Note: A sub-service **must** be identified for 23(a) Evidence Based Health Promotion Programs

**Title III-D 23(a**): Programs that meet ACL/AoA/NCOA’s definition for an evidence-based health promotion program. Evidence-based programs promote health and well-being; reduce disease, disability and/or injury, and/or extend the length or quality of life for adults 60 years or older.

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| 23(a) A Matter of Balance | Help older adults reduce their fear of falling by learning to view falls as controllable. Set goals for increasing activity levels, encourage small changes to reduce fall risks at home, and ways to exercise to increase strength and balance. Eight two -hour classes. Administered by MaineHealth - <https://www.mainehealth.org/healthy-communities/healthy-aging/matter-of-balance>  |
| 23(a) Aging Mastery Program (10-Session Core) | A 10-session program that combines evidence-informed knowledge sharing with goal setting and feedback routines, daily practices, peer support, and small rewards intended to provide participants with an overview of the challenges encountered while navigating life in older age and to offer support to master new skills. \*Note: Only the 10-Session Core Curriculum or AMP for Caregivers (12-sessions) is considered high-level evidence based. It does not include the AMP Starter-Kit or Book Club. (High-level evidence based in WI as of 11/1/2021) Administered by NCOA - <https://www.ncoa.org/professionals/health/aging-mastery>  |
| 23(a) Arthritis Foundation Aquatics Exercise Program | 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. Administered by the Arthritis Foundation - <https://www.cdc.gov/arthritis/interventions/programs/afap.htm>  |
| 23(a) Arthritis Foundation Exercise Program | Low-impact recreational exercise program designed for people with arthritis, rheumatic diseases or musculoskeletal conditions that improves functional ability, self-confidence, self-care, mobility, muscle strength and coordination. Administered by the Arthritis Foundation - <https://www.cdc.gov/arthritis/interventions/programs/afep.htm>  |
| 23(a) Arthritis Foundation Tai Chi Program | Tai chi program that improves movement, balance, strength, flexibility, and relaxation and decreases pain and falls.  |
| 23(a) Better Choices, Better Health – Arthritis  | An online, asynchronous, and interactive version of the Arthritis Self-Management Program (ASMP) that teaches the skills needed in the self-management of arthritis or other rheumatic diseases.  |
| 23(a) Better Choices, Better Health CDSM (Online, Asynchronous) | On-line interactive version of the Chronic Disease Self-Management Program. Program is offered on a dedicated website utilizing discussion boards weekly lessons. https://www.ncoa.org/article/evidence-based-program-better-choices-better-health |
| 23(a) Better Choices, Better Health - Diabetes | An on-line, asynchronous, and interactive version of the Chronic Disease Self-Management Program. Program is offered on a dedicated website utilizing discussion boards weekly lessons. |
| 23(a) BINGOCIZE | Bingocize is an evidence-based 10-week program that combines a bingo-like game with exercise and health education. Administered by Western Kentucky University <https://www.wku.edu/bingocize/>  |
| 23(a) Care Transitions Intervention (CTI) | A program that promotes self-identified personal goals around symptom management and functional recovery in the care transition from hospital to home to reduce hospital readmissions.<https://www.ncoa.org/article/evidence-based-program-care-transitions-intervention>  |
| 23(a) CPSMP – Chronic Pain Self-Management Program | A program that helps participants develop self-management skills, improve self-confidence, and increase motivation to better their Chronic Pain symptoms, challenges, and day to day tasks. This workshop is for adults living with chronic pain (such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke, or neuropathy) and for those who support them. Administered by WIHA <https://wihealthyaging.org/programs/live-well-programs/chronic-pain/>  |
| 23(a) Eat Smart, Move More, Weigh Less | Eat Smart, Move More, Weigh Less (ESMMWL) is a 15-week online healthy eating program that uses strategies proven to work for weight loss and maintenance. ESMMWL is delivered in an interactive, real-time format with a live instructor. Administrator – NC State University. <https://esmmweighless.com/how-it-works/>  |
| 23(a) Eat Smart, Move More, Prevent Diabetes | Eat Smart, Move More, Prevent Diabetes is a CDC recognized, 12-month online diabetes prevention program based on strategies proven to prevent or delay type 2 diabetes. The program is delivered in a real-time, online format so you can see and hear an instructor in a live session. Program is appropriate if someone has been diagnosed with prediabetes or are at risk for developing type 2 diabetes. Administered by NC State University. To learn more - <https://esmmweighless.com/preventdiabetes/>  |
