



CENTRALINA
Area Agency on Aging

Webinar Series

Connecting Participants to Evidence-Based Programs: A Continuum of Care Approach

November 10, 2021

ZOOM Webinar Features:

- You are automatically muted
- You cannot see other participants
- You will see Speakers and Hosts
- Please ask questions via the chat box
- Session is being recorded and will be available after today
- Resources will be posted on www.centralinaaging.org



Thank you to our Sponsor:



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Today's Speakers:

Ellen Bailey, MA, MPH

Falls Prevention Project Manager
NC Center for Health and Wellness

Natasha Vos, MPH, RD, LDN

Chronic Disease Project Manager
NC Center for Health and Wellness

Nadia Z. Mazza, MPH

CDC Arthritis and Chronic Pain Project Manager
NC Center for Health and Wellness



CENTRALINA
Area Agency on Aging

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Connecting Participants to Evidence-Based Programs: A Continuum of Care



Presenters



Ellen Bailey, MA, MPH, is the Falls Prevention Project Manager for the Healthy Aging NC initiative at the NC Center for Health and Wellness at UNC Asheville. Ellen works with the Healthy Aging NC team to promote evidence-based falls prevention programs across North Carolina, to support regional and state falls prevention coalitions, and to develop clinical-community connections. In this role, Ellen is also the Executive Director of the NC Falls Prevention Coalition.



Natasha Vos, MPH, RD, LDN, is the Chronic Disease Project Manager for the Healthy Aging NC initiative at the NC Center for Health and Wellness (NCCHW) at UNC Asheville. Natasha is focused on promoting and increasing access to evidence-based programs for chronic diseases. She supports expanding the capacity of agencies in offering Diabetes Self-Management Education and Support (DSMES) and becoming Medicare Providers.



Nadia Z. Mazza, MPH, is the CDC Arthritis and Chronic Pain Project Manager for the Healthy Aging NC initiative at the NC Center for Health and Wellness at UNC Asheville. Nadia is focused on increasing access to, promoting, and supporting the implementation of evidence-based programs that encourage healthy aging in older adults across the state of NC, especially Walk with Ease.



Welcome and Disclosures

Healthy Aging NC is funded through the following grants:

- Administration for Community Living 2020 Falls Prevention Grants
- Administration for Community Living 2019 Chronic Disease Self Management Education Grant
- Centers for Disease Control and Prevention 2018 Arthritis Grant





UNC Asheville
MAGAZINE

Inside:
An Intellectual Workout
Basketball's Post-Season Run
A Senior Looks Back

Volume 3, No. 2 - Summer 2012



Mission:

Develop equitable opportunities that lead to healthy North Carolina Communities.

NCCHW works to impact policy, build capacity, and ignite community initiatives by working through a web of cross sector relationships organized around building healthier places throughout the state.



Healthy Aging NC (HANC) Goals:

- Evidence-based programs are embedded into an integrated, sustainable, statewide delivery system
- Quality of life for older adults, adults with disabilities, adults with arthritis, low-income, rural, and minority adults is dramatically improved
- Triple Aims of Healthcare: Better health, better health care, and lower health care costs



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Learning Objectives:

1

Provide an **overview of evidence-based community health programs** for falls prevention, chronic disease self-management, and physical activity promotion supported by HANC.

2

Understand how to **employ a continuum of care approach** in developing strategies that promotes healthy aging and quality of life of the older adult population.

3

Learn how **Healthy Aging NC works with the aging network** to support evidence-based community health programs.



Overview of evidence-based community health programs supported by HANC





Evidence-Based Programs

- Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults.
- They are based on research and provide documented health benefits.
- Many EBPs allow for more efficient use of available community and health care resources as they use trained lay leaders and/or coaches

Immediate benefits of evidence-based programs



- The programs addresses specific problems and goals for people with ongoing health problems.
- Participants choose their own goals and track their own progress toward success.
- Support and social interaction with peers who are living with ongoing health conditions
- Trained peer leaders offer guidance and support, but participants find practical solutions individually and together.

