Hello Program Providers and Leaders,

During this challenging time, we here at WIHA want you to know we are still here to support your efforts in healthy aging. Now more than ever, we are seeing the importance of health promotion, wellness, and disease prevention efforts. With that said, we are aware that many of you have shifted roles and responsibilities in order to address most immediate public health needs during this time. No matter where you find yourselves these days, we know you are committed to community health.

During this period of physical distancing, many of you are canceling programs and exploring options for connecting remotely. After engaging in discussions with partners and leaders around the nation, program authors, staff, and some of you, we have put together some recommendations for going forward (or not going forward) with evidence-based programming during the COVID-19 public health crisis.

Here are our recommendations per program. Following these recommendations are resources to provide to community members to help keep them active and healthy:

**Stepping On:** Evidence does not support remote implementation. Online implementation raises safety concerns due to exercise components. For workshops already in process, we recommend you make phone calls to participants to check-in. Some topics you could discuss with them include:

* *How are they continuing exercises in the home?*
* *Have they taken time to remove home hazards?*
* *SHANNON ADD A COUPLE MORE HERE?*

**Physical Activity for Lifelong Success (PALS):** Evidence does not support remote implementation. Online implementation raises safety concerns due to exercise components. For workshops already in process, we recommend you make phone calls to participants to check-in. Some topics you could discuss with them include:

* *How are they continuing exercising?*
* *ERIN ADD A FEW MORE HERE?*

**Walk with Ease:** Evidence does not support remote implementation. Online implementation raises safety concerns due to exercise components. For workshops already in process, we recommend you make phone calls to participants to check-in. Some topics you could discuss with them include:

* *Are they able to continue walking outside, using physical distancing from others?*
* *Problem solve any barriers with them*

**Chronic Disease Self-Management Programs**

**(Living Well with Chronic Conditions, Tomando Control de su Salud, Healthy Living with Diabetes, Vivir Saludable Con Diabetes, & Healthy Living with Chronic Pain)**

The Self-Management Resource Center (program authors) have the following suggestions:

Online Better Choices, Better Health®: This online version of Living Well is evidence-based and available. This is a great option for those folks who have computer/internet access. Please contact Betsy Abramson ([betsy.abramson@wihealthyaging.org](mailto:betsy.abramson@wihealthyaging.org)) for protocol and pricing information.

Mailed Tool Kits: Contact Jill Renken for more information on how to order kits and get telephone scripts ([jill.renken@wihealthyaging.org](mailto:jill.renken@wihealthyaging.org))

*What this can look like:*

Each kit contains a 2020 Living a Health Life book, a relaxation CD, and an Exercise CD with a booklet with a self-test, tip sheets and drawings of the exercises on the CD. Kits available in English and Spanish.

Optional phone component: send people tool kits and then your leaders have short (we are thinking a half hour) conference calls with no more than 4 participants at a time. This serves the double purpose of using an evidence-based program (tool kit) and adding the phone call feature to help reduce social isolation. There would be a short script for each week (Jill will provide).

Continue in-person workshops using video conferencing: at this time, while it’s temporarily allowable from program authors, it is not evidence-based. WIHA does NOT recommend this option at this time. We will continue to monitor the COVID-19 situation and will revisit this option if physical distancing is required more long-term. If you feel strongly that you would like to try this option, please contact us first for approval and protocol.

For workshops already in process, we recommend you make phone calls to participants to check-in. *Some topics you could discuss with them include:*

* *How are they doing on their action plan? Let them know how you are doing on your action plan.*
* *Problem solve any barriers over the phone together*
* *Would they like to develop another action plan? (if so, walk them through the steps)*

**Powerful Tools for Caregivers**

Continue in-person workshops using video conferencing: at this time, while it’s temporarily allowable from program authors, it is not evidence-based. WIHA does NOT recommend this option at this time. We will continue to monitor the COVID-19 situation and will revisit this option if physical distancing is required more long-term. If you feel strongly that you would like to try this option, please contact us first for approval and protocol.

For workshops already in process, we recommend you make phone calls to participants to check-in. Some topics you could discuss with them include:

* *How are they doing on their action plan? Let them know how you are doing on your action plan.*
* *Problem solve any barriers over the phone together*
* *Would they like to develop another action plan? (if so, walk them through the steps)*
* *JUDY – any more?*

**Mind over Matter**: At this time, evidence does not support remote implementation. The Community Acacdemic Aging Research Network is working on developing and testing an online version of this program. More information will become available as the project progresses. For workshops already in process, we recommend you make phone calls to participants to check-in.

Some topics you could discuss with them include:

* *Shannon – any?*

**Other Recommended Healthy Aging Resources during COVID-19 public health crisis:**

Go4Life, from the National Institute on Aging (physical activity resources provided online/paper mail): <https://go4life.nia.nih.gov/>

National Council on Aging, Center for Healthy Aging: <https://www.ncoa.org/center-for-healthy-aging/>

Centers for Disease Control and Prevention: <https://www.cdc.gov>

Note: We are also working to reschedule Program Leader Trainings when appropriate and able. Watch for announcements as they develop (via email and listed on the WIHA website).

Be well. Be safe.

Wisconsin Institute for Healthy Aging staff & trainers

[www.wihealthyaging.org](http://www.wihealthyaging.org)