepping-on</a></strong></td>
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</table>
| **• 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** | **• 7 weeks**
| **• Target Audience:** Community-residing, cognitively intact, older adults who are at risk of falling, have a fear of falling or who have fallen one or more times in a year | **• 2 hrs per week**
| | **• A home visit or follow-up phone call by the program leader, to facilitate follow-through with preventive strategies and to assist with home adaptations** |
| | **• 2-hour booster session after 3 months** |
| | **• Trained leader**
| | **• Trained peer leader** |
| | **• 3-day training for Leaders** |
| **• Licensing Cost:** | **• Included in the training cost**
| | **• Training Cost:**
| | **• On-site Wisconsin training** (which includes the first 3-year license, the Freiberg Press Stepping On Manual, weights and the toolkit, and one fidelity check, by videotape, per Leader):**
| | **- For Wisconsin residents: $250**
| | **- For non-Wisconsin residents: $1,500 for up to two people from an organization; $1,200 for 3+ people**
| | **- Off-site training: $12,000 for training up to 20 individuals, PLUS the cost of two flights, hotels, daily food allowance. The local (other state) must arrange for and provide: 20 of the Stepping On Manuals, copying of toolkit and other materials, room rental, snacks/lunches for 3 days, weights, arranging for an expert physical therapist on the first afternoon, getting AV equipment (projector, screen, DVD player, etc.), general training items including easels, flipcharts, nametags, table tent cards, etc., and arranging for Stepping On display and sample display items**
| | **• Fall prevention**
| | **• Self-management**
| | **• Health promotion**
<table>
<thead>
<tr>
<th>Program</th>
<th>Program Goals</th>
<th>Cost and Training Details</th>
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</table>
| Stress-Busting Program for Family Caregivers | • Improve the quality of life of family caregivers who provide care for people with Alzheimer’s disease or other dementias  
• Help caregivers manage their stress and cope better with their lives  
• Target Audience: Family caregivers of people with Alzheimer’s disease and related dementias | • Master Trainer training: 16 hours of training (2 days, 8 hours per day)  
• Certified Master Trainers train group facilitators  
• Experience with caregiving and/or education or training in Alzheimer’s disease  
• 2 group facilitators in a small group setting  
• Master Trainer training: 2 weeks  
• Certified Master Trainers train facilitators  
• Experience with caregiving and/or education or training in Alzheimer’s disease  
• 2 group facilitators in a small group setting | • Licensing Cost: Single Entity: $500 (3 years)  
Multi-Entity: $1,000 (3 years)  
• Training Cost: $1,500 per Master Trainer  
(minimum of 2 Master Trainers from each sponsoring agency/organization required to participate in training)  
• If Master Training is conducted at your location, travel and per diem costs for 2 Lead Trainers to be reimbursed by sponsoring organization.  
• Training supplies (Training program manual, Facilitators’ manual, Caregiver handbook, Facilitators’ CD, Meditation CD, Relaxation Strategies and Caregiver Journey DVDs: $100)  
• Participant Materials Cost  
• Caregiver handbook, Meditation CD, Relaxation Strategies DVD: $35 |

For more information, visit: [www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)
### Tai Chi for Arthritis

**http://taichiforhealthinstitute.org**

For more details on Tai Chi for Arthritis information and guidance, see [https://www.ncoa.org/resources/tai-chi-arthritis-program-information-guidance/](https://www.ncoa.org/resources/tai-chi-arthritis-program-information-guidance/)

- **Title III-D**: Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs
  - Updated November 2019