Evidence-Based Programs

Supported by Healthy Aging NC

Evidence-Based Programs Implemented in Clinical/Community Settings:

- A Matter of Balance (AMOB)
- Tai Chi for Arthritis and Fall Prevention (TCA/FP)
- Chronic Disease Self Education Programs
 - Living Healthy with Chronic Disease Self-Management Program
 - Living Healthy with Diabetes Self-Management Program
 - Living Healthy with Chronic Pain Self-Management Program
- Walk With Ease



A Matter of Balance (AMOB)

Led by 2 trained leaders with a group of 8-12 participants that meets for 8 – 2 hour sessions.

Sessions consist of:

- Peer interaction and problem solving
- Physical activity and strengthening exercises (Sessions 3-8)
- Assertiveness training
- Home safety tips
- Fall prevention strategies
- A Guest Health Professional visit



AMOB Virtual Delivery

How is it different?

- MOB-V certified MT and Coach
- Required Session 0
- No standing exercises
- Guest health professional video + remote “live” visit to answer questions
- 2 Coaches required + one tech support highly recommended
- Participant emergency information addressed at each session



To become a certified A Matter of Balance Coach



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

- Complete 8-hour coach training (+4.5 hour for MOB-Virtual) led by a Master Trainer;
- Teach twice in one year after certification;
- Post workshop and submit paperwork to the Area Agency on Aging (AAA) and to Healthy Aging NC.



A Matter of Balance Outcomes



After completing AMOB classes*:

- **97%** feel more comfortable talking with others about their fear of falling
- **97%** feel more comfortable increasing activity
- **99%** plan to continue exercising
- **98%** would recommend AMOB
- **In North Carolina, between 2014-2019 completers experienced a 62% reduction in falls, 74% reduction in falls with injury.**

Image shared with permission - healthyagingnc.com

<https://www.mainehealth.org/Healthy-Communities/Healthy-Aging/Matter-of-Balance/Frequently-Asked-Questions>



Tai Chi for Arthritis and Fall Prevention (TCA/FP)

Led by 1-2 trained leaders with a group of 6-20 participants that meets for 20 – 1 hour sessions.

Each session consists of :

- Warm-up – 2 stretches for each major part of body, from neck to ankles + Cool down
- 1-2 movements per lesson, progressively leading to completing the six basic core and six advanced extension movements
- Breathing techniques
- Tai Chi principles including those relating to improving physical and mental balance



Tai Chi for Arthritis and Fall Prevention (TCA/FP) Virtual Adaptations

How is it different?

- Class size limited to 12
- 1-2 instructors + tech support for safety
- Required Session 0
- Required head-to-toe view of each participant
- Required check of participant space for clutter, sturdy shoes, sturdy chair
- Recommended headsets to hear participants clearly



Image shared with permission - healthyagingnc.com

<https://www.mainehealth.org/Healthy-Communities/Healthy-Aging/Matter-of-Balance/Frequently-Asked-Questions>



To become a Certified Tai Chi for Arthritis and Fall Prevention (TCA/FP) Instructor

- Attend a 16 hr training
 - Contact your AAA for training info
- Maintain TCHI certification, including CPR/First Aid Certification
- Offer one class per year for 20 sessions
- Complete recertification every 2 years
- Attend TCA/FP skill builder trainings



Tai Chi for Arthritis and Fall Prevention (TCA/FP) - Outcomes



Tai Chi for Arthritis and Fall Prevention has been shown to:

- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls

Voukelatos A, Cumming RG, Lord SR, Rissel C. A randomized, controlled trial of tai chi for the prevention of falls: the Central Sydney tai chi trial. *J Am Geriatr Soc.* 2007 Aug;55(8):1185-91.

“Living Healthy” with Chronic Disease Self-Management Education



Led by 2 trained leaders with a group of 8-15 participants that meets weekly for 6 – 2.5 hour sessions.

