Administration for Community Living

Office of Nutrition and Health Promotion Programs

Navigating Older Americans Act Title III-D During the COVID-19 Pandemic

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Administration on Aging
May 2021

American Rescue Plan

- The [American Rescue Plan Act of 2021](#) (ARP), also called the COVID-19 Stimulus Package or American Rescue Plan, is a $1.9 trillion economic stimulus bill that was signed into law March 11, 2021.

- ARP provided $1.4B in funding for Older Americans Act (OAA) Programs, which ACL issued in grants to State Units on Aging on May 3, 2021. See [Factsheet](#) for more details.

- $43,780,000 million for OAA Title IIID health promotion and disease prevention programs

Health Promotion Programs funded through the Older Americans Act

- OAA Title III, Part D
  - Evidence-based Disease Prevention and Health Promotion Services Program
  - Section 361 (a) "The Assistant Secretary shall carry out a program for making grants to States… to provide evidence-based disease prevention and health promotion services…"
- ACL Appropriations language:
  - "Funding amount for Title III Part D section 361 of the Older Americans Act for Disease Prevention and Health Promotion may only be used for programs and activities which have been demonstrated through rigorous evaluation to be evidence-based and effective."

How to Determine If a Program Meets Evidence-Based Requirement for OAA Title IIID

1. The program meets the requirements for ACL's Evidence-Based Definition (available on the ACL OAA Title IIID webpage [here](#)).
2. The program is considered to be an "evidence-based program" by any operating division of the U.S. Department of Health and Human Services (HHS) and is shown to be effective and appropriate for older adults.

Important: State Units on Aging may have additional state-specific Title III-D requirements or guidelines.

Helpful Resources

- [Programmatic FAQs](#) provide additional details about the ARP funding, **including a specific section about the use of OAA Title IIID funds**.

- [Fiscal FAQs](#) provide responses to questions received by the ACL on the supplemental funding provided by the American Rescue Plan Act as well as general updates and clarification on OAA funding.
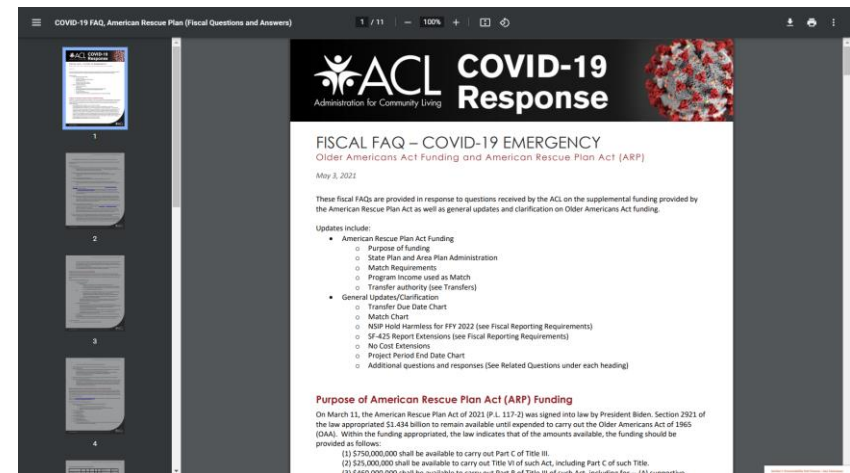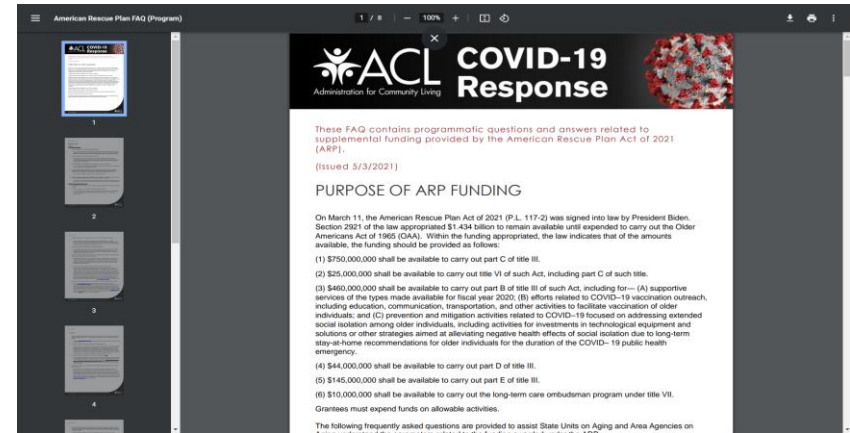
Helpful Resources (con't…)

- [Database of Evidence-Based Programs*](#)

- [Track Health Promotion Program Guidance During COVID-19](#)

- [Frequently Asked Questions: COVID-19 and Health Promotion Programs](#)

- ["Grand Rounds" Webinars: Health Promotion Programs and COVID-19](#)

*New searchable database, which has replaced previous Excel spreadsheet of ACL pre-approved OAA IIID programs.