<table>
<thead>
<tr>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tai Chi for Arthritis</strong></td>
<td>Improve movement, balance, strength, flexibility, and relaxation. Decrease pain and falls.</td>
</tr>
<tr>
<td><strong>Target Audience:</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Attend a minimum of 16 hours of Tai Chi per week.</strong></td>
<td>(One hour per week for 16 weeks or 2 hours per week for 8 weeks.)</td>
</tr>
<tr>
<td><strong>Must be led by a certified Tai Chi for Health Institute instructor.</strong></td>
<td>Strongly encourage participants to practice the Tai Chi program at home for half an hour daily, at least four days per week. This can be done in one half hour session or two fifteen minute sessions.</td>
</tr>
<tr>
<td><strong>Participants must attend at least one in-person class per week.</strong></td>
<td>An instructional DVD is available to help guide learning and home practice as well as other educational aids such as books, the handbook, and wall charts.</td>
</tr>
<tr>
<td><strong>Developed by Dr. Paul Lam, the program utilizes Tai Chi’s Sun style for its ability to improve relaxation, balance, and its ease of use for older adults. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and offer a variety of combinations.</strong></td>
<td><strong>Tai Chi for Health certified instructors</strong></td>
</tr>
<tr>
<td><strong>Contact a master trainer to schedule an instructor training workshop:</strong></td>
<td><strong>Licensing Fee: None</strong></td>
</tr>
<tr>
<td><strong>Training Cost: Approximately $275 per participant. Includes Teaching Tai Chi Effectively Book and Tai Chi for Arthritis DVDs</strong></td>
<td><strong>CPR certified</strong></td>
</tr>
<tr>
<td><strong>Participant Cost: Varies by facility. Tai Chi DVD(s) are available at the Tai Chi Productions website for practice at home:</strong></td>
<td><strong>physical activity</strong></td>
</tr>
<tr>
<td></td>
<td>arthritis</td>
</tr>
<tr>
<td></td>
<td>chronic condition</td>
</tr>
<tr>
<td></td>
<td>group setting</td>
</tr>
<tr>
<td></td>
<td>health promotion</td>
</tr>
<tr>
<td></td>
<td>balance</td>
</tr>
<tr>
<td></td>
<td>relaxation</td>
</tr>
<tr>
<td><strong>Tai Chi Prime</strong></td>
<td><strong>Website:</strong> <a href="http://www.taichihealth.com">www.taichihealth.com</a></td>
</tr>
<tr>
<td>------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td><strong>Contact:</strong> Tricia Yu</td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:tyu@taichihealth.com">tyu@taichihealth.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Address:</strong> Tai Chi Health P.O. Box 756 Taos, New Mexico 87571 Phone: 575-776-3470</td>
<td></td>
</tr>
</tbody>
</table>

**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 qigong

**Target Population:**
- 65 years or older
- Able to participate in class without assistive devices such as a walker, cane or scooter
- Have the cognitive skills necessary to benefit from class instruction and to follow through with home practice.

**Tai Chi Prime** is a six-week evidence-based class series which has been proven to reduce falls risk factors. 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.

All participants have a chair by their side to touch for balance when needed.

Classes are 90 minutes and meet two times per week for six weeks. Participants practice at home with DVDs/books and practice Fab Four Basic Moves for Balance during ordinary activities such as brewing coffee, washing dishes, or waiting for anything.

Each class includes standing classroom-style movement instruction, qi gong and group discussions while seated in a circle, and informal teatime. The curriculum intertwines learning

**Recommended:**
- 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.

**Prerequisite:**
- Certified in Tai Chi Fundamentals Adapted Program (offered via Tai Chi Health)
- Attend a 1 day, in person training for Tai Chi Prime