Interactive workshops consist of:

- Self-management goal
- Skills and techniques
 - Frustration, fatigue, isolation, and poor sleep
 - Appropriate exercise - strength, flexibility, and endurance
 - Appropriate use of medications
 - Effective communication
 - Nutrition
 - Pacing activity and rest

“Living Healthy” with Chronic Disease Self-Management Education

- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- Tomando Control De Su Salud



Becoming a CDSME leader

- Attend a 4 day training for CDSMP
- Facilitate 2 CDSMP workshops in the first year after training
- Cross trainings available for other programs (CPSMP, DSMP, etc)

Maintaining certification

- Facilitate 1 CDSMP workshop every year
- Complete update trainings as SMRC releases them



Return on Investment 2013 CDSMP Study

Better Health

- ✓ Feel healthier
- ✓ More active lives
- ✓ Less depression
- ✓ Better quality of life
- ✓ Fewer Sick Days

Better Care

- ✓ Communication
- ✓ Medication compliance
- ✓ Health literacy

Lower Cost

- \$714 per person savings in emergency room visits and hospital utilization
- \$364 per person net savings after considering program costs (\$350)
- Potential savings of \$6.6 billion by reaching 10% of Americans with one or more chronic conditions

Ory, M. G., Ahn, S., Jiang, L., Lorig, K., Ritter, P., Laurent, D. D., ... & Smith, M. L. (2013). National study of chronic disease self-management: six-month outcome findings. *Journal of Aging and Health*, 25(7), 1258-1274.



Walk With Ease (WWE)



Led by 1-2 trained leaders with a group of 12-15 participants that meet 3 times per week for 6 weeks for about an hour

Each session consists of:

- Brief health education session (lecturettes)
- Warm-up, stretching, and cool-down activities
- 10–35 minutes of walking
- Assistance in developing personal goals and navigating the Walk with Ease guidebook to encourage engagement between group classes

Becoming a WWE Leader

- Complete a 2-3 hour online training consisting of:
 - reading a leader guide,
 - watching webinars, and
 - taking a brief multiple choice test
- CPR Certification required for in-person group version of the program
- Other requirements:
 - All participants must have a Walk with Ease guidebook
 - Pre/post paperwork and attendance log must be completed/submitted



Research: Walk With Ease

Summary of the Evidence

Author, Year	Design	Participants	Outcomes
Callahan LF, Shreffler J, Altpeter M, et al. (2011)	Quasi-experimental pretest-posttest evaluation of group and self-directed formats Performance and self-reported outcomes at baseline and 6 weeks Self-reported outcomes at 1 year	468 participants from urban and rural communities	No difference in group vs. self-directed formats at 6 weeks: ↓ pain, stiffness, fatigue ↓ disability ↑ strength, balance, walking pace ↑ confidence in ability to manage arthritis More benefits sustained at 1 year with self-directed format

Selected References

¹ Callahan LF, Shreffler J, Altpeter M, et al. Evaluation of group and self-directed formats of the Arthritis Foundation's Walk With Ease Program. *Arthritis Care & Research*. 2011;63(8):1098–1107.

Types of EBP offered

 Traditional in-person workshop setting

 Virtual workshop setting

 Toolkit plus phone calls

Understand how to employ a continuum of care approach



10 Common Chronic Conditions for Adults 65+

Quick Facts



80%
have at least 1 chronic condition



68%
have 2 or more chronic conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



Chronic Obstructive Pulmonary Disease
11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Social and Economic Characteristics of population, 2017

Characteristics, age 65 and over	NC	US
★ Living alone	*44% NC AMOB/TCA	26.2%
Veterans	19.7%	19.4%
Speak English less than “very well”	2.1%	8.7%
★ Have a disability	36.6%	35.5%
Have less than high school education	18.6%	17.2%
Have high school, GED/Alternative education	31.6%	32.1%
In labor force	16.2%	16.8%
Income is below poverty level	9.4%	9.3%
★ Income is between 100%-199% of the poverty level	22.4%	20.0%
★ Median household income (householder 65 and over)	\$38,466	\$41,876

