

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

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
A Matter of Balance (MOB)	www.mainehealth.org/mob	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 2 coaches (volunteer lay leaders) teach the class to participants ▪ Guest therapist visit (1 session for 1 hour) 	<ul style="list-style-type: none"> ▪ Master Trainers: 2-day training and on-going updates ▪ Coach/Lay leader training: 8 hours and attend annual 2.5 hour training update 	<ul style="list-style-type: none"> ▪ Licensing Cost: None. Everything is included in the training fee ▪ Training Cost: <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> a) 11-15 attendees: \$16,000* plus \$220/person for materials b) 16-20 attendees: \$18,500* plus \$220/person for materials * plus travel, meals and lodging for 2 Lead Trainers ▪ Post-training Materials Cost: <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> ▪ fall prevention ▪ group setting ▪ self-management ▪ health promotion
Active Choices	Contact person: Cynthia M. Castro, Ph.D., Program Developer and Trainer, cync@stanford.edu , (650) 498-7281	<ul style="list-style-type: none"> ▪ Physical activity program that helps individuals incorporate preferred physical activities in their daily lives 	<ul style="list-style-type: none"> ▪ 6-month telephone-based individualized program that provides remote guidance and support and 	<ul style="list-style-type: none"> ▪ Trained activity coach/peer counselor/facilitator who monitors progress, modifies exercise strategies 	<ul style="list-style-type: none"> ▪ Facilitator training and certification (recommended, but not required): <ul style="list-style-type: none"> - 8-hour minimum workshop - Assigned reading and written test 	<ul style="list-style-type: none"> ▪ Licensing Cost: None. One time purchase of Active Choices Manual. ▪ Training Cost: <ul style="list-style-type: none"> - Minimum \$1200. Costs vary depending on organization, 	<ul style="list-style-type: none"> ▪ telephone-based ▪ physical activity ▪ self-management ▪ health promotion

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Active Choices (continued)	http://hip.stanford.edu/organizational-consulting/ Developed by Stanford Prevention Research Center, distributed by Stanford Health Promotion Resource Center	<ul style="list-style-type: none"> ▪ Target Audience: Adults 50+ 	builds self-management skills	and provides exercise tips <ul style="list-style-type: none"> ▪ Participant materials are available in both English and Spanish. Coach's manual is only available in English 	<ul style="list-style-type: none"> - Completion and submission of 3 sample sessions to be reviewed by trainer ▪ Train-the Trainer is available to organizations that have completed facilitator training and implemented Active Choices for a minimum of 6 months. Includes: <ul style="list-style-type: none"> - 8-hour minimum workshop - Assigned reading and written test - Completion and submission of facilitator training workshop to be reviewed by a trainer and 6 months experience as a facilitator 	number of trainees, and location (on/off-site) <ul style="list-style-type: none"> ▪ Materials Cost: <ul style="list-style-type: none"> - \$295 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 	
Active Living Every Day (ALED)	www.ActiveLiving.info/ OR 800-747-4457	<ul style="list-style-type: none"> ▪ Behavior change program that helps participants overcome their barriers to physical activity and make positive changes that improve their health and well-being ▪ Participants learn to set goals, overcome barriers and find activities they enjoy ▪ Target Audience: Adults interested in integrating physical activity into their daily lives 	<ul style="list-style-type: none"> ▪ 12 week class sessions ▪ Incorporates short lecture and group discussion ▪ 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 ▪ Book and optional online tools offer structure and support as participants explore their options and begin to realize how enjoyable physical activity 	<ul style="list-style-type: none"> ▪ Trained facilitators. At least 1 trained facilitator is needed per class 	<ul style="list-style-type: none"> ▪ A facilitator must complete: <ul style="list-style-type: none"> - an on-line course, - participate in a live 2-hour, online training session - pass a competency exam from Active Living Partners (ALP). Refer to the ALP training workshop schedule for availability. ▪ 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 	<ul style="list-style-type: none"> ▪ Licensing Cost: None. A license from Active Living Partners is required to become a provider and to use the ALED name, logo, and materials ▪ Training Cost: \$373 per facilitator, includes materials (facilitator guide, lesson plans, sample marketing materials, handouts), training fee, and competency test ▪ Participant Materials Cost: <ul style="list-style-type: none"> - 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) 	<ul style="list-style-type: none"> ▪ physical activity ▪ chronic conditions ▪ group setting ▪ self-management ▪ health promotion

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Active Living Every Day (ALED) (continued)			can be. As participants work through the course, they learn lifestyle management skills and build on small successes		with the Active Living Partners approach to helping people become more active	- Step counters or pedometers are also introduced in the program and can be purchased from ALP or other vendors ▪ Required Equipment: LCD projector, computer, flip chart, markers, pens, photocopies of select handouts, etc. A sample budgeting sheet can be provided	
AEA Arthritis Foundation Aquatic Program (AFAP)	www.aeawave.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

<p>AEA Arthritis Foundation Exercise Program (AFEP)</p>	<p>www.aeawave.com</p>	<ul style="list-style-type: none"> • 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 	<p>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.</p>	<ul style="list-style-type: none"> ▪ Trained Program Leaders 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Training Cost • Licensing Fee: None • AF Training & Exam-\$129.00-\$149.00 	<ul style="list-style-type: none"> ▪ physical activity ▪ arthritis ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
<p>Arthritis Self-Management (Self-Help) Program (ASMP)</p>	<p><i>Refer to Stanford Suite of Self-Management Programs below for group, Spanish and online versions</i></p>						<ul style="list-style-type: none"> ▪ physical activity ▪ arthritis ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
<p>Brief Intervention & Treatment for Elders (BRITE)</p>	<p>http://brite.fmhi.usf.edu/BRITE.htm</p>	<ul style="list-style-type: none"> ▪ 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+ 	<ul style="list-style-type: none"> ▪ 4 components: <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> ▪ Generalist provider or substance abuse specialist 	<ul style="list-style-type: none"> ▪ Refer to website for more information 	<ul style="list-style-type: none"> ▪ Refer to website for more information 	<ul style="list-style-type: none"> ▪ at-risk substance abuse ▪ prescription drug abuse ▪ screening ▪ brief intervention ▪ behavioral health ▪ self-management ▪ health promotion