**Cost to the participants:**
- Determined by the local Tai Chi Prime Leader/ Organization

**Training:**
- Please see website for most up-to-date cost

**Tai Chi, Fall prevention**
- Balance, Cognitive, Strength, Mobility, Gait, Home Practice
<table>
<thead>
<tr>
<th>Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs</th>
<th>Updated November 2019</th>
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</thead>
<tbody>
<tr>
<td><strong>Tai Chi Quan: Moving for Better Balance (TJQMBB)</strong></td>
<td></td>
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<tr>
<td><a href="http://www.tqmbb.org">www.tqmbb.org</a></td>
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<tr>
<td>OR</td>
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<tr>
<td>For more details on TJQMBB information and guidance, see <a href="https://www.ncoa.org/resources/tai-ji-quan-moving-better-balance-program-information-guidance/">https://www.ncoa.org/resources/tai-ji-quan-moving-better-balance-program-information-guidance/</a></td>
<td></td>
</tr>
<tr>
<td>• Improve balance, strength, and performance in functional walking activities; • Prevent falls</td>
<td></td>
</tr>
<tr>
<td>• Target Audience: Community-dwelling older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait or walking difficulty.</td>
<td></td>
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<tr>
<td>• Attend TJQMBB a minimum of 48 hours, preferably through one 24 week class, twice a week. Two 12 week classes meeting twice a week for an hour per session are not recommended but are permitted as long as the program follows the protocol for weeks 1-24 as outlined in the Class Teaching Plan. • The duration of each session is 60 minutes. • TJQMBB uses an 8 form Tai Ji Quan core 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. • Recommended class size is 8-10 participants for new instructors and 10-15 for experienced instructors.</td>
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<tr>
<td>• Qualified Tai Ji Quan: Moving for Better Balance Instructors</td>
<td></td>
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<tr>
<td>• 2-day training • 3 one day follow-up refresher courses are highly recommended, with the first conducted within 1 month of the initial 2-day training, the second within 2 months, and the third within 4 months. • For additional information, visit <a href="https://tqmbb.org/">https://tqmbb.org/</a> or contact Dr. Fuzhong Li at <a href="mailto:fuzhongli@ori.org">fuzhongli@ori.org</a>.</td>
<td></td>
</tr>
<tr>
<td>• To learn more about costs visit: <a href="http://tqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf">http://tqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf</a></td>
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</table>
| TCARE® Support System (Tailored Caregiver Assessment & Referral®) | www.tcarenavigator.com | TCARE Navigator, LLC  
Mequon, Wisconsin  
262.843.4740 |
|---|---|---|
| **Goals:** |  | **TCARE® is an evidenced-based care management support software system that was built on 30 years of research in the field.**  
- Grounded in the Caregiver Identity Change Theory developed by Dr. Rhonda JV Montgomery and Karl Kosloski.  
- A six-step care management process that was designed to help care managers efficiently triage resources and services available within a community to effectively address the caregivers’ needs.  
- Promotes informed choice  
  - Self-Assessment On-line Screener  
  - Web-based software  
  - Software linked to local, regional and national resource databases  
  - TCARE® is licensed to TCARE Navigator, LLC by the University of Wisconsin-Milwaukee Research Foundation |
| |  | **Trained TCARE Assessor and/or TCARE Trainers.**  
- Certification and licensing is completed by TCARE® Navigator. |
| |  | **TCARE® Assessor:**  
- Complete;  
- 2-day TCARE® Assessor Training;  
- 2 case studies  
- 2 webinars  
- Certification Exam.  
**TCARE® Trainer:**  
- Must be a Licensed TCARE® Assessor and complete;  
- 2-day Train-the-Trainer Training  
- Conduct a mentored TCARE® Assessor Training with TCARE® Navigator Trainers.  
| |  | **Training Costs:**  
- 8-12 Trainees: $16,000 (plus travel expenses for TCARE® Trainers)  
- Individual: $1,800 (plus travel)  
- Training Costs Include;  
  - User and Training Manuals  
  - Meals and snacks for morning and afternoon  
  - Certification  
  - License for first year  
| |  | **Licensing Cost:**  
- First year licensing cost is included in Training Costs  
- For Annual Licensing fees, please contact TCARE Navigator, LLC.  
- License Cost Includes:  
  - Use of TCARE® for one year  
  - Access to web-based software  
  - Ongoing support |
### Walk with Ease (group program and self-directed program)