*Source: NCOA Falls Prevention Database/UNCA Grantee 2014-2020



Core Demographics for North Carolina DHHS / UNCA (NC)

Includes 11,500+ participants in FP workshops
between 9/1/2014 and 9/11/2020

Chronic Conditions (select all that apply)



Arthritis, other bone/joint dis.	5170	71%
----------------------------------	------	-----

Breathing/ lung dis.	1242	17%
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Cancer *	334	5%
----------	-----	----

Depression	1236	17%
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Diabetes	1787	25%
----------	------	-----

Glaucoma/ other vision prob.	1278	18%
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Heart dis., blood circ prob.	1858	26%
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High blood pressure *	1202	17%
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Osteoporosis *	565	8%
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Parkinson's Disease *	32	0%
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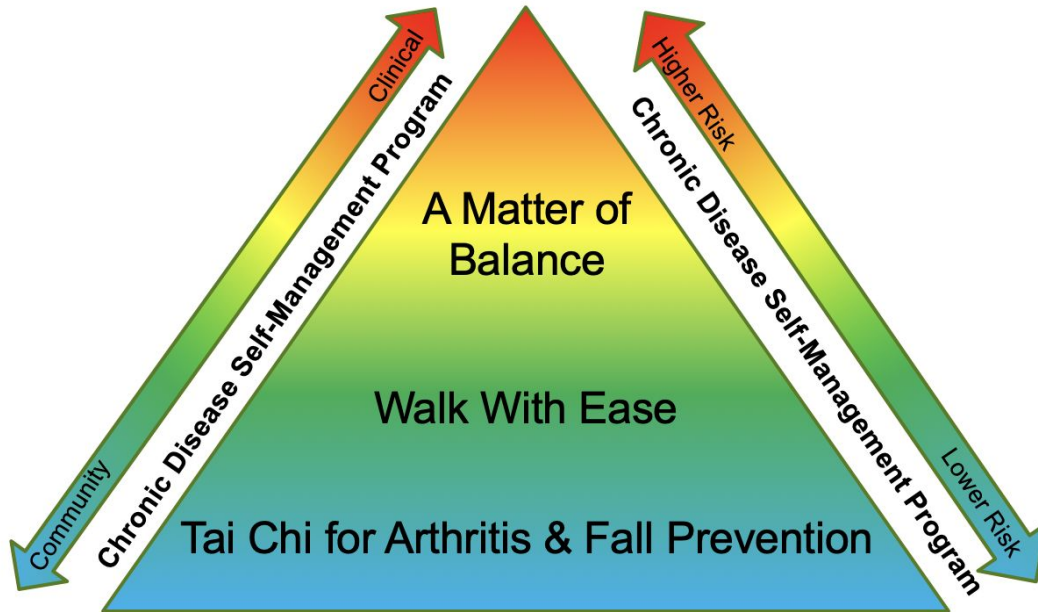
Other	1543	21%
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Multiple conditions	4736	65%
1 condition	2512	
2 conditions	2198	
3 conditions	1402	

National Council on Aging Falls Prevention Database/UNCA Grantee, Accessed 9/11/2020



Evidence-based programs supported by Healthy Aging NC in a Continuum of Care



Fall Risk Factors

- Peripheral neuropathy
- Decreased visual, auditory, and cognitive abilities
- Reduced renal function
- Insulin use



Solutions

- Engage in physical activity in a safe environment
- Discuss medication/lifestyle changes and proper insulin use with health care professional
- Improve control of blood sugar levels



Program Options

- A Matter of Balance
- Walk With Ease
- Tai Chi for Arthritis and Fall Prevention
- Living Healthy CDSMP, DSMP, and CPSMP



DIABETES

Common Types

- Osteoarthritis
- Fibromyalgia
- Rheumatoid Arthritis



Fall Risk Factors

- Decreased lower body strength
- Poor balance
- Increased fatigue
- Swollen/tender joints



Solutions

- Participate in aerobic and/or resistance exercise
- Target balance, gait and muscle strength
- Discuss medication/lifestyle changes with health care provider
- Address fatigue and swollen joints



Program Options





- A Matter of Balance
- Walk With Ease
- Tai Chi for Arthritis and Fall Prevention
- Living Healthy CDSMP or CPSMP



ARTHRITIS

Chronic Conditions and Falls Risk: Arthritis

Learn the link between arthritis and falls, and which falls prevention program is right for you.

