Newly Approved Evidence-Based Programs to Help Expand Your Programming and Reach

January 28, 2020

ncoa
National Council on Aging

Improving the lives of 40 million older adults by 2030

Tips for using Zoom

- You have joined the webinar in **listen-only mode**.
- The audio portion of this call will be **heard through your computer speakers**.
- Please make sure your speakers are on and the **volume is turned up!**
- Click the microphone at the bottom of your screen for instructions **if you prefer to join by phone.**
- Type all questions into the **Q&A box** at the bottom of your screen.
- The **slides and recording** of this webinar will be shared by email within a few days.

Agenda

- High level overview of evidence-based program (EBP) review process (Ellen Schneider, University of North Carolina-Chapel Hill)

- Newly approved evidence-based programs

  - Tai Chi Prime (Shannon Myers, Tricia Yu, Betty Chewning, Wisconsin Institute for Healthy Aging)

  - ¡Sí, Yo Puedo Controlar Mí Diabetes! (¡Sí, Yo Puedo!) (Ninfa Purcell, Texas A&M University)

  - Health Matters (Beth Marks, Jasmina Sisirak, University of Illinois—Chicago)

  - Respecting Choices (Kathleen Ziemba, Respecting Choices)

- Q&A

Administration for Community Living Title III-D Evidence-Based Program Criteria

1. Demonstrated through evaluation to be effective for **improving the health and well-being** or **reducing disease, disability and/or injury** among older adults and/or adults with disabilities *and*

2. Proven effective with older adults and/or adults with disabilities, using **Experimental or Quasi-Experimental Design**; *and*

3. Research results published in a **peer-reviewed journal** or journals; *and*

4. Fully **translated in one or more community site(s)**; *and*

5. Includes **developed dissemination products** that are available to the public.

https://www.med.unc.edu/tarc/research/clinical-and-epidemiological-science-1/acl-health-promotion-evidence-based-program-review/

UNC SCHOOL OF MEDICINE

Evidence-Based Program (EBP) Review Process

-Letter of Intent
-Stage 1 Application

Stage 1 Review

Criteria
- Outcomes
- Research
- Publications
- Current Activities

EBLC TA available for programs not approved for Stage 1 or Stage 2

Programs must meet ALL Stage 1 criteria to advance to Stage 2

Stage 2 Application

Stage 2 Review

Criteria
- Dissemination
- Training
- Quality Assurance
- Technical Assistance

Programs must meet ALL Stage 1 and 2 criteria to be approved

Approved for EBP List

Mission: Make tai chi accessible to people of all ages, abilities and physical conditions

Longevity: Since 2000

Programs: Tai Chi Prime, Original & Adapted Tai Chi Fundamentals® Programs adapted for wheelchair and walker use, traditional tai chi

Outreach: Over 100 instructors in 20 states; over 10,000 students

Experience/collaboration: 45 years' teaching traditional Yang style tai chi; decades of collaboration w/ physical & occupational therapists

Taught: in community classes, assisted living, long term care, outpatient clinics and home care

For: wellness, balance, pain, stress, PTSD, TBI, orthopedic, neurological, cardiovascular and respiratory conditions.

Class Curriculum (6 weeks, 2x/week, 90 minutes)

During each class, the following curriculum is used:

Energize Warmups
- Standing exercises for flexibility, strength

Basic Moves
- Tai Chi building blocks for balance, coordination

Tea Time
- Informal conversation and community building

Seated Activities
- Home practice coaching, mind-body skills, group discussion

TCFA* Short Form
- Instruction in a simplified Yang Style form

Tai Chi Fundamentals Adapted
**Participants all had a chair for optional side support when needed

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Impact of Tai Chi Prime

Shown to significantly improve physical and mental aspects in randomized trial:

Balance ➤ evenly distributing weight to remain upright and steady

Cognition ➤ executive function, learning, perception, thinking, reasoning

Strength ➤ leg strength

Mobility ➤ ability to move and walk more freely and safely

Helps with Fall Prevention!