<p>Care Transitions Intervention (CTI)</p>	<p>www.caretransitions.org</p>	<ul style="list-style-type: none"> ▪ 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: <ul style="list-style-type: none"> - 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) 	<ul style="list-style-type: none"> ▪ 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: <ul style="list-style-type: none"> - Medication self-management - Use of a dynamic patient-centered record - Primary care and specialist follow-up - Knowledge of red flags 	<ul style="list-style-type: none"> ▪ Transitions Coach that is trained by the Care Transitions Program 	<ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ Contact the Care Transitions Intervention (CTI) training staff through their website 	<ul style="list-style-type: none"> ▪ transitional care ▪ case management ▪ care transitions
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Chronic Disease Self-Management Program (CDSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based, Spanish and online versions</i>						<ul style="list-style-type: none"> ▪ physical activity ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
Chronic Pain Self-Management Program (CPSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based program details</i>						<ul style="list-style-type: none"> ▪ physical activity ▪ chronic pain ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
Diabetes Self-Management Program (DSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based, Spanish and online versions</i>						<ul style="list-style-type: none"> ▪ diabetes ▪ chronic condition ▪ group setting ▪ medication management ▪ self-management ▪ health promotion
EnhanceFitness	www.projectenhance.org/EnhanceFitness.aspx	<ul style="list-style-type: none"> ▪ Improve the overall functional fitness and well-being of older adults ▪ Target Audience: Sedentary older adults wishing to maintain and/or improve their physical functioning and stay socially connected 	<ul style="list-style-type: none"> ▪ Ongoing 1 hour, 3 times/week group physical activity ▪ Focused on 4 areas: <ul style="list-style-type: none"> - Stretching and flexibility - Low impact aerobics - Strength training - Balance 	<ul style="list-style-type: none"> ▪ Certified fitness instructor 	<ul style="list-style-type: none"> ▪ Attend a 1.5 day EnhanceFitness New Instructor training ▪ Be a certified fitness instructor by a nationally recognized organization 	<ul style="list-style-type: none"> ▪ Licensing Cost: <ul style="list-style-type: none"> - Basic package fee, including licensing fee: \$3,000 - \$500 per new site for the first year - Renewal fee: \$50 per site ▪ Training Cost: <ul style="list-style-type: none"> - Master Trainer training: \$2,000 ▪ Online Data System Fee (optional): Data Entry System for data management and report creation is \$200/year for each data entry user 	<ul style="list-style-type: none"> ▪ physical activity ▪ group setting ▪ self-management ▪ health promotion
EnhanceWellness	www.projectenhance.org/EnhanceWellness.aspx	<ul style="list-style-type: none"> ▪ Maintain or increase the health and functional status of community-based older adults with chronic conditions ▪ Target Audience: Older adults with one or more chronic conditions, excluding dementia 	<ul style="list-style-type: none"> ▪ 6 month individualized program, along with regularly scheduled optional support group meetings and evidence-based workshops such as Chronic Disease Self-Management Program (CDSMP) and Matter of Balance (MOB) 	<ul style="list-style-type: none"> ▪ A nurse practitioner and/or social worker work with the participant to develop a health action plan and provide support and encouragement to the participant in achieving the goals of that plan 	<ul style="list-style-type: none"> ▪ Provider training in EnhanceWellness training 	<ul style="list-style-type: none"> ▪ Full Program Cost (<i>program licenses, SS Services, with training limited to Licensee employees, access to web-based data management program (WellWare) and one copy of the Program Materials</i>): <ul style="list-style-type: none"> - Complete package fee: \$6,000 for one site; \$1,000 for each additional site, same licensee 	<ul style="list-style-type: none"> ▪ chronic conditions ▪ physical activity ▪ self-management ▪ health promotion

EnhanceWellness (continued)						<ul style="list-style-type: none"> - Annual renewal fee: \$300 ▪ Basic Package Cost (without computer software WellWare): - Basic package fee: \$5,000 for one site (\$50 each additional site, same licensee - Annual renewal fee: \$200 	
FallsTalk	www.fallscape.org	<p>Goals ▪ Increase falls prevention behaviors and falls self-management skills</p> <ul style="list-style-type: none"> ▪ Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy ▪ Prevent participant falls and reduce fall risk. <p>▪ 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.</p>	<ul style="list-style-type: none"> ▪ 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.). 	<ul style="list-style-type: none"> ▪ One or two trained facilitators ▪ Interview, follow-up and telephone check-ins can be delivered by separate facilitators. 	<ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ 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
FallScape	www.fallscape.org	<p>Goals ▪ Increase falls prevention behaviors and falls self-management skills</p> <ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ 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: a) evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports; b) FallScape interactive multimedia training (one 	<ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ 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) 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ falls ▪ multimedia ▪ 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

<p>FallScape (continued)</p>		<ul style="list-style-type: none"> ▪ 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. 	<p>or two 15-30 min. sessions); c) fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each); d) follow-up interview and log review (10-20 min.); e) FallScape interactive multimedia evaluation (10-15 min.).</p>		<ul style="list-style-type: none"> ▪ Included software matches trainee's abilities ▪ Training is offered at various sites or can be delivered on-site for groups by custom arrangement. 	<p>on both the number of users on-site and program components (see website for details). Subscription provides on-going site support, software and multimedia element updates, as well as web-based training.</p>	
<p>Fit and Strong!</p>	<p>www.fitandstrong.org</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 8 weeks ▪ 3 times per week ▪ 90 minutes per session 	<ul style="list-style-type: none"> ▪ Fit and Strong! Master Trainer 	<ul style="list-style-type: none"> ▪ 8 hour Master Trainer-led training ▪ Must be a certified exercise instructor or licensed physical therapist, or PT or OT aide or student 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ physical activity ▪ osteoarthritis ▪ lower extremity strength ▪ chronic condition ▪ self-management ▪ health promotion
<p>Geri-Fit® Strength Training Workout</p>	<p>www.gerifit.com 1-888-GERI-FIT (437-4348) Francesca Fisher, CSSTS</p>	<ul style="list-style-type: none"> ▪ Increases strength, flexibility, range of motion, mobility, gait and balance. ▪ Target Audience Older adults age 65+. 	<p>- An ongoing, 45-minute, twice-weekly progressive resistance strength training exercise program.</p> <p>-Participants start out using a set of 2-pound dumbbells and then, as their strength increases, they can use heavier</p>	<ul style="list-style-type: none"> ▪ Accredited online training and certification through gerifit.com 	<p>-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,</p>	<ul style="list-style-type: none"> ▪ Licensing Cost: -Licensing: \$2500 per facility (includes online training and certification for two instructors). Each additional instructor : \$315 -On-site training and certification is also available, but at an additional cost. 	<ul style="list-style-type: none"> -Lower body strength -Balance program -Physical activity -Group setting -Private Training -Health promotion -Caregiver -Self-management -Memory care

<p>Geri-Fit® Strength Training Workout (continued)</p>			<p>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. -Exercises are performed seated in chairs (optional standing). -Geri-Fit is a group setting class</p>		<p>occupational therapy, athletic training, nursing and other health profession -All Geri-Fit trainers must complete the accredited online course before teaching the program (takes app. 70 hours to complete) -CPR certified (current)</p>		
<p>Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)</p>	<p>www.careforelders.org/healthyideas</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 3-6 month program ▪ Minimum of 3 in-person visits in the client's home and 5 or more telephone contacts ▪ 4 components include: <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> ▪ Trained case manager or other social service provider in the client's home or other private location 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training and Technical Assistance Cost: <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - Intervention manual/handouts reproduced for each staff person approximately \$25/ person - Additional costs include printing client tools/ educational material 	<ul style="list-style-type: none"> ▪ depression ▪ behavioral health ▪ in-home visits ▪ self-management ▪ health promotion

<p>Healthy IDEAS (continued)</p>						<p>▪ Additional Cost: - Agencies need to purchase or arrange in-kind services of a clinical coach for minimum of 8-12 hours (<i>local rates vary, approx \$100/hr</i>)</p>	
<p>Healthy Moves for Aging Well</p>	<p>www.picf.org/landing_pages/22,3.html</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Care managers and motivational volunteer phone coaches teach program exercises to participants in their home 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ physical activity ▪ in-home ▪ self-management ▪ health promotion
<p>HomeMeds</p>	<p>www.HomeMeds.org</p>	<ul style="list-style-type: none"> ▪ Enable community agencies to address medication-related problems and errors that endanger the lives and 	<ul style="list-style-type: none"> ▪ Individualized in-home screening, assessment and alert process to identify medication problems 	<ul style="list-style-type: none"> ▪ Care managers, working in partnership with client, physician and pharmacist. Usual practice of care 	<ul style="list-style-type: none"> ▪ Time to train staff on computer system usage and proper data collection 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training and Startup Consultation Cost: 	<ul style="list-style-type: none"> ▪ medication management ▪ self-management ▪ health promotion