Types of Arthritis		<ul style="list-style-type: none">• Osteoarthritis• Rheumatoid Arthritis• Fibromyalgia• Lupus• Gout
Falls Risk Factors		<ul style="list-style-type: none">• Joint pain• Stiff joints• Limited lower body mobility• Fatigue
Solutions		<ul style="list-style-type: none">• Strengthen muscles to support joints• Be active to improve balance, mobility, and flexibility
Falls Prevention Program Options		
Contact Information		

Continuum of Care



- Offer opportunity for socialization and social connectedness
- Support with referral for a fear of falling, home safety review, or further diabetes related care
- Support adherence to a home exercise program
- Manage chronic conditions/diseases and/or fall risk
- Connect with other services available to participants
- Offer a provider an opportunity to volunteer in community-based programs

**Learn how Healthy Aging NC works
with the aging network to support
evidence-based community health
programs.**



Types of Support Offered by HANC

- Maintain [Healthy Aging NC website](#) with healthy aging resources and EBP registration/referral pathways;
- Connect leaders to reduced-cost master and lay [leader trainings](#), technical assistance, and support;
- Support Training Academies for AMOB, TCA/FP and CDSME;
- Share best practices and lessons learned;
- Reduce administrative burden of agencies; and
- Develop integrated network for reimbursement pathways.



Common terms

- Programs supported (versus offered) by Healthy Aging NC
- Low/no-cost (vs. free)
- CDSMP versus CDSME
- DSMP versus DSMES
- Remote versus virtual or online programming:
[NCOA guide for Virtual Programming](#)
- Older adult versus Senior versus Elder versus the aging population

[CDC Equity Terms](#)



Website:


www.healthyagingnc.com

- Learn about healthy aging programs and trainings offered across NC
- Register for or refer others to workshops
- Access tools and resources
- Locate workshops and trainings




Landing Page

Navigation menu: About ▾ Programs ▾ Refer Resources ▾ Providers ▾ Social Engagement Contact 🔍




HEALTHY AGING NC


An initiative of The N.C. Center for Health & Wellness at UNC Asheville | Statement of Compassion & Inclusion



PROGRAM PROVIDER
OFFER A PROGRAM



CLINICIAN
REFER A PATIENT

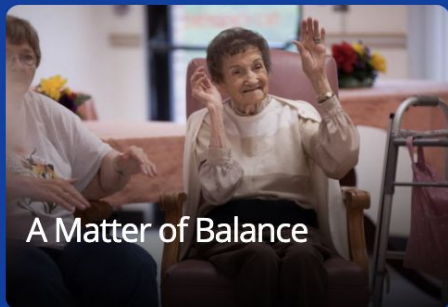


INDIVIDUAL & FAMILY
REGISTER FOR A PROGRAM



Where to find program overview

healthyagingnc.com/programs



A Matter of Balance



Tai Chi for Arthritis and Fall Prevention



Living Healthy with Chronic Disease Management



Living Healthy with Chronic Pain Management



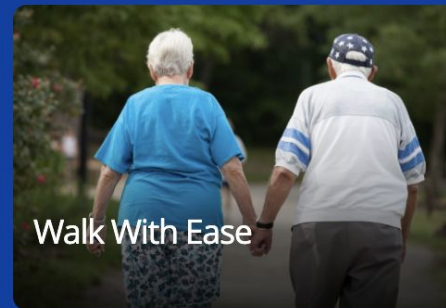
Living Healthy with Diabetes Self Management