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Published Recognition: Results!

Balance Confidence ➤ Increased significantly

Practice ➤ Average practice 6 days/week; 25 min/day; set own goals and plan to practice

Course Retention ➤ 91% finished 6 week course averaged 11 of the 12 classes

High Fidelity ➤ 94% program delivery consistent with curriculum

"Disseminating Tai Chi in the Community: Promoting Home Practice and Improving Balance"
Published in "The Gerontologist" journal in 2019 February 27

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Tai Chi Prime Leader Training Steps

tai chi **PRIME**

1 — **Attend Course One**
- Tai Chi Fundamentals® Adapted Program Basic Moves Training (12 hours) - Required Book & DVDs

2 — **Attend Course Two**
- Tai Chi Fundamentals® Adapted Program Short Form training (12 hours)

3 — **Attend Movement Intensive**
- Review materials covered in Course One and Two (6 hours)

4 — **Take Private Certification Readiness Evaluation**
- With a TCF Certified Instructor (1 hour)

5 — **Apply for Certification in Tai Chi Fundamentals Adapted Program**
- Complete written and movement exam. GET CERTIFIED!

6 — **Attend Tai Chi Prime Leader Training (in Wisconsin or Request Onsite)**
- Get trained to teach the twelve 1.5 hour sessions (8 hours) BECOME A TAI CHI PRIME LEADER!

Links

- [Guide for Leaders and Sponsors](#)

- [Steps for becoming a Tai Chi Prime Leader](#)

- [Tai Chi Prime Leaders/TCFA Certified Instructors](#)

- [Add Tai Chi Prime to your ACL Contact List](#)

- [Questions? Contact Tai Chi Health](#)

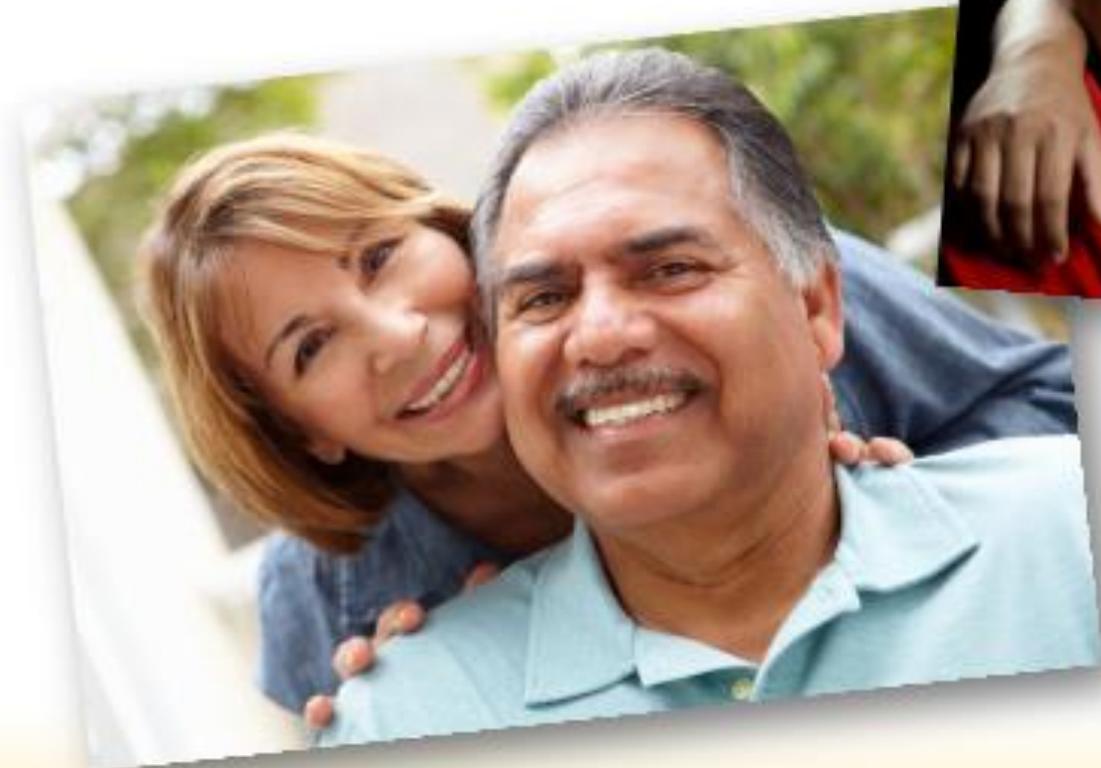Contact to get started!: taichihealth.com
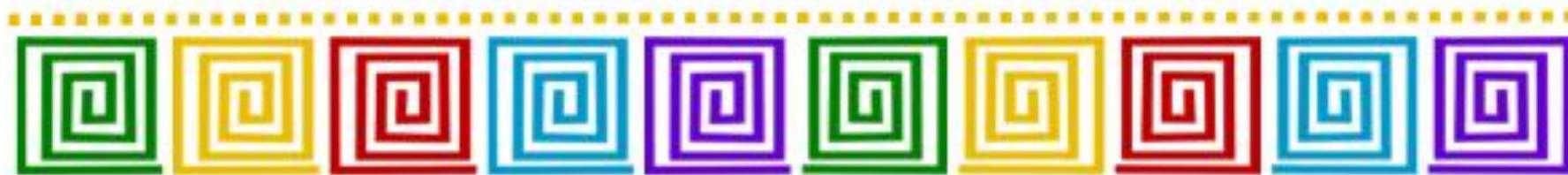
¡Si, Yo Puedo IS...