- **http://www.arthritis.org/wwe**

<table>
<thead>
<tr>
<th>Description</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>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.</strong></td>
<td>- <strong>Target Audience:</strong> Community-dwelling older adults with arthritis and other chronic conditions, such as diabetes, heart disease and hypertension.</td>
</tr>
</tbody>
</table>
| **Community-based group program:** | - **6 weeks**  
  - **1 hour, 3 times a week**  
  - **12-15 recommended participant group size** |
| **Self-directed program** | - Combines self-paced walks with health-topic related discussion also available:  
  - **6 weeks**  
  - **30 min, 3 times a week** |
| **Certified instructor** | - **Either 3-4 hour in-person Arthritis Foundation training workshop or online training**  
  **CPR certification required**  
  **First aid certification recommended** |
| **Licensing Cost:** None  
**Training Cost:** $50-$75, includes all manuals, books and posters:  
- Online workshop registration: $50 per leader  
- For In-Person 3-4 hour training workshop: Approx $50-$75 per leader. Consider related expenses, such as room rental and trainer travel.  
**Participant Materials Cost:**  
- Book: $11.95 (bulk discount available for qtns over 100)  
- Kits are optional  
**For self-directed program:**  
- Walk with Ease participant guide book: $11.95. Participants can use free online Movement Tracker to record progress and track goals. |
<table>
<thead>
<tr>
<th>Wellness Recovery Action Plan (WRAP®)</th>
<th><a href="http://www.copelandcenter.com">www.copelandcenter.com</a> Katie Wilson: (802) 254-5335 <a href="mailto:katiejwilson@gmail.com">katiejwilson@gmail.com</a></th>
<th>Goals:</th>
</tr>
</thead>
<tbody>
<tr>
<td>o Increased self-agency</td>
<td>o Increased self-agency</td>
<td>o Increased self-agency</td>
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<tr>
<td>o Decreased anxiety and depression</td>
<td>o Decreased anxiety and depression</td>
<td>o Decreased anxiety and depression</td>
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<tr>
<td>o Increased hopefulness</td>
<td>o Increased hopefulness</td>
<td>o Increased hopefulness</td>
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<tr>
<td>o Increased patient self-advocacy</td>
<td>o Increased patient self-advocacy</td>
<td>o Increased patient self-advocacy</td>
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<tr>
<td>o Decreased daily disruption physical and mental health conditions</td>
<td>o Decreased daily disruption physical and mental health conditions</td>
<td>o Decreased daily disruption physical and mental health conditions</td>
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<tr>
<td>o Enhanced social support</td>
<td>o Enhanced social support</td>
<td>o Enhanced social support</td>
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<tr>
<td>o Improved self-esteem</td>
<td>o Improved self-esteem</td>
<td>o Improved self-esteem</td>
</tr>
<tr>
<td>o Improved management of addictive behaviors</td>
<td>o Improved management of addictive behaviors</td>
<td>o Improved management of addictive behaviors</td>
</tr>
<tr>
<td>o Decreased dependency on utilization of formal health care support services</td>
<td>o Decreased dependency on utilization of formal health care support services</td>
<td>o Decreased dependency on utilization of formal health care support services</td>
</tr>
<tr>
<td>o Improved quality of life</td>
<td>o Improved quality of life</td>
<td>o Improved quality of life</td>
</tr>
<tr>
<td>Target Audience:</td>
<td>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)</td>
<td>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)</td>
</tr>
<tr>
<td>Group sessions meet:</td>
<td>2.5 hours sessions for 8 weeks with 8-12 participants</td>
<td>2.5 hours sessions for 8 weeks with 8-12 participants</td>
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<tr>
<td>o 2 full days with 20-25 participants</td>
<td>o 2 full days with 20-25 participants</td>
<td>o 2 full days with 20-25 participants</td>
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<tr>
<td>o 3 full days with 25-50 participants</td>
<td>o 3 full days with 25-50 participants</td>
<td>o 3 full days with 25-50 participants</td>
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<tr>
<td>o Online interactive 4-week online sessions with individual assignments and participation in online discussion boards between sessions. 8-12 participants</td>
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<td>o Online interactive 4-week online sessions with individual assignments and participation in online discussion boards between sessions. 8-12 participants</td>
</tr>
<tr>
<td>An evidence-based manualized group intervention for illness self-management delivered in a self-help group context (in-person or online). WRAP guides participants through the process of identifying and understanding their personal wellness resources (“wellness tools”), and then helps them to develop an individualized plan to use these resources to manage daily stress and symptoms.</td>
<td>2 trained and certified WRAP Facilitators</td>
<td>2 trained and certified WRAP Facilitators</td>
</tr>
<tr>
<td>o 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.</td>
<td>o 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.</td>
<td>o 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.</td>
</tr>
<tr>
<td>o Facilitators are certified WRAP Facilitators</td>
<td>o Facilitators are certified WRAP Facilitators</td>
<td>o Facilitators are certified WRAP Facilitators</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Training Costs</th>
<th>Staff Training Costs (Please see website for current training costs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facilitators:</td>
<td>Seminar I Course: $500 per person (WRAP book included)</td>
</tr>
<tr>
<td>Advanced Level Facilitator Seminar I Course: $1300 per person (instructor manual and materials included)</td>
<td>Facilitator Seminar II Course: $1300 per person (materials included)</td>
</tr>
<tr>
<td>Seminar III Course: $1500 per person (materials included)</td>
<td>Facilitator Training Manual (includes CD-ROM and DVD) = $129.00 (available in English and Spanish)</td>
</tr>
<tr>
<td>Seminar I Course: $129.00 (available in English and Spanish)</td>
<td>Wellness Recovery Action Plan (WRAP) = $10 (available in English, Spanish, Chinese, Cambodian, Korean, Vietnamese)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intervention Costs: 8-week format for 12 participants</th>
<th>Intervention Costs: 8-week format for 12 participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 WRAP Facilitators @ $25/hour (inclu travel): 20 hours instruction time (2.5 hours/week * 8 weeks); 16 hours prep time (2 hour/week * 8 weeks); 4 hours post-group to complete values &amp; ethics checklist &amp; debrief (30 minutes per week * 8 weeks) = 40 hours * $25/hour * 2 staff = $2000</td>
<td>2 WRAP Facilitators @ $25/hour (inclu travel): 20 hours instruction time (2.5 hours/week * 8 weeks); 16 hours prep time (2 hour/week * 8 weeks); 4 hours post-group to complete values &amp; ethics checklist &amp; debrief (30 minutes per week * 8 weeks) = 40 hours * $25/hour * 2 staff = $2000</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Costs of 12 WRAP participant</th>
<th>Costs of 12 WRAP participant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness Recovery Action Plan (WRAP®) (continued)</td>
<td>booklets @ $10 = $120</td>
</tr>
<tr>
<td>-------------------------------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>• Water &amp; healthy snacks @ $10/week * 8 weeks=$80</td>
<td></td>
</tr>
<tr>
<td>• Space rental-varies</td>
<td></td>
</tr>
<tr>
<td>• Office &amp; art supplies (pens, paper, markers, flip charts, 3-ring binders)</td>
<td></td>
</tr>
<tr>
<td>Chronic Disease Self-Management Program (CDSMP)</td>
<td><a href="https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/">https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/</a></td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>Target Audience: Adults with chronic health conditions</td>
<td>While the workshop is highly structured using a detailed manual and detailed fidelity standards, participant activities are highly individualized and self-tailored with support from two trained leaders, one or both of whom are peers with chronic conditions.</td>
</tr>
</tbody>
</table>
**Cancer: Thriving & Surviving (CTS)** *(All Materials Available in Spanish)*