Tomando Control de su Salud



Programa de Manejo Personal de la Diabetes

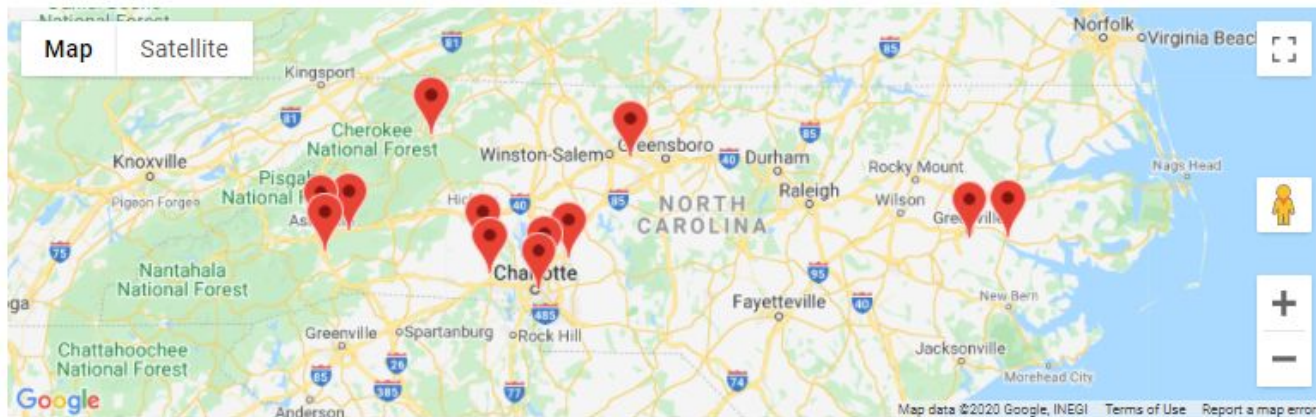


Walk With Ease

FIND A PROGRAM

Many previously scheduled classes have been postponed due to COVID19 social distancing safety measures. Our partners are working on alternatives during this time, such as online options or future programs. If you are interested in a program, please still contact healthyagingncinfo@gmail.com and we will make sure to connect you to the program provider for more information about upcoming workshops in your area.

Below is a partial listing of workshops available in North Carolina. For more information about workshop locations, please [contact us!](#)