| 23(a) Fit and Strong! | A safe, balanced program of physical activity that builds lower extremity strength for managing lower-extremity osteoarthritis. Administrator – U of Illinois Institute for Health and Research Policy |
| 23(a) Healthy Eating for Active Living | A community-based workshop that meets once a week for 2.5 hours for 6 or 7 weeks. The goal of this workshop is to help us maintain or improve our health by eating a variety of nutritious foods and maintaining a healthy weight. |
| 23(a) Healthy IDEAS | One-on-one program that integrates depression awareness and management into existing case management services provided to older adults. Length: 3 to 6 months includes a minimum of 3 in person visits and five or more telephone contacts. Administered by AgeSpan https://healthyideasprograms.org/about/getting-started/ |
| 23(a) Healthy Living with Diabetes (HLWD) | A program that teaches the skills needed in the self-management of diabetes and in maintaining and/or increasing life’s activities. –Administered by the Wisconsin Institute for Healthy Aging (WIHA) https://wihealthyaging.org/programs/live-well-programs/hlwd/ |
| 23(a) Home Meds | A program that enables community agencies to address medication-related problems and errors that endanger the lives and well-being of community-dwelling elders Involves individualized in-home screening, assessment, and alert process to identify medication problems and a computerized screening and pharmacist review of medications to help prevent falls, dizziness, confusion, and other medication-related problems for elders living at home. One home visit and any needed follow-up with pharmacist, provider, and client/family. <https://www.ncoa.org/article/evidence-based-program-homemeds>  |
| 23(a) Living Well – CDSMP | A live, synchronous program designed to empower workshop participants with chronic conditions and/or their caregivers to problem solve and set weekly goals to improve skills needed to manage symptoms, such as managing medications, establishing/enhancing exercise programs, implementing healthier nutrition habits, managing pain and fatigue, working with healthcare professionals and the healthcare system, learning better communication techniques, etc. (Also known as Living Well with Chronic Conditions). May be in-person or virtual. Includes mailed toolkit. |
| 23(a) Mind Over Matter: Healthy Bowels Healthy Bladder (MOM) | Researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Three sessions online and in-person. <https://wihealthyaging.org/programs/live-well-programs/mom/>  |
| 23(a) National Diabetes Prevention Program | A program intended to prevent or delay the onset of Type 2 diabetes in adults at high risk for developing the disease. |
| 23(a) New York University Caregiver Intervention (NYUCI) | A program for family caregivers of people with Alzheimer's disease or dementia that provides psychosocial counseling and support to improve the caregiver's well-being. Administered by HealthCareInteractive <https://hcinteractive.com/nyuci/>  |
| 23(a) Physical Activity for Lifelong Success (PALS) | A behavior change intervention to increase exercise for community-dwelling older adults living in rural communities, using health educators and fitness experts. Includes adaptations to the African American and Latino communities. Administered by WIHA <https://wihealthyaging.org/programs/be-active-programs/pals/#:~:text=PALS%20%E2%80%93%20or%20Physical%20Activity%20for,speed%20and%20distance%20in%20participants>.  |
| 23(a) Pisando Fuerte | A translation of the Stepping On falls prevention program for the Latino Community. Facilitated in Spanish |
| 23(a) Program to Encourage Active, Rewarding, Lives (PEARLS) | A program for older adults with minor depression or dysthymic disorder that empowers its participants through problem-solving treatment, social and physical activation, and pleasant activities to reduce depression and increase emotional well-being. <https://depts.washington.edu/hprc/programs-tools/pearls/get-started-with-pearls/#pearls-training>  |
| 23(a) Powerful Tools for Caregivers | A program designed to provide family caregivers with tools necessary to increase their self-care and confidence. The program improves self-care behaviors, management of emotions, self-efficacy, and use of community resources. <https://www.powerfultoolsforcaregivers.org/what-we-do/>  |
| 23(a) Program de Manejo Personal de la Arthritis  | A small group program for Spanish-speaking people with arthritis. 6-week course consists of weekly 2-2 1/2 hr interactive workshops. |
| 23(a) REACH II- Enhancing Alzheimer’s Caregiver Health | A multi-component psychosocial behavioral intervention for caregivers of people with Alzheimer's disease or related disorders that aims 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. <https://www12.edc.gsph.pitt.edu/reach2/public/contact.html>  |
| 23(a) SAIL: Stay Active and Independent for Life | A multi-component psychosocial behavioral intervention for caregivers of people with Alzheimer's disease or related disorders that aims 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. |