- Provides information and teaches practical skills for managing the challenges of living with or in remission from cancer.
- **Target Audience:** Adults with or in remission from cancer
- **6 weeks**
- **2.5 hours per week**
- **10-16 participants per group**
- **Program is for people who are managing cancer or are in remission from cancer.**
- **While the workshop is highly structured using a detailed manual and detailed fidelity standards, participant activities are highly individualized and self-tailored with support from two trained leaders, one or both of whom are peers who in remission or have had family members with cancer.**
- **4.5 days of CDSMP Master Training and certification, either offered by the Self-Management Resource Center or off-site.**
- **Cross-training to become CTS leaders or Master Trainers who are already certified in CDSMP or Tomando Control de Su Salud. These trainings are offered by SMRC via webinar.**
- **4.5 days of CDSMP Master Training and certification, either offered by the Self-Management Resource Center or off-site.**
- **Cross-training to become CTS leaders or Master Trainers who are already certified in CDSMP or Tomando Control de Su Salud. These trainings are offered by SMRC via webinar.**
- **4.5 days of CDSMP Master Training and certification, either offered by the Self-Management Resource Center or off-site.**
- **Cross-training to become CTS leaders or Master Trainers who are already certified in CDSMP or Tomando Control de Su Salud. These trainings are offered by SMRC via webinar.**
- **Cross-training to become CTS leaders or Master Trainers who are already certified in CDSMP or Tomando Control de Su Salud. These trainings are offered by SMRC via webinar.**
- **4.5 days of CDSMP Master Training and certification, either offered by the Self-Management Resource Center or off-site.**
- **Cross-training to become CTS leaders or Master Trainers who are already certified in CDSMP or Tomando Control de Su Salud. These trainings are offered by SMRC via webinar.**
- **Cross-training to become CTS leaders or Master Trainers who are already certified in CDSMP or Tomando Control de Su Salud. These trainings are offered by SMRC via webinar.**
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**Licensing Cost (3-year):**
- Licenses start at $500 for 20 workshops and increase based on the number of workshops offered.