<p>HomeMeds (continued)</p>		<p>well-being of community-dwelling elders</p> <ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 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 	<p>management programs without additional staff</p> <ul style="list-style-type: none"> ▪ Should have consulting pharmacist or other medication expert involved in the process (e.g., <i>pharmacy school, local pharmacist, Part D plan, geriatric nurse practitioner</i>) ▪ 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 		<p>\$3,000-\$5,000, depending upon method of delivery (webinar vs. on-site)</p> <ul style="list-style-type: none"> ▪ 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 	
<p>IMPACT (Improving Mood-Promoting Access to Collaborative Treatment)</p>	<p>http://impact-uw.org/ Kitty Christensen, M.P.H. University of Washington (206) 543-4981 info@impact-uw.org</p> <p>Jürgen Unützer, M.D., M.P.H., M.A. University of Washington (206) 543-3128 info@impact-uw.org</p>	<ul style="list-style-type: none"> ▪ Trained depression care manager works with the patient, the patient's primary care provider, and a psychiatrist to develop and administer a course of treatment. ▪ Target Audience: Adult patients who have a diagnosis of major depression or dysthymia, often in conjunction with another major health problem. <p>IMPACT was implemented w/ the following populations: *Patients who were 60+ and had a diagnosis of major depression or dysthymia alone or in conjunction with comorbid panic disorder, posttraumatic stress disorder, mild cognitive</p>	<ul style="list-style-type: none"> ▪ Beginning of the intervention, patient meets w/ the DCM and receives a 20-minute educational video and a booklet about late-life depression. During meeting, DCM completes an initial assessment of the patient's depressive symptoms, encourages patient to engage in behavioral activation (e.g., physical activity, pleasant events), and discusses options for treatment over the next 10–12 weeks (first treatment step): antidepressant medication or a course of 6-8 psychotherapy sessions (e.g., Problem Solving Treatment in Primary Care) delivered by the DCM in a primary care setting. For patients 	<ul style="list-style-type: none"> ▪ A trained depression care manager (DCM)—usually a nurse, social worker, or psychologist. 	<ul style="list-style-type: none"> ▪ 1-3 day training required. ▪ Program materials are available at no cost on Web site. In-person, Webcast, and free interactive Web-based trainings are available to implementers. 	<ul style="list-style-type: none"> ▪ Training Cost: ▪ Implementation materials (includes needs assessment, implementation planning grid, information on key components and adaptations, job descriptions, cost and reimbursement information, planning tools, and additional resources) Free ▪ 1-to 3-day, on-site training - depends on training length, content and audience, plus travel expenses, \$6,500-\$15,000 ▪ On-line training, free ▪ 1-hour webinars for primary care providers and consulting psychiatrists, \$750 for 3 ▪ On-site booster training covering advanced topics, \$500 each ▪ Pre-implementation technical assistance (TA) via webinar or phone, \$250 	<ul style="list-style-type: none"> ▪ Depression ▪ Mental Health Promotion ▪ Health and Wellness ▪ Outpatient Setting ▪ Functional Impairment

<p>IMPACT (continued)</p>		<p>impairment, and/or chronic medical illnesses. *Patients who are 18+ and had a diagnosis of major depression or dysthymia as well as comorbid cancer and/or diabetes.</p>	<p>already taking antidepressant medication, treatment can include increasing the dose, augmenting the medication with psychotherapy, or switching to a different medication or psychotherapy. DCM then works w/ patient and patient's primary care provider to establish the treatment plan. If patient has not significantly improved, treatment plan is changed with the agreement of the patient and their primary care provider, and the new treatment is delivered for another 10–12 weeks (second treatment step). If a patient has significantly improved, DCM follows up w/ the patient via monthly phone calls to provide maintenance support (i.e., the third treatment step). Depending on the patient's level of improvement, these support calls may be continued for up to a year from the beginning of treatment.</p>			<ul style="list-style-type: none"> ▪ Post-implementation TA via webinar or phone, \$250 ▪ Program evaluation consultation, \$250/hour 	
<p>MedOptz</p>	<p>https://www.MedOptz.com</p>	<ul style="list-style-type: none"> ▪ Identify older adults at highest risk for medication problems for referral to a pharmacist for medication management services. 	<ul style="list-style-type: none"> ▪ MedOptz is a web-based, HIPAA-compliant, evidence-based clinical tool for use with adults age 60 and older that (1) identifies medications that 	<ul style="list-style-type: none"> ▪ Care managers in cooperation with clients and pharmacist. ▪ Data entry can be done anywhere with web access. 	<ul style="list-style-type: none"> ▪ Staff training (1-2 hours) on the use of MedOptz system. Live, web-based. 	<ul style="list-style-type: none"> ▪ Licensing cost: \$1,000 per user, but special pricing is available to community-based organizations serving older adults based upon the number 	<ul style="list-style-type: none"> ▪ medication management ▪ medication safety ▪ health promotion

<p>MedOptz (continued)</p>		<ul style="list-style-type: none"> ▪ Assist in problem identification and clinical decision-making when evaluating complex medication regimens to identify, resolve and prevent medication-related problems ▪ Facilitate identification, prevention and resolution of actual and potential medication-related problems in community-dwelling older adults. ▪ Aid in evaluation of medications as a cause or aggravating factor contributing to an older adult's physical, cognitive or functional decline. ▪ Facilitate incorporation of medication monitoring information into the older adult's plan of care. ▪ Improve health, maintain or improve physical functioning and reduce health care costs. ▪ TARGET AUDIENCE: Community-based organization serving older adults with one or more chronic diseases and/or conditions treated with medications 	<p>may cause, aggravate, or contribute to common geriatric problems, including medications potentially inappropriate for use in older adults and drugs with anticholinergic properties; and (2) provides medication-monitoring recommendations to foster early recognition of medication problems that can be avoided, managed, or reversed.</p> <ul style="list-style-type: none"> ▪ MedOptz can be utilized by community-based organizations serving older adults in conjunction with an experienced geriatric pharmacist. ▪ MedOptz is designed to enable non-pharmacist care providers to identify older adults at risk for medication problems and refer those at highest risk to a pharmacist for medication management services. ▪ Criteria for referral are determined by the agency in collaboration with the pharmacist. ▪ Medications are easily entered using key stroke plus the drop-down menu. ▪ MedOptz generates a complete medication list. ▪ Interventions and outcomes can be 			<p>of users and the size of the client population.</p> <ul style="list-style-type: none"> ▪ Training Cost: None ▪ Pharmacist Fee: varies by region and may range between \$60-\$120/hour. 	
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MedOptz (continued)			documented and tracked in MedOptz.				
National Diabetes Prevention Program (NDPP)	www.cdc.gov/diabetes/prevention	<ul style="list-style-type: none"> ▪ Prevent or delay the onset of Type 2 diabetes ▪ Increase physical activity to 150 minutes of moderate physical activity ▪ Lose a minimum of 5% bodyweight ▪ 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. 	<ul style="list-style-type: none"> ▪ 16 weekly core sessions ▪ 6 monthly post-core sessions ▪ 1 hour per session ▪ 12-15 group participants ▪ 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. ▪ 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. 	<ul style="list-style-type: none"> ▪ Trained Lifestyle Coach facilitates the group session. 	<ul style="list-style-type: none"> ▪ 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. 	To learn more about program costs and organizations offering training, please visit the CDC website (www.cdc.gov/diabetes/prevention).	<ul style="list-style-type: none"> ▪ self-management ▪ health promotion
NYU Caregiver Intervention (NYUCI)	http://nrepp.samhsa.gov/ViewIntervention.aspx?id=74	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 6 sessions of individual and family counseling, support group participation, and additional on-call telephone consultations in a flexible counseling approach that is tailored 	<ul style="list-style-type: none"> ▪ Counselors with advanced degrees in social work or allied professions 	<ul style="list-style-type: none"> ▪ Workbook for counselors required ▪ 2 day initial in-person training ▪ Follow-up training includes regular case conferences with the developer and clinical colleague 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training Cost: - Training time for counselors. Specific cost data is unavailable. Multiphase training process and continued telephone consultation (includes initial 2-day training, 	<ul style="list-style-type: none"> ▪ caregiver support ▪ Alzheimer's disease ▪ counseling ▪ behavioral health ▪ self-management ▪ health promotion