| 23(a) Savvy Caregivers | A program designed specifically for family caregivers of persons with Alzheimer's disease or other forms of dementia that reduces caregiver burden and caregiver stress. <https://savvycaregiver.com/#:~:text=Savvy%20Caregiver%20is%20recognized%20nationally,or%20friend%20living%20with%20dementia>  |
| 23(a) SBIRT – Screening, Brief, Intervention, Referral to Treatment | A program for older adults who engage in at-risk or problem drinking behaviors aimed at reducing alcohol-related problems. Includes screening, assessment, motivational interviewing, and interventions. |
| 23(a) Stand Up and Move More (Stand Up) | A community-based workshop that meets once a week for 1.5 hours for 4 weeks plus a booster session.  The goal of this intervention is to assist participants in developing new habits of reducing sitting time in their daily lives. Administered by WIHA <https://wihealthyaging.org/programs/be-active-programs/stand-up/>  |
| 23(a) Stepping On | A program intended for community-residing, cognitively intact, older adults who are at risk of falling, have a fear of falling or have fallen one or more times per year. The program offers strategies and exercises to reduce falls, increase self-confidence in making decisions, and change behavior in situations where older adults are at risk of falling. A home visit or follow-up by phone call as well as a 2-hr booster session after 3 months. Administered by WIHA <https://wihealthyaging.org/programs/falls-prevention-programs/stepping-on/>  |
| 23(a) StrongBodies – Strength training exercise program for Older Adults | A workshop that increases muscle mass and strength, improves bone density, improves self-confidence, improves sleep, and reduces risk for osteoporosis and related fractures, diabetes, heart disease, arthritis, depression, and obesity. Was Strong Women-Strength Training Exercise Program. Administered by UW-Madison Division of the Extension <https://healthyliving.extension.wisc.edu/programs/strongbodies/>  |
| 23(a) Tai Chi Fundamentals with CDC Guidelines | A gentle mind/body exercise and relaxation program designed especially for people with arthritis, joint pain, or any kind of stiffness that limits movement. |
| 23(a) Tai Chi Moving for Better Balance | A Tai Chi program for older adults that improves balance, strength, and physical performance to reduce fall frequency. The focus is on weight shifting, postural alignment, coordinated movements and synchronized breathing. <https://www.ncoa.org/article/evidence-based-program-tai-chi-for-arthritis-and-falls-prevention>  |
| 23(a) Tai Chi Prime | A 6-week Tai Chi course includes coaching older adults how to design and implement realistic plans to practice TC at home. |
| 23(a) Tomando Control de su Salud | A culturally appropriate chronic disease self-management program for Spanish speakers with different chronic health problems. |
| 23(a) Vivir Saludable con Diabetes | A culturally appropriate diabetes self-management program for Spanish speakers with Type 2 diabetes. |
| 23(a) Walk with Ease | A program for community-dwelling older adults with arthritis and other chronic conditions (such as diabetes, heart disease and hypertension) intended to reduce pain and discomfort, increase balance and strength, build confidence in the ability to be physically active, and improve overall health. Can be implemented in a group setting or self-directed. Administered by WIHA <https://wihealthyaging.org/programs/be-active-programs/walk-with-ease/>  |

**Title III-D 23(b) Non-Evidence Based Health Promotion Program (not eligible for Title III-D funding – use other funding sources such as Title III-B (Sub-Service must be entered).**

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| 23(b) Adaptive Devices Education | A program coordinated with Independent Living Centers and the WIS Tech program that delivers appropriate adaptive devices and provides education.  |
| 23(b) Aging Mastery Program (Starter-Kit, Book Club) | The AMP Starter-kit is a self-directed version of the Aging Mastery Program (AMP). The Starter-Kit encourages participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. It is designed for those who like to learn on their own or who may not be able to attend AMP classes in person. The Starter-Kit can also be used in a 5-session book club experience. |
| 23(b) Blood Pressure Screen | A health screening activity to detect or prevent high blood pressure. This activity is not part of any assessment or registration conducted to determine either a customer’s need or eligibility for a service (see 22c-Assessments definition) |
| 23(b) Boost Your Brain and Memory | A program that helps senior living residents understand evidence-based practices that can help them reduce their risk of dementia and utilize practical memory strategies. This has been determined not to be a high-level evidence-based program. Administered by the Mather Institute. |
| 23(b) Brain Health Education | Group educational program focused on brain health. |
| 23(b) Care Talks | An intervention to improve initiated caregiver-provider communication. |
| 23(b) Driver’s Safety Education | Education program to help older adults drive safely longer. |