Helpful Resources (con't...)

- [Frequently Asked Questions: COVID-19 and Technology Resources](#)

- [Resource Guide: Remote Delivery of Evidence-based Programs](#)

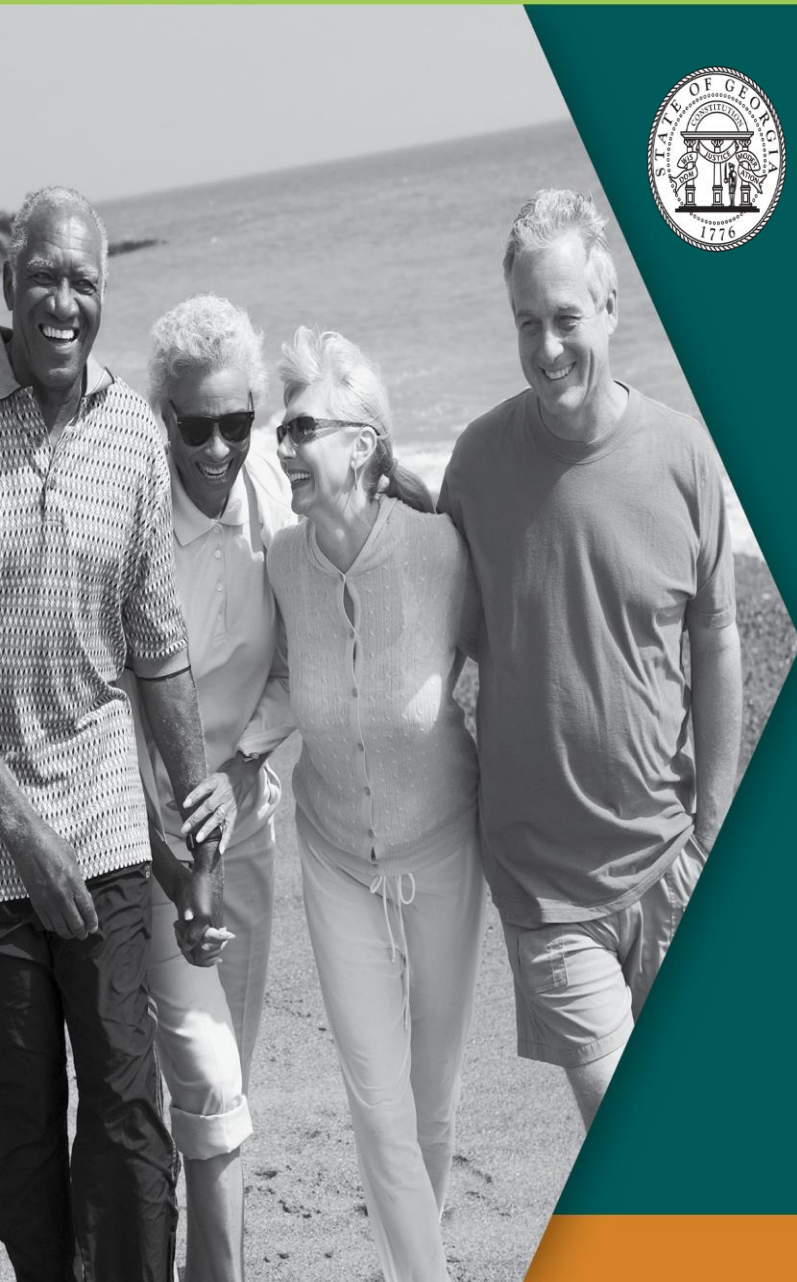- [Resource Guide: Terminology for Virtual Programming](#)

Contact Information

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Georgia Department of Human Services
Division of Aging Services

