



FOR THE HEALTH OF IT: HEALTHY LIVING PROGRAMS

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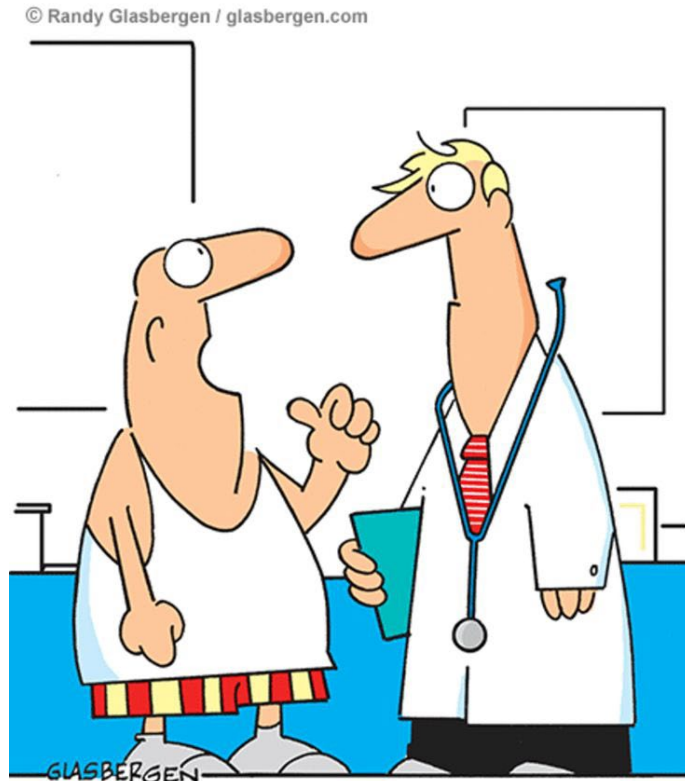
Caregiver Specialist & Health Promotions Coordinator

Aging & Disability Resource Center

Objectives

- Identify at least three evidence-based programs that can benefit your patients
- Explain key components and potential outcomes of one or more ADRC programs enabling you to effectively refer to the programs.
- Demonstrate the ability to assess which patients may benefit most from ADRC healthy living programs and outline the referral process.

What are the most common health issues you see in older adult patients?



“I could be a healthy person if you’d stop finding things wrong with me!”

Type in the chat
the most common
health conditions
that you see in
your older adult
patients

ADRC Programs

- Eat Smart, Move More, Weigh Less
- Healthy Living with Diabetes
- Living Well with Chronic Conditions
- Stepping On
- Walk with Ease- Self Directed

Other High Level Evidence Based Programs
that may be available in your area:

- Mind Over Matter
- Diabetes Prevention Program
- Powerful Tools for Caregivers
- Bingocize
- StrongBodies



Walk with Ease



What is the Older Americans Act (OAA)?

- Enacted in 1965 to support aging populations.
- Key focus: Independence, dignity, and well-being of older adults.
- Several Titles make up OAA:
 - III- B Supportive Services
 - III-C1 Congregate Nutrition Services
 - III-C2 Home Delivered Meal Services
 - **III-D Health Promotion & Disease Prevention**
 - III-E Caregiver Services
 - Title VI Grants for Native Americans

Top Health Concerns

□ Top Three

- Arthritis
- Exercise
- Brain Health & Dementia

Preventing falls was a close 4th



I DON'T CALL IT GETTING OLD

I CALL IT OUTLIVING THE WARRANTY

Title IID Programs

- Funded by the Older American's Act Title III Federal Funding for adults 60+
- High level evidence based
- Offered virtually, in-person or self directed
- Donation based for all 60+ participants
- Trained facilitators include community volunteers & professionals

**Not every ADRC offers the same programs*

Eat Smart, Move More, Weigh Less

- Partnership between ADRC and North Carolina State University
- 15 week *virtual* program
- Focus on weight management strategies including mindful nutrition choices and physical activity.