**Training Cost:**
- Training offered by SMRC (4.5 days, includes all materials): $1,800 per health professional; $1000 for a lay person with a chronic disease.
- Off-site 4.5-day training (must be requested 4-6 months in advance): $16,000 ($10,000 to SMRC, $6,000 for two trainers’ fees), excludes additional costs such as materials and travel expenses for two trainers.
- Web-based cross-training from CDSMP: $350

**Participant Materials Cost:**
- Living a Healthy Life with Chronic Conditions: $18.95 (bulk pricing is available)
Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs
Updated November 2019

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<tr>
<td>(All Materials Available in Spanish)</td>
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<td></td>
<td>• Provides information and teaches practical skills for managing the challenges of living with chronic pain. (Chronic Pain is defined as pain that lasts for longer than 3 to 6 months, or beyond the normal healing time of an injury. • Is being used by some programs in conjunction with prescription opioid tapering. • Target Audience: Adults with chronic pain</td>
</tr>
<tr>
<td></td>
<td>• 6 weeks • 2.5 hours per week • Program is for people who have a primary or secondary diagnosis of chronic pain. • People with all types of non-cancer chronic pain conditions are welcomed. While the workshop is highly structured using a detailed manual and detailed fidelity standards, participant activities are highly individualized and self-tailored with support from two trained leaders, one or both of whom are peers with chronic pain.</td>
</tr>
<tr>
<td></td>
<td>• 4.5 days of Master Training and certification in CDSMP, offered by the Self-Management Resource Center or off-site • Cross-training to become CPSMP leaders or Master Trainers who are already certified in CDSMP or Tomando Control de Su Salud. These trainings are offered by SMRC via webinar. • 4-day Leader training or 2-day cross-training usually done locally by Master Trainers.</td>
</tr>
<tr>
<td>Licensing Cost (3-year): Licenses start at $500 for 20 workshops and increase based on the number of workshops offered.</td>
<td>• Training Cost: • Training offered by SMRC (4.5 days, includes all materials): $1,800 per health professional; $1000 for a lay person with a chronic disease. • Off-site 4.5-day training (must be requested 4-6 months in advance): $16,000 ($10,000 to SMRC, $6,000 for two trainers’ fees), excludes additional costs such as materials and travel expenses for two trainers. • Web-based cross training from CDSMP: $450</td>
</tr>
<tr>
<td>Participant Materials Cost: • Living a Healthy Life with Chronic Pain (Also includes an exercise CD): $19.96 (bulk pricing is available) • Vivir una vida sana con dolor crónico (Also includes an exercise CD): $19.96 (bulk pricing is available)</td>
<td>• chronic pain • chronic condition • group setting • self-management • health promotion</td>
</tr>
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</table>
## Diabetes Self-Management Program (DSMP)

For Spanish see Programa de Manejo Personal de la Diabetes

<table>
<thead>
<tr>
<th>Website</th>
<th>Description</th>
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### Teaches the skills needed in the self-management of diabetes and to maintain and/or increase life's activities

- **Target Audience:** Adults with type-2 diabetes

### While the workshop is highly structured using a detailed manual and detailed fidelity standards, participant activities are highly individualized and self-tailored with support from two trained leaders, one or both of whom are peers living with diabetes.

- **6 weeks**
- **2.5 hours per week**
- **(12-16 people with type-2 diabetes)**

### 4.5 days of Master Training and certification in CDSMP or DSMP, offered by the Self-Management Resource Center or off-site.

- **Update training is also available for active certified DSMP Master Trainers and/or T-Trainers.**
- **Cross-training is available to Diabetes Self-Management for CDSMP or Tomando Control de Su Salud leaders and Master Trainers.**

### Licensing Cost (3-year):

- Licenses start at $500 for 20 workshops and increase based on the number of workshops offered.

### Training Cost:

- Training offered by SMRC (4.5 days, includes all materials): $1,800 per health professional; $1,000 for a lay person with a chronic disease. This must be followed by a webinar cross training for DSMP.

### Off-site 4.5-day training (must be requested 4-6 months in advance):

- $16,000 ($10,000 to SMRC, $6,000 for two trainers’ fees), excludes additional costs such as materials and travel expenses for two trainers.

### Web-based update cross training from CDSMP: $450

### Participant Materials Cost:

- Living a Healthy Life with Chronic Conditions: $18.95 (bulk pricing is available)
- Relaxation tape/CD: $12 each

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### Contact Information for SMRC:

- **Phone:** 866-738-8873
- **Fax:** 414-964-4176
- **Email:** smrc@selfmanagementresourcecenter.org
- **Website:** [www.selfmanagementresource.org](http://www.selfmanagementresource.org)

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### Additional Resources:

- **American Diabetes Association:** [www.diabetes.org](http://www.diabetes.org)
- **American Association of Diabetes Educators:** [www.aace.com](http://www.aace.com)
• 2.5 hours once a week  
• Interactive, group program provides skills and techniques to improve and maintain physical and mental health for individuals with HIV. | While the workshop is highly structured using a detailed manual and detailed fidelity standards, participant activities are highly individualized and self-tailored with support from two trained leaders, one or both of whom are peers living with HIV. | • 4.5-days of Master Training and certification, offered by the Self-Management Resource Center or off-site.  
• 4-day Leader training usually done locally by Master Trainers.  
• Cross-training is available to Positive Self-Management for CDSMP or Tomando Control de Su Salud leaders and Master Trainers. These trainings are offered by SMRC via webinar.  
• 1-day leader cross-training is usually done locally by Master Trainers. | • Licensing Cost (3-year): Licenses start at $500 for 20 workshops and increase based on the number of workshops offered.  
• Training Cost:  
  • Training offered by SMRC (4.5 days, includes all materials): $1,800 per health professional; $1000 for a lay person with a chronic disease. This must be followed by a webinar cross training for DSMP.  
  • Off-site 4.5-day training (must be requested 4-6 months in advance): $16,000 ($10,000 to SMRC, $6,000 for two trainers’ fees), excludes additional costs such as materials and travel expenses for two trainers.  
  • Web-based update cross training from CDSMP: $350  
• Participant Materials Cost: Living a Healthy Life with HIV $17.56 (bulk pricing is available) | • HIV  
• chronic condition  
• group setting  
• self-management  
• health promotion |
| Programa de Manejo Personal de la Diabetes  
Target Audience: Spanish-speaking adults with type-2 diabetes. 
For more Information please read the section on Diabetes Self-Management Program. | 6 weeks 
2.5 hours per week, 
(12-16 people with type-2 diabetes) 
This program is one of those programs that has been approved for reimbursement. Approval of programs comes from the American Diabetes Association or the American Association of Diabetes Educators. 
The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming. | While the workshop is highly structured using a detailed manual and detailed fidelity standards, participant activities are highly individualized and self-tailed with support from two trained leaders, one or both of whom are peers living with diabetes. 
• Leaders and trainers must speak, read and write Spanish fluently. 
• 4 days of Leader training and certification conducted in Spanish without interpreters. 
• 1.5 day on-site Leader cross training for leaders who have already completed the English CDSMP or Tomando Control de Su Salud training. 
• Web-based cross training available for Spanish-speakers who are active CDSMP Master Trainers or leaders. 
• Spanish-speakers trained in the English Diabetes Self-Management Program do NOT need addition training to offer Programa de Manejo Personal de la Diabetes. 
• Licensing Cost (3-year): Licenses start at $500 for 20 workshops and increase based on the number of workshops offered. 
• Training Cost: 
- Training offered by SMRC (4.5 days, includes all materials): $1,800 per health professional; $1000 for a lay person with a chronic disease. This must be followed by a webinar cross training for DSMP. 
- Off-site 4.5-day training (must be requested 4-6 months in advance): $16,000 ($10,000 to SMRC, $6,000 for two trainers’ fees), excludes additional costs such as materials and travel expenses for two trainers. 
- Web-based update cross training from CDSMP: $450. 
• Participant Materials Cost: Tomando Control de Su Salud $15.96 (bulk pricing is available). |
| **Tomando Control de Su Salud**  
(Spanish Chronic Disease Self-Management Program) | **https://www.selfmanagementresource.com/programs/small-group-spanish/tomando-control-de-su-salud/** | • Culturally appropriate chronic disease self-management program for Spanish speakers. Participants do not need to read Spanish.  
• Target Audience: Spanish-speaking adults with chronic physical or mental health conditions. | • 6 weeks  
• 2.5 hours per week  
• Spanish-speaking people with different chronic health problems attend together | While the workshop is highly structured using a detailed manual and detailed fidelity standards, participant activities are highly individualized and self-tailored with support from two trained leaders, one or both of whom are peers with chronic conditions. | • Leaders and Master Trainers must speak, read and write Spanish fluently.  
• 4.5 days of Master training and certification. All training is conducted in Spanish without interpreters.  
• 1.5-day on-site Leader cross-training is available usually given on site by Tomando Master Trainers. Available only to leaders already certified in CDSMP.  
• Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de Su Salud.  
• Web-based cross training is available to active CDSMP Master Trainers and leaders. Webinars are conducted in Spanish. Prerequisite: in-person CDSMP training. | • **Licensing Cost (3-year):** Licenses start at $500 for 20 workshops and increase based on the number of workshops offered.  
• **Training Cost:**  
  - Training offered by SMRC (4.5 days, includes all materials): $1,800 per health professional; $1000 for a lay person with a chronic disease.  
  - Off-site 4.5-day training (must be requested 4-6 months in advance): $16,000 ($10,000 to SMRC, $6,000 for two trainers’ fees), excludes additional costs such as materials and travel expenses for two trainers.  
  - Web-based update cross training from CDSMP: $300  
• **Participant Materials Cost:** Tomando Control de su Salud $15.96 (bulk pricing is available) | • physical activity  
• chronic disease  
• chronic condition  
• Spanish-speaking only |
<table>
<thead>
<tr>
<th>Workplace Chronic Disease Self-Management Program (wCDSMP), also known as “Live Healthy, Work Healthy” (All Materials Available in Spanish)</th>
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<td>• Meets twice a week, 1 hour per session</td>
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<tr>
<td>• Program provides information and teaches practical skills about managing chronic health problems with emphasis on the work environment</td>
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<td>While the workshop is highly structured using a detailed manual and detailed fidelity standards, participant activities are highly individualized and self-tailored with support from two trained leaders, one or both of whom are peers living with chronic conditions.</td>
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<tr>
<td>• Orientation webinar for master trainers: $50</td>
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</tr>
<tr>
<td>• Participant Materials Cost:</td>
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</tr>
<tr>
<td>• Living a Healthy Life with Chronic Conditions $16.95 (bulk pricing is available)</td>
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</tr>
<tr>
<td>• Tomando Control de su Salud $15.96 (bulk pricing is available)</td>
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</tbody>
</table>
ADDITIONAL PROGRAM SUGGESTIONS:

- **BRI Care Consultation™** is an evidence-based care-coaching program, owned by the Benjamin Rose Institute on Aging (BRIA), for older and younger adults with chronic health conditions/disabilities and family or friend caregivers. It is delivered via telephone, mail, and email by trained Care Consultants. The core components of the Program include: 1) assessment, 2) action planning, and 3) ongoing maintenance and support.

- **Health Coaches for Hypertension Control (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; Medication Management; Long-Term Action Plan.

- **On the Move** is 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 held twice a week, for 12 weeks. The program contains a warm-up, stepping patterns, walking patterns, strengthening exercises, and cool-down exercises.

- **REACH Community** (Resources Enhancing Alzheimer’s Caregiver Health in the Community) is a translation of the NIA/NINR-funded REACH II randomized clinical trial and based on the VA program REACH VA. REACH helps caregivers of persons with dementia manage patient behavioral concerns and their own stress. REACH provides education, support, and skills building, including problem solving, mood management/cognitive reframing, and stress management. The intervention has four core sessions during two to three months, with the option for additional sessions.

- **SHARE (Support, Health, Activities, Resources, and Education) for Dementia** is an evidence-based care planning counseling program developed by Benjamin Rose Institute on Aging (BRIA). SHARE focuses on and intervenes with care dyads: persons living with early-stage
dementia and their family caregivers. Each care dyad works with a
SHARE Counselor to identify sources of support (i.e., family, friends,
and service providers), in order to build a balanced and realistic plan of
care for the future.

- **Wellness Recovery Action Plan (WRAP®)** is an evidence-based
  manualized group intervention for illness self-management that has
  been shown to reduce symptoms of depression and anxiety, while
  increasing hopefulness, quality of life, self-advocacy skills, and
  emotional recovery. Delivered in a self-help group context (in-person
  or online), WRAP guides participants through the process of
  identifying and understanding their personal wellness resources
  (“wellness tools”), and then helps them to develop an individualized
  plan to use these resources to manage daily stress and symptoms of
  mental and physical illnesses.

**PROGRAMS OFFERED BY MSU EXTENSION**

- **Eat Healthy, Be Active** Eat Healthy, Be Active is a nutrition and physical
  activity program for adults. It promotes living healthy to reduce the risk of
  obesity and chronic disease. Participants learn the skills needed to make
  healthy eating and regular physical activity a part of their lifestyle.

  Each class is about one hour. There are six classes in the series. Participants
  receive stretch bands for physical activity and a certificate of completion.

- **Eat Smart, Live Strong** is a program aimed to improve fruit and
  vegetable consumption and physical activity. It has social and interactive
  sessions for adults age 55 and older. Participants will gain the skills needed
  to make healthy behavior changes. Each session is about one hour and the
  series ranges from four to six sessions.