Navigating Older American's Act Title IIID

During the COVID-19 Pandemic

Megan Stadnisky

Evidence-Based Aging Services Coordinator

5/25/2021

stronger families
FOR A STRONGER GEORGIA

Our story begins

10 Years Ago

In the sunny
days of MARCH
2020

Pre-pandemic Programs

- Chronic Disease Self Management Program (CDSMP)
- Diabetes Self Management Program (DSMP)
- Chronic Pain Self Management Program (C...)
- Diabetes Empowerment Education Program
- Matter of Balance (MOB)
- Tai Chi for Arthritis for Falls Prevention (I & II) (TCA)
- Aging Mastery Program (AMP)
- Bingocize (B-cize)
- Powerful Tools for Caregivers (PTC)

March 13, 2020

- Mid-workshop and already scheduled workshops
  - AMP
  - CDSMP
  - DSMP
  - MOB
  - PTC
  - B-cize

- Cancelled workshops (MOB, DSMP, TCA, and CDSMP)

what do we do now?

Immediate Available Options

- Shifted to CDSMP Toolkit implementation of self-management programs
- AMP workshops via telephone and virtual platforms
- Outside TCA workshops
- Better Choices Better Health (BCBH)
- Zoom, Webex, Teams, UberConference, etc.

- Weekly check-in meetings with AAA partners
  – Barriers/solutions - Tablets
- Focus shift to improving:
  – Statewide Website
  – Statewide EBP Marketing toolkit
- Scheduled training for programs shifting to virtual versions
  – vTCA
  – vCDSMP
  – vMOB
  – vBingocize

Evaluate Funding

- Older American's Act Title IIID
- Emory University's Health Resources and Services

  Administration (HRSA): Geriatric Workforce
  Enhancement Project/GA GEAR grant
- State and local level partners pivoting existing funds to
  support virtual EBP delivery
  - Department of Public Health and local Health Departments
  - University partners across the state
  - Physical Therapy and Occupational Therapy Associations
  - Many more
- New partners with common goals:
  - Georgia Trauma Commission – falls prevention
  - Georgia Tech – Tai Chi for home bound

PIVOT!

Oscar Speech – Pivot Intentionally Together

- 12 Area Agencies on Aging (AAA)
- Georgia State University's Georgia Health Policy Center (GHPC)
  - Marketing
- University of Georgia
  - Website
- Proprietary Organizations
  - Self Management Resource Center
  - Tai Chi for Health Institute
  - MaineHealth
  - University of Western Kentucky
  - National Council on Aging
- Emory University
  - 14 vTCA workshops right now
- Georgia Falls Prevention Taskforce Members

#QUARANTEAM

Pre-pandemic and Now

- CDSMP
- DSMP
- CPSMP
- DEEP
- MOB
- TCA
- AMP
- B-cize
- PTC

Face to Face

Face to Face
Virtual
Hybrid

- CDSMP
- **vCDSMP**
- **BCBH**
- **CDSMP toolkit**
- MOB (f2f)
- **vMOB**
- TCA (outdoors/f2f)
- **vTCA**
- AMP (f2f)
- **vAMP**
- PTC
- **vPTC**
- B-cize (f2f)
- **B-cize** (app version)

Happy Fri-Yay

Megan Moulding Stadnisky, MA

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Have a **WONDERFUL** weekend

AgeOptions innovates, partners, and advocates to improve systems and services in order to strengthen communities so people thrive as they age.

Peggy Tully, Health Education Implementation Coordinator

Kathryn Zahm, Community Programs Manager

What we will cover today:

- Who we are
  (The Illinois Pathways to Health)
- Best practices for getting facilitator and delivery partner buy in
- Evidence-based programs we offer virtually
- Tips and tricks to virtual delivery
- Barriers and how to overcome them

Who we are:

The Illinois Pathways to Health Initiative is owned and operated by AgeOptions as a statewide network hub to act as a one stop shop for evidence-based health promotion programs for residents throughout the state of Illinois
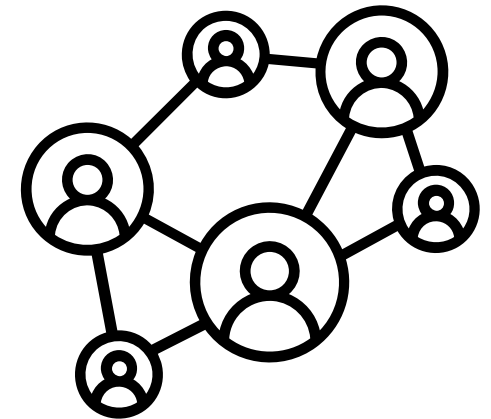
Our Partners:

- Other Area Agencies on Aging
- Public Health Departments
- Universities
- Hospital systems
- Other nonprofit organizations

Getting the buy in of Partners

- Offered 4 live trainings on how to facilitate workshops virtually

- Recorded option as a reference

- Specialized training for partners upon request

- One-on-one training

- Process sheets, tool kits, checks lists, templates and more!