EMPOWERMENT-BASED

EXPERIENTIAL

Su Familia

Objectives

☐ Discuss the *Si, Yo Puedo* curriculum.
☐ Discuss delivery requirements.
☐ Describe session highlights.
☐ Explain evaluation methods for the *Si, Yo Puedo* curriculum.

Program Overview

Changing Behaviors

Social Cognitive Theory

¢ **Role modeling**
¢ **Social learning**
¢ **Self-efficacy**

Si, Yo Puedo **Activities**

¢ **Novelas**
¢ **Skill building**
¢ **Meal planning**

Changing Behaviors

Self-Regulation Model
- ¢ **Goal setting**
- ¢ **Self-monitoring**

Si, Yo Puedo Activities
- ¢ ***Mi Promesa***
- ¢ **Action Plan**

TOPICS

Session 1: Orientation

Session 2: What is diabetes?

Session 3: Checking your blood glucose levels
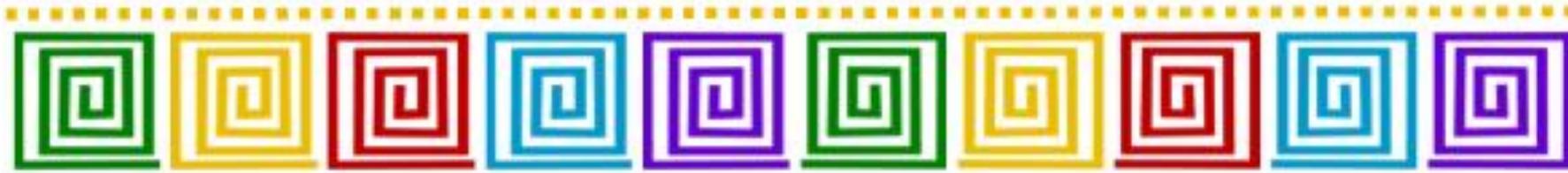
Session 4: Eating healthy with diabetes

Session 5: Be active with diabetes

Session 6: Medicines and diabetes

Session 7: Preventing diabetes problems

Delivery Guidelines

Class Leader Guidelines

- **Class is taught by the same teaching team for the entire 7 weeks.**
  - Approved instructors: RNs, RDs, CDEs, and certified CHWs/promotoras.

