

Programs to Support Older Adults

Living Independently in Jefferson County

Self-Management Programs

1. Healthier Living / Be Well Colorado

Whatever the diagnosis, this is the class that teaches and supports participants in making better choices and practicing self-management! These classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their health and maintain an active fulfilling life. This class was developed and evidence-based by Stanford University.

2. Healthier Living / Be Well With Diabetes - Diabetes Self-Management Program

This class is specifically geared to people living with diabetes and their caregivers. The class teaches making healthy choices and self-management skills. It is highly participatory, where mutual support and success build the participants' confidence in their ability to manage their diabetes and maintain an active and fulfilling life. This class was developed and evidence-based by Stanford University.

3. Healthier Living / Be Well - Tomando Control de su Salud

Taught entirely in Spanish. Whatever the diagnosis, this is the class that teaches and supports participants in making better choices and practicing self-management. These culturally competent classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their health and maintain an active fulfilling life. This class was developed and evidence-based by Stanford University.

4. Healthier Living - Chronic Disease Self-Management Program

This class is specifically geared to people living with diabetes and their caregivers. The class teaches making healthy choices and self-management skills. It is highly participatory, where mutual support and success build the participants' confidence in their ability to manage their diabetes and maintain an active and fulfilling life. This class was developed and evidence-based by Stanford University.

5. Healthier Living - Chronic Pain Self-Management Program

An evidence-based program from Stanford University, the Chronic Pain Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior center, churches, libraries and hospitals. Workshops are facilitated by two trained leaders. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) pacing activity and rest, and, 7) how to evaluate new treatments. Classes are highly participative, where mutual support and success build the participant's confidence in their ability to manage their health and maintain active and fulfilling lives.

6. Cancer: Thriving and Surviving

This is a new curriculum specifically written for cancer survivors. This class is part of a randomized control trial through the University of Colorado Cancer Center. Techniques for recognizing and managing existing side effects and symptoms of cancer and its treatment will be covered. These classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their health and maintain an active fulfilling life.

Falls Prevention

1. Stepping On

Stepping On is designed to help older adults to: learn to step outside their home with confidence; learn with people their own age; become more aware of fall hazards and learn how their fall risk can be reduced; study the most up-to-date information on falls prevention; and Help others by sharing what has worked for them.

The class is seven weeks long, meeting once a week for 2 hours for groups of 10-12 participants. Participants learn strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in the community, what to look for in safe footwear and how to check the home for safety hazards.

2. A Matter of Balance

A Matter of Balance (MoB) is a program designed to reduce fear of falling and increase activity levels among older adults. The class is eight weeks long, meeting once a week for 2 hours for groups of 10-12 participants. Participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

3. N'Balance

N'Balance is a progressive multi-sensory approach to falls prevention. It is the use of activities that facilitate and force the use of the primary systems that impact balance. N'Balance meets twice a week for one hour, for at least 6 weeks. During the class participants learn: strategies to maintain balance; coordination improvement; ways to navigate around physical obstacles, decreasing the fear of falling; body-listening skills and finding one's center of gravity; improved posture and gait; exercises to increase lower body and core strength and confidence. Participants must be able to maintain a standing position with arms crossed over chest for 30 seconds to participate in N'Balance.

4. Moving for Better Balance

The overarching goal of this program is to improve static and dynamic postural stability, mindful control of body position in space, functional walking activities, movement symmetry and coordination, range of motion around the ankle joints, and lower-extremity strength muscle. The program is derived from a routine known as Simplified 24-Form Tai Ji Quan and consists of an 8-form core with built-in practice variations and a subroutine of Tai Ji Quan – Mini Therapeutic Movements. The program is able to accommodate people with a mild level of mobility difficulty (e.g., people who are occasional cane users).

5. Tai Chi for Arthritis for Falls Prevention (also known as Tai Chi for Arthritis)

This program is designed to improve the quality of life for people with arthritis using Sun style Tai Chi; one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. It works for falls prevention through improving balance, confidence and muscular strength. With regular practice, tai chi improves balance by strengthening muscles and co-ordination; at the same time, it strengthens the mind, thereby improving calmness and confidence in not falling. Thus, both physically and mentally, tai chi is an extremely effective exercise for fall prevention.

► Find Classes Here

- Falls Prevention Colorado: <http://fallspreventioncolorado.org/>
- Self-Management Colorado: <http://selfmanagementcolorado.org/>
- CDPHE: <https://www.colorado.gov/pacific/cdphe/fallsprevention>
- Tri-County: <http://www.tchd.org/>
- APEX Community Recreation Center: <https://apexprd.org/>
- Centura - St. Anthony's Hospital: <https://www.centura.org/classes-and-events>
- SCL – Lutheran Hospital: <https://www.sclhealth.org/>
- Arthritis Foundation Colorado: <https://www.arthritis.org/colorado/>

Additional Evidence-Based Programs

1. InnovAge (Formerly known as PACE)

The InnovAge Greater Colorado PACE (formerly Total Longterm Care) program is for the frail elderly who are in their own homes and communities. We provide, coordinate and supervise health care and in-home services for our members so they are safe and comfortable and out of a nursing home. PACE is a program for Medicare and Medicaid eligible individuals, 55 years of age or older, who meet the criteria for nursing home level of care. Locations in central Denver, Lakewood, Aurora, and Thornton. InnovAge: 720-974-5400

2. Senior Reach

Senior Reach, is an award-winning, innovative and evidence-based program that provides behavioral health treatment, care management, and wellness services to older adults (aged 60 years and older) who are isolated, frail, and/or in need of support. In addition to counseling, wellness, and care management services, the program provides active outreach and education of community members (referred to as Community Partners) on how to identify and refer seniors who are in need of community support services. The program is offered in Jefferson, Gilpin, Clear Creek, Boulder, Broomfield, and Adams counties. 1-866-217-5808; <http://www.seniorreach.org>

3. Arthritis Foundation Exercise Program (“Seated Aerobic Exercise”)

This an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion while maintaining muscle strength and decreased pain. Exercises can be done standing, or in a chair.

4. Tai Chi for Arthritis

The class focuses on relieving the symptoms of arthritis. Proven to reduce pain, it is a safe exercise. It is ideal for beginners, with or without arthritis. The special feature of Tai Chi for Arthritis is that it is easy and enjoyable to learn, bringing with it the many health benefits safely and quickly.

5. Tai Chi for Diabetes

It is ideal for beginners, with or without diabetes. The special feature of Tai Chi for Arthritis is that it is easy and enjoyable to learn, bringing with it the many health benefits safely and quickly.

6. Tai Chi for Osteoporosis

It is ideal for beginners, with or without diabetes. The special feature of Tai Chi for Osteoporosis is that it is easy and enjoyable to learn, bringing with it the many health benefits safely and quickly.

The programs included in this brochure are all evidence-based programs. Administration for Community Living Definition of Evidence-Based, Highest Level

- *Demonstrated through evaluation to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults*
 - *Proven effective with older adult population, using Experimental or Quasi-Experimental Design*
 - *Research results published in a peer-review journal*
 - *Fully translated in one or more community sites(s)*
 - *Includes developed dissemination products that are available to the public*
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Ageing Well in Jefferson County began its work in the fall 2008 with the gathering of community experts in the field of aging. Six workgroups developed focusing on Basic Needs, Caregiving and Supportive Services, Health, Mental Health, Wellness and Prevention, Housing, Social and Civic Engagement and Transportation. These six workgroups meet monthly to address topics as they relate to getting older.