Virtual Programs Facilitated

- CDSMP
- DSMP
- wCDSMP
- MOB
- Tai Chi
- Bingocize

Checklists & Templates

- Communication is Essential
  - Check list tool - questions to ask registrants
  - Step-by-step guide to access ILPTH website
  - Initial call to participants - document for leaders
- Email templates
  - Initial email to participants
  - Session 1 reminder
  - Follow up email after session 1
  - Weekly action plan reminder
  - Weekly workshop reminder
  - Thank you email
  - Certificate template

AgeOptions.

The Area Agency on Aging of Suburban Cook County

Illinois Pathways
to Health
by AgeOptions

Best Practices for Virtual Delivery

- TA for facilitators
- TA for workshops
- TA for participants
  - Reach out to each participant by email/phone
  - Walk through accessing virtual platform
  - Schedule training/practice session of platform functions (mute/unmute microphone/video and use chat box)
- Text reminders to participants
- All forms created as electronic forms on WuFoo

Barriers and How to Overcome Them

- Recruitment
  - Changed messaging to clarify the target audience for workshops
  - Social Media
  - E mail blasts to LOTS of list serves

- Getting the buy in of facilitators and delivery partners
  - Lots of training
  - Templates and checklists

ILPathwaysToHealth.Org

Thank you!

AgeOptions.

The Area Agency on Aging of Suburban Cook County

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Illinois Pathways
to Health
by AgeOptions

MA4 Network
A statewide, coordinated network of evidence-based programming

Erika Saleski, Project Director, MA4 Network
Emily Barbee, Field Specialist in Nutrition and Health, University of Missouri Extension

What is the MA4 Network?

- **Statewide AAA network**
- **Coordinated programming**
- **Regional networks**
- **Central administration and quality oversight**

How the MA4 Network works
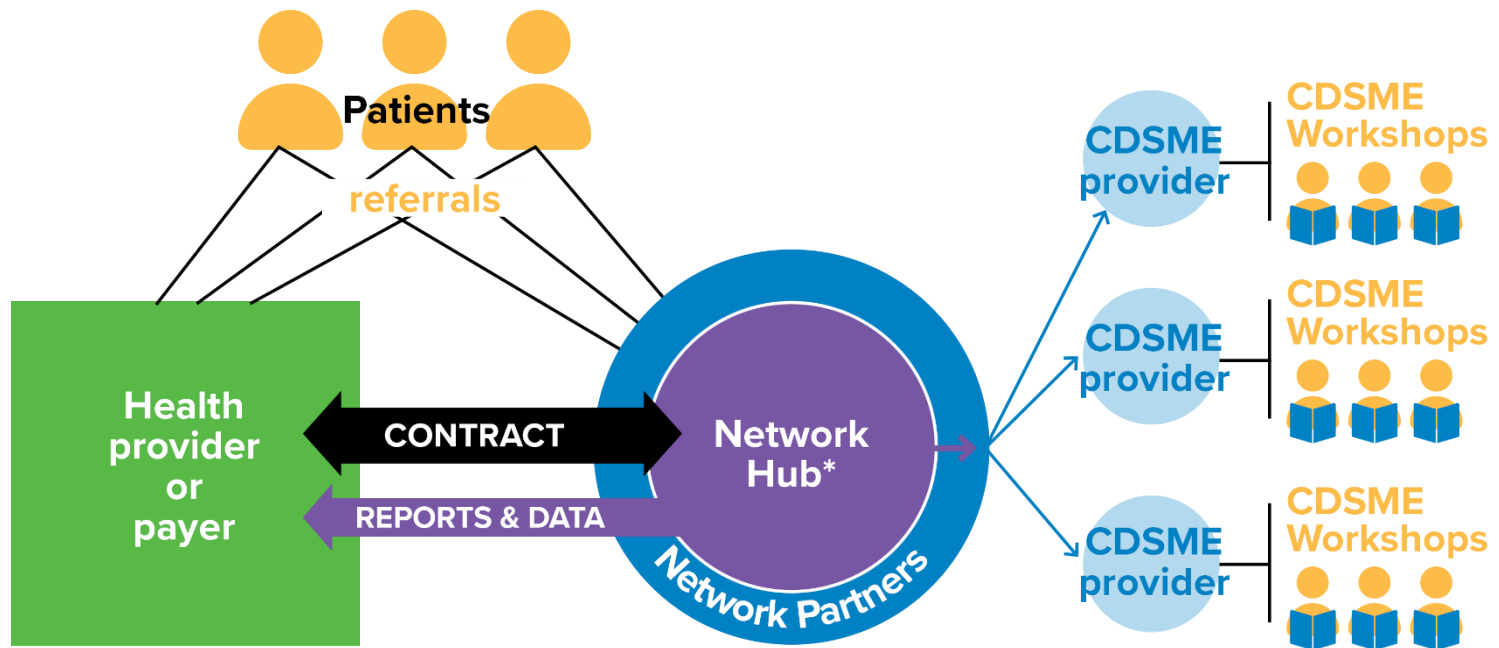
*Mid-America Regional Council provides administrative support for Network Hub activities.