<p>NYU Caregiver Intervention (NYUCI) (continued)</p>		<p>recipient into a nursing home</p> <ul style="list-style-type: none"> ▪ Target Audience: Family caregivers of people with dementia 	<p>to each caregiving family. Includes:</p> <ul style="list-style-type: none"> - 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 		<ul style="list-style-type: none"> ▪ Knowledge about Alzheimer's disease ▪ High degree of clinical skill, competence in both individual and family treatment modes preferred 	<p><i>follow-up training, regular case conferences with the developer, and ongoing support as needed</i>): About \$30,000 per year plus travel expenses. Limit 15 trainees.</p> <ul style="list-style-type: none"> - 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 	
<p>The Otago Exercise Program</p>	<p>http://www.med.unc.edu/aging/cgec/exercise-program</p>	<ul style="list-style-type: none"> ▪ Increase 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. ▪ Target Audience 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 	<ul style="list-style-type: none"> ▪ 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 ▪ 17 exercises total – the PT evaluates the older adult and selects the most appropriate exercises from the 17 to challenge the older adult. ▪ The exercises are progressed to continue to challenge the older adult as they improve strength and balance ▪ Adjustable ankle weights are used for 3 of the exercises and weight is progressively increased over the course of the program ▪ The older adult does the exercises for approximately 30 minutes three times a week. 	<ul style="list-style-type: none"> ▪ The initial evaluation and prescription are done by a licensed physical therapist ▪ The follow up visits can be done by a licensed physical therapy assistant ▪ 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 ▪ The exercises can be done independently or supervised in a one on one or group setting 	<ul style="list-style-type: none"> ▪ Completion of the online "Otago Exercise Program Online Training for Physical Therapists" ▪ Optional participation in a free database to track patient progress and program fidelity at www.otagoexerciseusa.com ▪ Note: Therapists and agencies who participate in the database are eligible to be promoted nationally for offering the OEP 	<ul style="list-style-type: none"> ▪ Training Cost: -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. ▪ Training Supplies: -Adjustable ankle weights for patients up to 20# cost varies -Exercises and patient resources can be downloaded in video or hard copy format 	<ul style="list-style-type: none"> ▪ fall prevention ▪ strength ▪ balance ▪ physical activity ▪ progressive resistance ▪ evidence-based ▪ physical therapy ▪ health promotion ▪ self-management

<p>The Otago Exercise Program (continued)</p>			<ul style="list-style-type: none"> ▪ 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 ▪ The older adult can do their prescribed exercises in the home independently or with assistance, or in a group exercise settings as long as they do their prescribed exercises 				
<p>Program of All-Inclusive Care for the Elderly (PACE)</p>	<p>www.npaonline.org</p> <p>Shawn M. Bloom National PACE Association (703) 535-1567 mshawnb@npaonline.org</p> <p>Teresa Belgin National PACE Association (703) 535-1518 mteresab@npaonline.org</p>	<ul style="list-style-type: none"> ▪ Comprehensive and seamless service delivery system and integrated Medicare and Medicaid financing. ▪ Target Audience: Eligible individuals are age 55+ and meet the clinical criteria to be admitted to a nursing home but choose to remain in the community. An array of coordinated services is provided to support PACE participants to prevent the need for nursing home admission 	<ul style="list-style-type: none"> ▪ Interdisciplinary team assesses participants' needs; develops care plans; and delivers or arranges for all services (including acute care and, when necessary, nursing facility services), either directly or through contracts. PACE programs provide social and medical services, primarily in an adult day health center setting referred to as the "PACE center," and supplement this care with in-home and referral services in accordance with the participants' needs. Each participant can receive all Medicare- and Medicaid-covered services, as well as other care determined necessary by the team. 	<ul style="list-style-type: none"> ▪ An interdisciplinary team, consisting of professional and paraprofessional staff. 	<ul style="list-style-type: none"> ▪ For a health care organization to be approved as a PACE program, the State must elect PACE as a voluntary State option under its Medicaid plan. In addition, the prospective PACE organization and the State must work together in the development of the PACE provider application. On behalf of the prospective provider, the State submits the application to the Centers for Medicare and Medicaid Services with assurance of the State's support of the application and its contents. Each approved PACE program receives a fixed amount of money per PACE participant regardless of the services the participant utilizes. 	<ul style="list-style-type: none"> ▪ Training Cost: ▪ Exploring PACE membership, \$3,000 per organization ▪ Prospective provider membership, \$11,400 ▪ Provider membership, \$15,000 per organization, plus additional fees based on organization's revenue 	<ul style="list-style-type: none"> ▪ Long-Term Services and Supports ▪ Mental Health Promotion ▪ Health and Wellness ▪ Interdisciplinary Team ▪ Medicaid ▪ Medicare

<p>PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)</p>	<p>www.pearlsprogram.org Lesley Steinman, M.S.W., M.P.H. University of Washington Health Promotion Research Center (206) 543-9837 mlesles@uw.edu</p>	<ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ Trained social service worker. 	<ul style="list-style-type: none"> ▪ 2-day training. 	<ul style="list-style-type: none"> ▪ 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 <ul style="list-style-type: none"> ▪ 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). 	<p>www.pearlsprogram.org Lesley Steinman, M.S.W., M.P.H. University of Washington Health Promotion Research Center (206) 543-9837 mlesles@uw.edu</p>
<p>Positive Self-Management for HIV (PSMP)</p>	<p><i>Refer to Stanford Suite of Self-Management Programs below for community-based program details</i></p>						<ul style="list-style-type: none"> ▪ HIV/AIDS ▪ group setting ▪ self-management ▪ health promotion
<p>Powerful Tools for Caregivers</p>	<p>http://www.powerfultoolsforcaregivers.org</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Caregiver classes co-led by certified, trained class leaders 	<ul style="list-style-type: none"> ▪ Class Leaders: <ul style="list-style-type: none"> -Completion of a two-day Class Leader training led by certified Master Trainers ▪ Master Trainers: <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> ▪ Class Leaders: <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> -\$250 for teleconference upon completion of requirements 	<ul style="list-style-type: none"> ▪ family caregiver ▪ group interaction ▪ self-care ▪ stress management ▪ communication strategies ▪ self-efficacy/confidence