- Outcomes:
 - Avg weight loss 8-15 lbs.
 - Reduced blood pressure
 - Reduced waist circumference
 - Improved mindfulness
 - 71% of program completers maintain or lose additional wt. at 6 month follow-up.
 - 98% would recommend the program to others

ESMMWL Overview



Stepping On for Fall Prevention

- 7 weeks in-person with a 3 month follow-up.
- Target audience:
 - 60+
 - Resides at home/independent living
 - Ambulates without walker/wheelchair indoors
 - Free from cognitive decline due to dementia
- Topics include: exercise, footwear, medications, home hazards, outdoor precautions, winter weather, vision, adaptive equipment, and more.
- Outcomes: 30% reduction in falls for those completing the program.

Stepping On Overview



Sit-to-Stand Sample Exercise



Doubara Stucki, PT

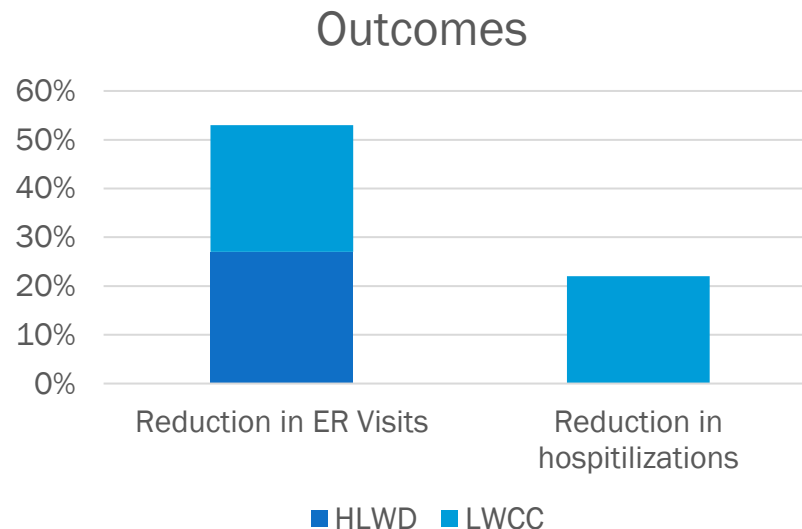
Chronic Conditions

Living Well with Chronic Conditions (virtual)

Healthy Living With Diabetes (in-person)

6 week programs.

- Focus is on lifestyle changes, problem solving, communication and action planning. “Action approach”



LWCC & HLWD

Living Well with Chronic Conditions Topics:

- Managing fatigue & difficult emotions, problem solving, benefits of exercise, communicating with your medical provider, pain management techniques, decision making, sleep, healthy eating.

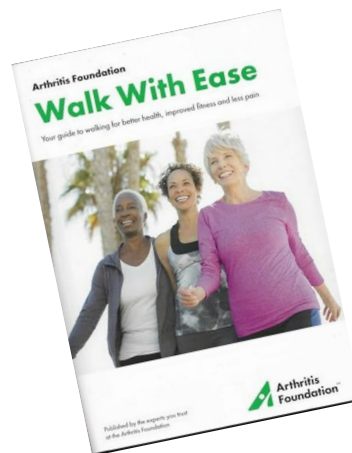
Healthy Living with Diabetes topics:

- Importance of good nutrition and exercise, communication, stress management, decision making and action planning, sleep.



Walk with Ease

- 6 week, self-directed walking program.
- Goal: to improve mobility & endurance, reduce arthritis related joint pain through progressive walking program.
- Outcomes: Reduce pain, increase balance, strength & walking pace, improve overall health.



Walk with Ease



Other Programs

Brain Health Programs (Local)

- Wits Works
- Growing Connections
- Boost Your Brain & Memory
- Transformational Brain Art

Other Programs (statewide/US)

- [Powerful Tools for Caregivers](#)
- Diabetes Prevention Program
- [StrongBodies](#)
- Bingocize
- Stand Up For Your Health
- Mind Over Matter

Where to find more information

Barron/Rusk

www.adrcconnections.org

Your Local ADRC (WI)

<https://www.dhs.wisconsin.gov/adrc/index.htm>

Other WI Programs

wihealthyaging.org



Minnesota

<https://yourjuniper.org/>



Referrals & Questions



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