| 23(b) Exercise/Fitness Classes | Non-evidence based physical activities that sustain and/or improve health and promote strength, flexibility, balance, mobility, and/or coordination agility. Includes specialized exercises/workouts for persons with disabilities or mobility limitations. May include aerobic exercise to increase endurance, dance, strength training, etc. |
| 23(b) Falls Prevention | Provision of non-evidenced-based educational programs or activities on injury prevention (including fall and fracture prevention). |
| 23(b) Gentle Fitness | Chair exercise/chair yoga DVD for older adults. Intended for people living with strength, stamina or circulation issues, musculoskeletal pain, multiple sclerosis, Parkinson's disease, myofascial pain, diabetes, cancer recovery, or participating in cardio and physical rehab.  |
| 23(b) Glucose Screen | A health screening activity to detect or prevent high blood glucose or diabetes. This activity is not part of any assessment or registration conducted to determine either a customer’s need or eligibility for a service (see Assessments definition). |
| 23(b) Health Discussions with Target Population | Discussion groups that encourage participation in evidence-based health promotion programs and target minority or LEP populations or communities.  National CLAS standards are used for discussion of health promotion principles and best practices. May be structured as informal discussions, presentations, and/or support groups. |
| 23(b) Health Screening | Administration of standard examinations, procedures, or tests to gather information about an older individual’s health status, identify and/or monitor actual and potential health problems or illnesses. May include screens related to hearing, vision (glaucoma), cholesterol, cancer, depression, etc. activities are NOT part of any assessment or registration conducted to determine either a customer’s need or eligibility for a service (see Assessments definition). |
| 23(b) Lighten Up | A group-based wellness program for older adults, using positive journaling to increase well-being (decrease depression and improve mental health). CAARN Project. |
| 23(b) Medication Management with Pharmacist – Individual | Screening and educational programs to manage medications and prevent incorrect medication usage and adverse drug reactions. Includes medication dispensers purchased for temporary use as part of a screening and education program. |
| 23(b) MedWise | A community-based self-efficacy program to improve older adults’ ability to communicate with pharmacists (medication management). |
| 23(b) Memory Loss Seminar | Seminars focused on diagnosis, prevention, treatment, and rehabilitation of Alzheimer's disease and related disorders with neurological and organic brain dysfunction. |
| 23(b) Memory Screenings  | Administration of a memory screen (such as Mini-Cognistat, Animal Fluency or AD8), funded with Older American's Act dollars. May include provision of an appropriate referral and/or education to the customer and/or the customer’s family. |
| 23(b) Oral Health Screening | Screening events to conduct environmental scans of oral health of population. |
| 23(b) Senior Fit | Fitness class that offers an easy-to-follow workout DVD that increases energy and stamina. Includes use of lightweight dumbbells help to improve muscle strength and bone density. |
| 23(b) Stress Management Education | Includes any type of educational materials or presentations discussing strategies to manage stress (i.e., massage, breathing, meditation, etc.) |
| 23(b) Sure Step | A falls prevention program for older adults who have a cognitive impairment such as Alzheimer's disease or another dementia.  It provides an in-home intervention based on individual risk factors such as balance, strength, vision, and medications. |
| 23(b) Tai Chi (other non-evidence based) | Tai Chi activities that do not include a component that achieved the CDC recommendation of 50 contact hours.  |
| 23(b) WeCope (Connecting with Our Positive Emotions) | WeCope is a 7-session program. Sessions meet once a week for one hour. The seven sessions encourage practicing skills such as mindfulness, savoring, positive reappraisal, gratitude, and goal setting. (Administrator= UW Madison Division of the Extension) https://wirose.wisc.edu/wecope/  |
| 23(b) Wii Activities Exercise Program | Activities that involve the use of the Wii system that focus on low-impact physical exercise, balance, range of motion and coordination. Activities could include Wii Sports, Wii Fit/Plus, Zumba, Walk-it-Out and others. |
| 23(b) Yoga | Activity that involves holding stretches as a kind of low-impact physical exercise and is often used for therapeutic purposes. Often occurs in a class and may involve meditation, imagery, breath work and music.Includes Yoga for Seniors and Gently Yoga. |
| 23(b) Zumba Gold | A class for active older adults that introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness at a lower intensity: cardiovascular, muscular conditioning, flexibility, and balance. |