<p>Prevention and Management of Alcohol Problems in Older Adults</p>	<p>http://www.pathwayscourses.samhsa.gov/aaap/aaap_2_pg1.htm</p>	<ul style="list-style-type: none"> ▪ Reduce alcohol-related problems among older at-risk or problem drinkers ▪ Target Audience: Older adults who engage in at-risk or problem drinking behaviors 	<ul style="list-style-type: none"> ▪ Step-by-step brief intervention using motivational interviewing concepts ▪ Program components include: <ul style="list-style-type: none"> - Alcohol screening - Assessments - Brief interventions - Referral guide to more intensive care 	<ul style="list-style-type: none"> ▪ Clinicians 	<ul style="list-style-type: none"> ▪ 0.5-1 day training for professional 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ alcohol abuse ▪ substance abuse ▪ behavioral health ▪ self-management ▪ health promotion
<p>Resources for Enhancing Alzheimer's Caregiver Health II (Reach II)</p>	<p>http://www.rosalynncarter.org/caregiver_intervention_database/dementia/reach_ii_intervention/</p>	<ul style="list-style-type: none"> ▪ 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 ▪ Target Audience: Caregivers of people with Alzheimer's disease and related dementias. Culturally appropriate for ethnically diverse populations. 	<ul style="list-style-type: none"> ▪ 6-month period ▪ 9 home visits and 3 telephone sessions delivered by a certified interventionist ▪ 5 telephone support group sessions facilitated by a certified support group leader ▪ 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 ▪ Caregiver Notebook listing strategies for management of caregiver and care recipient issues and providing pamphlets and brochures from local and national resources is utilized ▪ Participants are provided with educational information, strategies to 	<ul style="list-style-type: none"> ▪ Certified trained staff 	<ul style="list-style-type: none"> ▪ Classroom instruction (8 to 10 hours), delivered in person or over the internet ▪ Demonstration of mastery of skills is required for certification within one week of the classroom training. Candidate for certification conducts a "mock" session which includes portions of the risk priority interview, identification of a targeted behavior and problem solving strategies, a stress management technique. A behavioral checklist is completed by the training staff and scored requiring a score of 75% of all possible points for certification to be granted 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training Cost: Rosalynn Carter Institute for Caregiving -Off-site at agency location for 1 ½ day training class and certification of up to 4 interventionists: \$5,000 plus travel, lodging and per diems for one Trainer. Includes all training materials (training manual, interventionist field manual, caregiver notebook), monthly consultation calls, and training for up to 4 interventionists. -On-site 1 ½ day training class at RCI in Americus Ga: \$1,250 per participant, includes all training materials (stated above). Cost of travel, lodging and meals for participant are additional expenses. Next scheduled class can be found on RCI website. -Certification demonstration of skills for both on and off site training is conducted within two to three weeks after the classroom training via Skype and 	<ul style="list-style-type: none"> ▪ Alzheimer's disease, traumatic brain injury and related disorders ▪ caregiver support ▪ behavioral health ▪ physical health ▪ caregiver burden ▪ self-management ▪ health promotion

Reach II (continued)			manage care recipient behaviors, social support, cognitive strategies for reframing negative emotional responses, and strategies for enhancing healthy behaviors and managing stress			<p>is included in the stated costs.</p> <ul style="list-style-type: none"> - On- or off-site training from VA medical center in Memphis, TN (includes ongoing coaching and consultation): \$10,000 plus travel expenses - Costs are per training session, with 5-7 participants in a training session - Training manual: \$13.50 each - Interventionist manual: \$13.50 each - Group leader manual: \$12.50 each <p>Participant Materials Cost:</p> <ul style="list-style-type: none"> - Caregiver workbook: \$20 per caregiver 	
<p>Stay Active and Independent for Life (SAIL)</p>	<p>http://livingwell.doh.wa.gov Or http://www.synapticseminars.com</p>	<ul style="list-style-type: none"> ▪ Physical activity program that reduces fall risk factors by increasing strength and improving balance ▪ Target Audience: Adults 65+ 	<ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ 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]) 	<ul style="list-style-type: none"> ▪ 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. 	<ul style="list-style-type: none"> ▪ 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 or http://synapticseminars.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]). 	<ul style="list-style-type: none"> ▪ physical activity ▪ balance program ▪ muscle strength ▪ group setting ▪ health promotion ▪ fall prevention

<p>Stepping On</p>	<p>http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html</p> <p>OR</p> <p>http://wihealthyaging.org/stepping-on</p>	<ul style="list-style-type: none"> ▪ 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 ▪ 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 	<ul style="list-style-type: none"> ▪ 7 weeks ▪ 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 	<ul style="list-style-type: none"> ▪ Trained leader ▪ Trained peer leader 	<ul style="list-style-type: none"> ▪ 3-day training for Leaders 	<ul style="list-style-type: none"> ▪ Licensing Cost: <ul style="list-style-type: none"> - Included in the training cost ▪ Training Cost: <ul style="list-style-type: none"> - 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): <ul style="list-style-type: none"> - 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 the two trainers' flights, hotels, daily food allowance. In addition, the local (other state) must arrange for and provide: 20 of the Stepping On Manuals, copying of toolkit and other materials, room rental, snacks and lunches for 3 days, weights, arranging for a guest expert physical therapist on the first afternoon of the 3-day training, getting A-V equipment (power point 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 	<ul style="list-style-type: none"> ▪ fall prevention ▪ self-management ▪ health promotion
<p>Stress-Busting Program for Family Caregivers</p>	<p>www.caregiverstressbusters.org</p>	<p>Program Goals</p> <ul style="list-style-type: none"> ▪ Improve the quality of life of family caregivers who provide care for people with Alzheimer's 	<ul style="list-style-type: none"> ▪ 9 weeks ▪ 90 minutes, once a week ▪ 6-8 people per group ▪ Multi-component program focuses on 	<ul style="list-style-type: none"> ▪ 2 group facilitators in a small group setting 	<ul style="list-style-type: none"> ▪ Master Trainer training: 16 hours of training (2 days, 8 hours per day) ▪ Certified Master Trainers train group facilitators 	<ul style="list-style-type: none"> ▪ Licensing Cost <ul style="list-style-type: none"> Single Entity: \$500 (3 years) Multi-Entity: \$1,000 (3 years) ▪ Training Cost <ul style="list-style-type: none"> • \$1,500 per Master Trainer (minimum of 2 Master Trainers) 	<ul style="list-style-type: none"> ▪ Alzheimer's disease and related dementias ▪ caregiver stress ▪ self-management ▪ stress management ▪ health promotion

<p>Stress-Busting Program for Family Caregivers (continued)</p>		<p>disease or other dementias</p> <ul style="list-style-type: none"> ▪ Help caregivers manage their stress and cope better with their lives <p>▪ Target Audience Family caregivers of people with Alzheimer's disease and related dementias</p>	<p>stress management, problem solving, support, and education</p> <ul style="list-style-type: none"> ▪ Each group session consists of a combination of education, discussion, and support as well as learning a stress management technique 		<ul style="list-style-type: none"> ▪ Experience with caregiving and/or education or training in Alzheimer's disease 	<p>from each sponsoring agency/ organization required to participate in training)</p> <ul style="list-style-type: none"> • 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 <p>Participant Materials Cost</p> <ul style="list-style-type: none"> • Caregiver handbook, Meditation CD, Relaxation Strategies DVD: \$35 	
<p>Tai Chi for Arthritis</p>	<p>http://taichiforhealthinstitute.org</p>	<ul style="list-style-type: none"> ▪ Improve movement, balance, strength, flexibility, and relaxation ▪ Decrease pain and falls <p>▪ Target Audience: 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</p>	<ul style="list-style-type: none"> ▪ 8-10 week program ▪ 45-60 minutes per class 1 to 2 times per week ▪ Program led by a certified instructor, each session includes: <ul style="list-style-type: none"> - Warm-up and cool-down exercises - 6 basic core movements and 6 advanced movements - Breathing Techniques - Movements are performed at a higher stance to make it easier for older participants and those with arthritis. - Movements can be modified to accommodate mobility issues for any participant – can also be 	<ul style="list-style-type: none"> ▪ Tai Chi for Health certified instructor 	<ul style="list-style-type: none"> ▪ Contact a master trainer to schedule an instructor training workshop: http://taichiforhealthinstitute.org/instructors/master-trainers/?region=&fn=Find&country_id=233&region=&fn=Find ▪ Recertification training every 2 years (one-day training) ▪ CPR certified 	<ul style="list-style-type: none"> ▪ Licensing Fee: None ▪ Training Cost: Approximately \$275 per participant. Includes Teaching Tai Chi Effectively Book and Tai Chi for Arthritis DVDs ▪ Participant Cost: Varies by facility. <p>Tai Chi DVD(s) available for \$29.95 for practice at home: At the Tai Chi Productions website - http://usa.taichiproductions.com/categories/Instructional-DVDs/Health-DVDs/</p>	<ul style="list-style-type: none"> ▪ physical activity ▪ arthritis ▪ chronic condition ▪ group setting ▪ health promotion ▪ balance ▪ relaxation