The challenge:

Transitioning from in-person to virtual EBPs

- **Determine which EBPs can be offered virtually (licensing organization has offered an online version of program)**

- **Provide training to facilitators**

- **Determine technical assistance needed to transition**

Virtual Programs offered in MA4 Network

Chronic Disease Self-Management Program (CDSMP)

Workplace CDSMP

Tomando Control de su Salud (Spanish Language CDSMP)

Diabetes Self-Management Program (DSMP)

Successful Strategies: Administration

- Facilitator Training
  - Network Hub covers cost of training if required by program developers
  - Network Hub distributes Leader manuals and books as needed
- Centralized access to virtual workshop materials and guidance
- Virtual Program Delivery Checklist
- Emergency & Crisis Management Plan for virtual programs
- Ongoing Support & Guidance
- Quality Assurance
  - Fidelity Checks
  - Peer Leader Evaluations
  - Monthly Network Partner Conference Calls
  - Annual audits
  - Internal Tracking

Virtual Program Delivery Checklist

- Preworkshop Planning
  - Preplanning activities between coleaders
  - Participant engagement and preparation prior to Session 0
  - Marketing

- Tools for Participant Management
  - During workshop
  - Between sessions

- List of Materials

- Technology Requirements for Leaders and Participants

- Session 0 guide
  - Safety protocols
  - Rules for participation
  - Technology review
  - Course overview

- Post Workshop Wrap Up

University of Missouri Extension

OUR MISSION

As the outreach and engagement arm of the University of Missouri system, our distinct land-grant mission is to improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri.

Building Healthy Communities

We focus on addressing three Grand Challenges:

- Improving Health Outcomes
- Educational Attainment
- Economic Opportunity

COMMUNITY PARTNERS

Partnership with the Mid-America Regional Council

1. Greater Reach

- MU Extension's partnership with the Mid-America Regional Council (MARC) has allowed us to expand our evidence-based programs statewide.

2. Sustainability

- MARC provides program materials and a per completer reimbursement which covers the partner organizations cost to offer the program allowing our organization the keep the programs free for participants.

Partnership with the Mid-America Regional Council

3. Expanded Evidence-Based Program Capacity
- Chronic Disease Self-Management (CDSMP)
- Chronic Pain Self-Management (CPSMP)
- Diabetes Self-Management (DSMP)
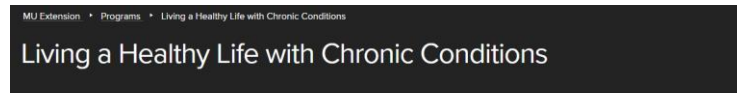
**Workplace Chronic Disease Self-Management (wCDSMP)

**Tomando Control de Su Salud (Spanish version CDSMP)

Best Practices Teaching Remotely

- Troubleshoot Technology

- Program Material Distribution

- Leader Roles

- Practice, practice, practice!

- Support & Engagement

Participant Feedback

"I've learned how to be more mindful of what I'm eating and the importance of taking care of myself. COVID exhaustion has been hard, but this class has kept me grounded"

"I am now checking my blood sugar before and after exercise, and as a result, it made me more motivated to keep exercise. It was very motivating for me to see the results and be more active and exercise more."

"My blood sugars have dropped drastically in the last 6 weeks. All of this is showing it's having a positive result. Enjoyed hearing from everyone else. It helps to hear we are going through it together."

Final Thoughts and Takeaways

Technology is Here to Stay - The Bigger Impact

- Addressing Digital Literacy as a barrier

- Creating opportunities for community connectedness and engagement

- Reaching those that are homebound

Opportunities for Collaboration and Partnership

- Additional opportunities for organizations to work together

- Spatial capacity building