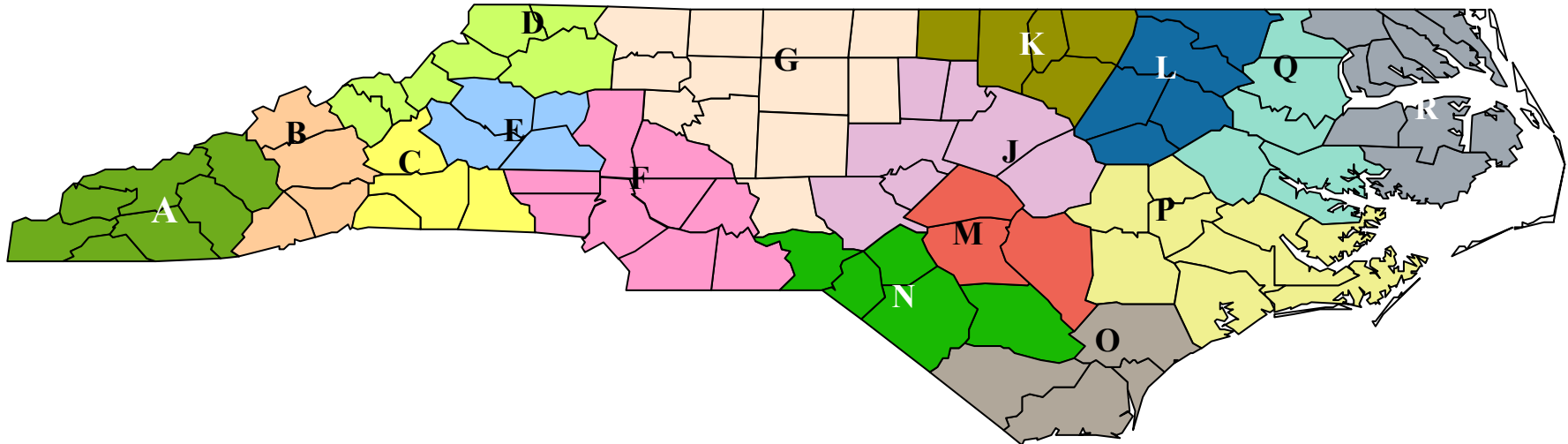


Please type in Program Name

Please type in City or Zip Code or leave blank

<input type="text" value="Search"/>	<input type="text" value="Near..."/>	<input type="submit" value="Search"/>
Show Advanced Search		

The Healthy Aging NC Initiative works in partnership with Area Agencies on Aging



<https://www.ncdhhs.gov/assistance/adult-services/area-agencies-on-aging>

NC Partnerships

- Area Agencies on Aging (AAAs)
- Local Health Departments
- Senior Centers
- Centers for Independent Living
- Coalitions
- Parks and Recreation
- Faith Communities
- Clinical-Community Outreach
 - Federally Qualified Health Centers (FQHCs)
 - Hospital Systems
 - Private Practices
 - Accountable Care Organizations



How to refer to a program

MAKE A REFERRAL

Would you or someone you know benefit from one of the evidence-based health programs offered through Healthy Aging NC? Our referral form makes it easy to make the referral for yourself, a friend, a relative, or for a patient, if you are a health professional.

When you refer yourself or someone else to one of our classes, someone from Healthy Aging NC will respond within three business days.

If you aren't sure which class, that's ok! Please go ahead and submit the form and we'll help you to figure that out.

Information of Person Being Referred

Relationship to person being referred *

Family/Friend

Name of person being referred *

First

Last

Phone *

Email *

City

State

Address

County *

Alamance

City

State

County *

Alamance

Class the person is being referred for *

A Matter of Balance

Referrer Information

Name *

First

Last

Phone *

Email *

City

State

Additional Information



Referral process:

1. Go to the referral page on the Healthy Aging NC website:
<https://healthyagingnc.com/make-a-referral/>
2. Submit the brief HIPAA compliant and encrypted form including name, phone, and email of referrer and referee
 - Can be completed by anyone
3. Healthy Aging NC team member will connect that person to an aging specialist and program in their area



Next Steps

- [Explore programs](#) on our website
- [Refer participants](#) to programs as appropriate
- [Reach out](#) to us with your thoughts and questions





Healthy Aging NC **connects people** to programs and agencies that improve community health.

North Carolina's statewide Resource Center for Evidence-Based Self-Management Programs

Our partners, including the 16 NC Area Agencies on Aging, can often leverage federal funding to offer these programs at low or no cost to participants.

CHRONIC DISEASE SELF-MANAGEMENT

For participants who need tools and support in managing their symptoms of chronic health conditions through lifestyle modifications

TAI CHI FOR ARTHRITIS & FALL PREVENTION

For participants who need to improve mobility, balance, strength, flexibility, relaxation, and/or self awareness.

A MATTER OF BALANCE

For participants who need to address a fear of falling, identify solutions, build skills, and engage in gentle exercises.

WALK WITH EASE

For participants who are not physically active and need support in safely increasing physical activity.



828-255-7712
healthagingncinfo@gmail.com
healthagingnc.com

Take Home Summary

Review and/or print this document for your reference in the future



Thank you

Thank you for participating in this training today. For more information about evidence-based programs or Healthy Aging NC please contact us:

healthyagingncinfo@gmail.com

828-255-7712



Upcoming Webinar

**Guardianship Update
December 8, 2021
10:00-11:00**

**Marjorie J. Brown, JD
Certified Elder Law
Attorney**