<p>Tai Chi for Arthritis (continued)</p>			<p>done seated as a starting exercise.</p> <ul style="list-style-type: none"> Developed by Dr. Paul Lam, the program utilizes Tai Chi's Sun style for its ability to improve relaxation and its ease of use for older adults, the movements are taught side to side and with turns to move forwards to improve mobility and offer a variety of combinations 				
<p>Tai Chi Quan: Moving for Better Balance</p>	<p>www.tjqmbb.org</p> <p>OR</p> <p>http://www.ncoa.org/improve-health/center-for-healthy-aging/tai-chi-moving-for-better.html</p>	<ul style="list-style-type: none"> Improve balance, strength and physical performance for older adults to reduce fall frequency Target Audience: Adults 65+ 	<ul style="list-style-type: none"> 24-26 week program 3 classes a week 1 hour per class 8 Tai Chi forms that focus on weight shifting, postural alignment, coordinated movements and synchronized breathing Slow, low-impact movements that emphasize weight-shifting and postural alignment Movements progress from easy to more difficult Recommended class size of 15 participants 	<ul style="list-style-type: none"> Qualified Tai Chi instructors 	<ul style="list-style-type: none"> 2-day training Familiarity with Tai Chi fundamental principles and major postures and movements Experience in classical Yang style 	<ul style="list-style-type: none"> To learn more about costs visit: http://tjqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf 	<ul style="list-style-type: none"> fall prevention balance program group setting self-management health promotion
<p>TCARE® Support System (Tailored Caregiver Assessment & Referral®)</p>	<p>www.tcarenavigator.com</p> <p>TCARE Navigator, LLC Mequon, Wisconsin 262.643.4740</p>	<ul style="list-style-type: none"> Goals: Reduce caregiver depression Reduce caregiver stress and burnout Increase positive outcomes associated with caregiving Reduce placement of care receiver in an alternate care setting 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Trained TCARE Assessor and/or TCARE Trainers. Certification and licensing is completed by TCARE® Navigator. 	<ul style="list-style-type: none"> 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; 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> caregiver care management identity discrepancy burden stress placement health promotion resources informed choice care plan

<p>TCARE® Support System (continued)</p>		<ul style="list-style-type: none"> ▪ Reduces hospital readmissions ▪ Improves quality of life ▪ Improves legal, financial and medical planning ▪ Improves employee retention and productivity ▪ Target Audience: Professionals working with family caregivers; Health and Human Services, Veterans Admin., Active Military Personnel, Health Insurance Companies, Disability Insurance Companies, Long Term Care Insurers, Accountable Care Organizations, Self-Insured Employers, Medical Care Providers, Professional Service Organizations ▪ New Populations Being Looked at: Hispanic/Latino, Korean, Hmong, Pacific Islanders, Developmentally Disabled, Grandparents Raising Grandchildren and Child Welfare 	<ul style="list-style-type: none"> ▪ 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 		<p>-2-day Train-the-Trainer Training -Conduct a mentored TCARE® Assessor Training with TCARE® Navigator Trainers.</p>	<ul style="list-style-type: none"> ▪ 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 	
<p>Walk with Ease (group program and self-directed program)</p>	<p>http://www.arthritis.org/www</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Community-based group program: - 6 weeks - 1 hour, 3 times a week - 12-15 recommended participant group size ▪ Self-directed program that combines self-paced walks with health-topic 	<ul style="list-style-type: none"> ▪ Certified instructor 	<ul style="list-style-type: none"> ▪ Either 3-4 hour in-person Arthritis Foundation training workshop or online training ▪ CPR certification required ▪ First aid certification recommended 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ physical activity ▪ arthritis ▪ balance program ▪ group setting ▪ self-directed ▪ self-management ▪ health promotion

<p>Walk with Ease (continued)</p>		<p>arthritis symptoms, self-efficacy, and perceived control, balance, strength, and walking pace ▪ Target Audience: Community-dwelling older adults with arthritis and other chronic conditions, such as diabetes, heart disease and hypertension</p>	<p>related discussion also available: - 6 weeks - 30 min, 3 times a week</p>			<p>expenses, such as room rental and trainer travel. ▪ Participant Materials Cost: - Book: \$11.95 (bulk discount available for qty's 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</p>	
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STANFORD SUITE OF SELF-MANAGEMENT PROGRAMS

<p>Chronic Disease Self-Management Program (CDSMP)</p>	<p>http://patienteducation.stanford.edu/programs/cdsmp.html</p>	<p>▪ Enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes ▪ Target Audience: Adults with chronic health conditions</p>	<p>▪ 6 weeks ▪ 2.5 hours per week ▪ Program provides information and teaches practical skills on managing chronic health problems</p>	<p>▪ Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with a chronic disease</p>	<p>▪ 4.5 days of facilitator training and certification, either at Stanford or off-site ▪ Update training is also available for active certified CDSMP Master Trainers and/or T-Trainers ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud</p>	<p>▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with a chronic disease - Off-site 4.5 day training (request 4-6 months in</p>	<p>▪ physical activity ▪ chronic disease ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion</p>
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CDSMP (continued)						<p>advance): \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers</p> <ul style="list-style-type: none"> - Web-based update training: \$250 ▪ Participant Materials Cost: - CDSMP Book: \$18.95 (bulk pricing is available) - Relaxation tape/CD: \$12 each 	
<p>Better Choices, Better Health – Chronic Disease (online Chronic Disease Self-Management Program CDSMP)</p>	<p>http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html</p>	<ul style="list-style-type: none"> ▪ Enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes ▪ Target Audience: Adults with chronic health conditions who are comfortable using a computer and checking email 	<ul style="list-style-type: none"> ▪ On-line interactive version of the Chronic Disease Self-Management Program (CDSMP) ▪ 2 hours per week for 6 weeks ▪ Participants log on at their convenience 2-3 times per week for a total of about 2 hours per week. Participants do not need to log on at the same time. ▪ Program is offered on a dedicated website utilizing discussion boards and weekly lessons. ▪ Approximately 25 people per workshop. All interactions between facilitator and participants take place online ▪ All information is private and anonymous 	<ul style="list-style-type: none"> ▪ Two trained peer facilitators per workshop ▪ Facilitators follow a script and assist participants by modeling action planning and problem solving, offering encouragement, and posting to the discussion boards ▪ Facilitators do not deliver content, which differs from the small-group program 	<ul style="list-style-type: none"> ▪ Facilitators are trained online by first participating in a work shop and then attend a series of webinars. When training is complete newly train facilitators co-lead the workshop with a previously trained facilitator. ▪ There is a detailed online and downloadable facilitators' manual that gives daily and weekly instructions as to facilitator duties 	<p>Shared Workshop Implementation:</p> <p>Participants are pooled from multiple organizations</p> <ul style="list-style-type: none"> - Minimum commitment of 300 participants over 24 months. Exceptions will be considered. - Total Per Participant Fee: \$275 for between 300-500 enrollees over 2 years. \$250 per enrollee over 500. -License, workshop staff and companion workbook included. Marketing, recruitment and engagement services available 	<ul style="list-style-type: none"> ▪ physical activity ▪ chronic disease ▪ chronic condition ▪ on-line setting ▪ self-management ▪ health promotion

<p>Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program)</p>	<p>http://patienteducation.stanford.edu/programs_spanish/tomando.html</p>	<ul style="list-style-type: none"> ▪ Culturally appropriate chronic disease self-management program for Spanish speakers. Participants do not need to read Spanish. ▪ Target Audience: Spanish-speaking adults with chronic health conditions 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours per week ▪ Spanish-speaking people with different chronic health problems attend together 	<ul style="list-style-type: none"> ▪ Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic diseases themselves. ▪ All workshops are given in Spanish without translators 	<ul style="list-style-type: none"> ▪ Leaders and trainers must both speak and read Spanish fluently ▪ 4.5 days of facilitator training and certification at Stanford. All training is conducted in Spanish without interpreters. ▪ 1.5 day on-site cross-training is available at Stanford to those who have already completed the English CDSMP training ▪ 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. Webinars are conducted in Spanish. Prerequisite: in-person CSMP training. 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with a chronic condition - On-site 1.5 day cross-training: \$700. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers (for details: http://patienteducation.stanford.edu/training/trnfees.html) - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers) 	<ul style="list-style-type: none"> ▪ physical activity ▪ chronic disease ▪ chronic condition ▪ Spanish-speaking only ▪ self-management ▪ health promotion
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<p>Tomando Control de su Salud (continued)</p>						<ul style="list-style-type: none"> ▪ Participant Materials Cost: - All in Spanish - Book: \$18.95 (bulk pricing is available- Bulk Pr. Av.) - Audio relaxation tape/CD: \$9.60-\$12 each (Bulk Pr. Av.) - Audio exercise tape/CD: \$9.60-\$12 each (Bulk Pr. Av.) 	
<p>Diabetes Self-Management Program (DSMP)</p>	<p>http://patienteducation.stanford.edu/programs/diabeteseng.html</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours per week (12-16 people with type-2 diabetes) 	<ul style="list-style-type: none"> ▪ Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes 	<ul style="list-style-type: none"> ▪ 4.5 days of facilitator training and certification, either at Stanford or off-site Web-based cross-training for Diabetes Self-Management is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Prerequisite: in-person CSMP training 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with diabetes - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers 	<ul style="list-style-type: none"> ▪ diabetes ▪ chronic condition ▪ group setting ▪ medication management ▪ self-management ▪ health promotion

DSMP (continued)						<ul style="list-style-type: none"> - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers) - Web-based cross-training available: \$450. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Participant Materials Cost: - Book: \$18.95 (bulk pricing is available- Bulk Pr. Av.) - Audio relaxation tape/CD: \$12 each - Audio exercise tape/CD: \$12 	
Better Choices, Better Health – Diabetes (online Diabetes Self-Management Program)	http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html	<ul style="list-style-type: none"> ▪ 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 who are comfortable using a computer 	<ul style="list-style-type: none"> ▪ On-line interactive version of the Diabetes Self-Management Program (DSMP) ▪ 2 hours per week for 6 weeks ▪ Participants log on at their convenience 2-3 times per week for a total of about 2 hours per week. Participants do not need to log on at the same time. ▪ Program is offered on a dedicated website utilizing discussion boards and weekly lessons. ▪ Approximately 25 people per workshop. All interactions between facilitator and participants take place online ▪ All information is private and anonymous 	<ul style="list-style-type: none"> ▪ Two trained peer facilitators per workshop ▪ Facilitators follow a script and assist participants by modeling action planning and problem solving, offering encouragement, and posting to the discussion boards ▪ Facilitators do not deliver content, which differs from the small-group program 	<ul style="list-style-type: none"> ▪ Facilitators are trained online by first participating in a work shop and then attend a series of webinars. When training is complete newly train facilitators co-lead the workshop with a previously trained facilitator. ▪ There is a detailed online and downloadable facilitators' manual that gives daily and weekly instructions as to facilitator duties 	<p>Shared Workshop Implementation:</p> <p>Participants are pooled from multiple organizations</p> <ul style="list-style-type: none"> - Minimum commitment of 300 participants over 24 months. Exceptions will be considered. -Organization needs to demonstrate they have a large population of people living with diabetes to recruit from. - Total Per Participant Fee: \$275 for between 300-500 enrollees over 2 years. \$250 per enrollee over 500. -License, workshop staff and companion workbook included. Marketing, recruitment and engagement services available 	<ul style="list-style-type: none"> ▪ diabetes ▪ chronic condition ▪ on-line setting ▪ medication management ▪ self-management ▪ health promotion

<p>Programa de Manejo Personal de la Diabetes (Spanish Diabetes Self-Management Program)</p>	<p>http://patienteducation.stanford.edu/programs_spanish/diabetesspan.html</p>	<ul style="list-style-type: none"> ▪ Culturally appropriate diabetes self-management program for Spanish speakers. Participants do not need to read Spanish. ▪ Target Audience: Spanish-speaking adults with type-2 diabetes 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours per week ▪ Spanish-speaking people with type 2 diabetes attend the program in groups of 12-16. Participants may also bring a family member or friend. 	<ul style="list-style-type: none"> ▪ Workshops are facilitated from a highly detailed manual by two trained leaders, one or both of whom are peer leaders with diabetes ▪ All workshops are given in Spanish without translators 	<ul style="list-style-type: none"> ▪ Leaders and trainers must both speak and read Spanish fluently ▪ 4.5 days of facilitator training and certification, either at Stanford or off-site. All training is conducted in Spanish without interpreters. ▪ Web-based cross-training is available for those who have already completed Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program) training ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Webinars are conducted in Spanish. Prerequisite: in-person CSMP training 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with diabetes - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers) - On-site 1.5 day cross-training: \$700. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training - Web-based cross-training available: \$350. Must have 	<ul style="list-style-type: none"> ▪ diabetes ▪ chronic condition ▪ group setting ▪ medication management ▪ nutrition ▪ Spanish-speaking only ▪ self-management ▪ health promotion
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<p>Programa de Manejo Personal de la Diabetes (continued)</p>						<p>first completed on-site Chronic Disease Self-Management Program (CDSMP) training</p> <ul style="list-style-type: none"> ▪ Participant Materials Cost - All in Spanish - Book: \$18.95 (bulk pricing is available- Bulk Pr. Av.) - Audio relaxation tape/CD: \$9.60-\$12 each (Bulk Pr. Av.) - Audio exercise tape/CD: \$9.60-\$12 each (Bulk Pr. Av.) 	
<p>Arthritis Self-Management (Self-Help) Program (ASMP)</p>	<p>http://patienteducation.stanford.edu/programs/asmp.html</p>	<ul style="list-style-type: none"> ▪ Enable participants to build self-confidence to take part in maintaining their health and managing their rheumatic diseases. People with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, lupus, and others, attend together ▪ Target Audience: Adults with rheumatic diseases 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2 hours per week 	<ul style="list-style-type: none"> ▪ Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals who have arthritis 	<ul style="list-style-type: none"> ▪ 4.5 days of facilitator training and certification at Stanford ▪ All ASMP leaders must first take CDSMP leader training and then a cross-over training that will be offered by webinar. Cross-trainings are held online in a web-based environment. ▪ Web-based update training is also available for active certified ASMP leaders 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with arthritis - 1 day cross-training: \$4,200 (\$3,000 to Stanford, \$1,200 for two trainers) - Web-based cross-training available: \$350.00. Must have 	<ul style="list-style-type: none"> ▪ arthritis ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion

ASMP (continued)						<p>first completed on-site Chronic Disease Self-Management Program (CDSMP) training</p> <ul style="list-style-type: none"> ▪ Participant Materials Cost: - Arthritis Book: \$18.95 - Audio relaxation tape/CD: \$12 	
<p>Better Choices, Better Health – Arthritis (online Arthritis Self-Management Program)</p>	<p>http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html</p>	<ul style="list-style-type: none"> ▪ Teaches the skills needed in the self-management of arthritis ▪ Maintain and/or increase life's activities, including reducing pain, easing fear/worry about arthritis and improving ability and confidence to manage arthritis ▪ Target Audience: Adults with rheumatic diseases who are comfortable using a computer 	<ul style="list-style-type: none"> ▪ On-line interactive version of the Arthritis Self-Management Program (ASMP) ▪ 2 hours per week for 6 weeks ▪ Participants log on at their convenience 2-3 times per week for a total of about 2 hours per week. Participants do not need to log on at the same time. ▪ Program is offered on a dedicated website using discussion boards and weekly lessons ▪ Approximately 25 people per workshop. All interactions between facilitators and participants take place online ▪ All information is private and anonymous 	<ul style="list-style-type: none"> ▪ Two trained peer facilitators per workshop ▪ Facilitators follow a script and assist participants by modeling action planning and problem solving, offering encouragement, and posting to the discussion boards ▪ Facilitators do not deliver content, which differs from the small-group program 	<ul style="list-style-type: none"> ▪ Facilitators are trained online by first participating in a workshop and then attend a series of webinars. When training is complete newly train facilitators co-lead the workshop with a previously trained facilitator. ▪ There is a detailed online and downloadable facilitators' manual that gives daily and weekly instructions as to facilitator duties 	<p>Shared Workshop Implementation:</p> <p>Participants are pooled from multiple organizations</p> <ul style="list-style-type: none"> - Minimum commitment of 300 participants over 24 months. Exceptions will be considered. - Organization needs to demonstrate they have a large population of people living with arthritis to recruit from. - Total Per Participant Fee: \$275 for between 300-500 enrollees over 2 years. \$250 per enrollee over 500. -License, workshop staff and companion workbook included. Marketing, recruitment and engagement services available. 	<ul style="list-style-type: none"> ▪ arthritis ▪ chronic condition ▪ online setting ▪ self-management ▪ health promotion
<p>Programa de Manejo Personal de la Arthritis (Spanish Arthritis Self-Management Program)</p>	<p>http://patienteducation.stanford.edu/programs_spanish/asmpesp.html</p>	<ul style="list-style-type: none"> ▪ Culturally appropriate rheumatic disease self-management program for Spanish speakers. Participants do not need to read Spanish. ▪ Target Audience: Spanish-speaking adults with rheumatic diseases 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2 hours per week ▪ Spanish-speaking people with different kinds of arthritis and other rheumatic diseases attend together 	<ul style="list-style-type: none"> ▪ Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with arthritis or other rheumatic disease ▪ All workshops are given in Spanish without translators 	<ul style="list-style-type: none"> ▪ No regular training – contact self-management@stanford.edu for additional info 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers 	<ul style="list-style-type: none"> ▪ arthritis ▪ chronic condition ▪ group setting ▪ Spanish-speaking only ▪ self-management ▪ health promotion

<p>Programa de Manejo Personal de la Arthritis (continued)</p>						<p>- Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings</p> <p>- Custom agreements: min of additional \$1,000</p> <p>▪ Training Cost :</p> <p>- Contact Stanford: self-management@stanford.edu</p> <p>▪ Participant Materials Cost</p> <p>- All in Spanish</p> <p>- Book: \$16.95 (bulk pricing is available- Bulk Pr. Av.)</p> <p>- Audio relaxation tape/CD: \$9.60-\$12 each (Bulk Pr. Av.)</p> <p>- Audio exercise tape/CD: \$9.60-\$12 each (Bulk Pr. Av.)</p>	
<p>Chronic Pain Self-Management Program (CPSMP)</p>	<p>http://patienteducation.stanford.edu/programs/cpsmp.html</p> <p>Email Contact: info@cpsmp.com</p>	<ul style="list-style-type: none"> ▪ Provides information and teaches practical skills for managing the challenges of living with chronic pain. ▪ Target Audience: Adults with chronic pain 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours once a week ▪ 10-16 participants per group ▪ Program is for people who have a primary or secondary diagnosis of chronic pain. Pain is defined as being chronic or long term when it lasts for longer than 3 to 6 months, or beyond the normal healing time of an injury. ▪ People with all types of non-cancer chronic pain conditions are welcomed. If people have pain due to arthritis, diabetes or HIV/AIDS, it is 	<ul style="list-style-type: none"> ▪ Highly interactive and participative workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic pain 	<ul style="list-style-type: none"> ▪ 4 days of on-site facilitator training and certification in Toronto, Canada ▪ 1.5 day cross-training for Chronic Pain Self-Management (CPSMP) is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Prerequisite: in-person CSMP training 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 	<ul style="list-style-type: none"> ▪ chronic pain ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion

CPSMP (continued)			recommended that they take the program specific to their condition before CPSMP.			<ul style="list-style-type: none"> ▪ Training Cost : - On-site training by LeFort Cardas & Associates, Toronto, Canada (4 days, includes all materials, snacks and lunch): \$1,600 per health professional; \$900 for a lay person with chronic pain - On-site 1.5 day cross training by LeFort Cardas & Associates in Toronto, Canada is also available: \$700 per participant. - Web-based cross-training conducted over 2 weeks (includes viewing on-line videos of 10 CPSMP activities, homework assignments, and participation in 2 webinars): \$450. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training. - <i>Note: Both on-site full and cross training can be arranged to be delivered at various venues by contacting info@cpsmp.com</i> ▪ Participant Materials Cost: - Chronic Pain Book: \$17.50 plus tax (<i>bulk pricing is available for over 300 copies</i>) 	
Positive Self-Management Program for HIV (PSMP)	http://patienteducation.stanford.edu/programs/psmp.html	<ul style="list-style-type: none"> ▪ Help individuals actively participate in their HIV disease and symptom management ▪ Target Audience: Adults living with HIV 	<ul style="list-style-type: none"> ▪ 7 weeks ▪ 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 	<ul style="list-style-type: none"> ▪ Facilitated by two trained leaders, one or both of whom are non-health professionals with HIV 	<ul style="list-style-type: none"> ▪ 4.5 days of facilitator training and certification, either at Stanford or off-site ▪ Cross-training for PSMP (HIV) is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers 	<ul style="list-style-type: none"> ▪ HIV ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion

PSMP (continued)					<ul style="list-style-type: none"> ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Prerequisite: in-person CSMP training ▪ Bilingual trainees may attend the English cross-training and purchase a license for the Spanish or Japanese versions. The Spanish and Japanese versions are translations that are so similar to the English PSMP that additional training is not required. 	<ul style="list-style-type: none"> - Multiple Program License Cost: \$1,000 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with HIV - Off-site training: \$16,000, excludes additional costs such as materials, transportation for two trainers - 1 day cross-training: \$4,200 (\$3,000 to Stanford, \$1,200 for two trainers) - Web-based cross-training available: \$350. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Participant Materials Cost - Book: \$18.95 (bulk pricing is available) - Audio relaxation tape/CD: \$12 	
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Note: All programs in the "CDC Compendium of Effective Fall Interventions: What Works for Community Dwelling Older Adults" are eligible for Title IIID funding.