- **Do *not* add, delete, or modify the content of the *Si, Yo Puedo* curriculum.**

- **If time is short, do *not* skip activities but rather limit discussion or lectures.**

- **Complete evaluations.**

Session Highlights

Orientation

- Get acquainted session
- Discuss expectations of the *Si, Yo Puedo* program
- Opportunity for a Q&A about the program
- Conduct registration survey and Photo/Video permission form

Session Highlights

Session 1
- ☐ **Understanding carbohydrates and its impact on blood glucose**
- ☐ **Discuss diabetes myths and facts**

Session 2
- ☐ **Learning how to use a blood glucose meter**
- ☐ **Understanding what carbohydrates are**

Session 3
- ☐ **Understanding proteins and fats**
- ☐ **Portion size**

Session Highlights

Session 4

- Plate method with single foods
- Being active with diabetes
- Food labels and carbohydrates

Session 5

- Plate method with combination foods
- Understanding medication compliance

Session 6

- Stress management and diabetes
- Preventing diabetes complications
- Graduation ceremony

Novelas

- **A 6-week series of short novelas focusing on two concepts:**
  - ¢ Empowerment
  - ¢ Role modeling

- **Central thematic statement in novelas:**
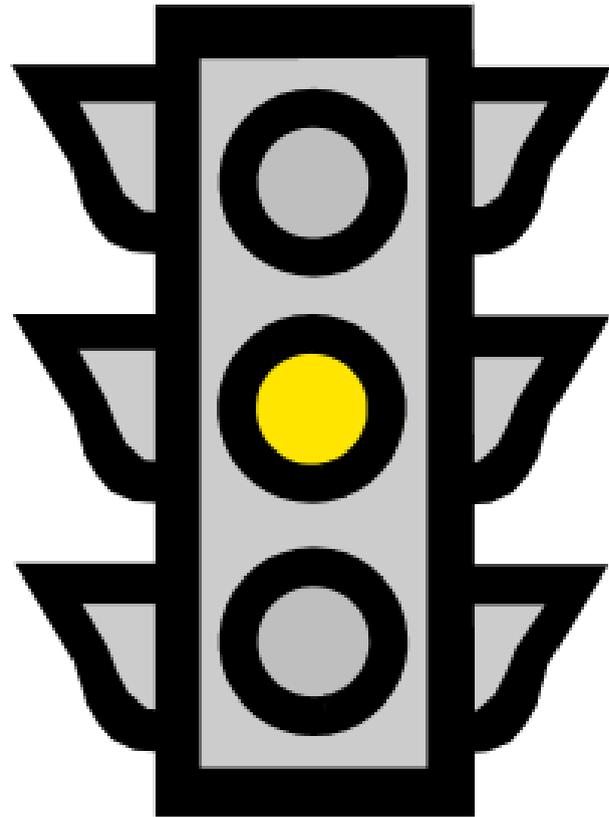 - ¢ *"Diabetes self-management is possible, and you can do it!"*
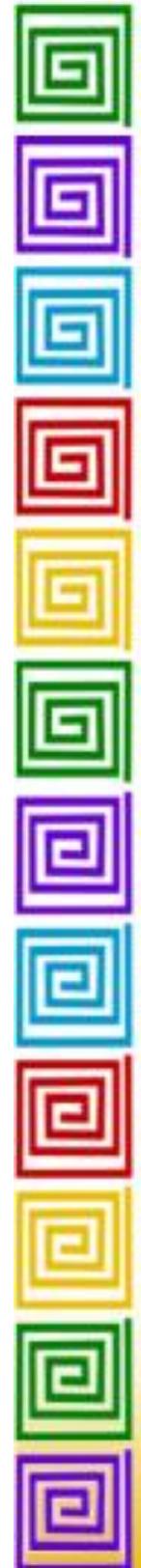
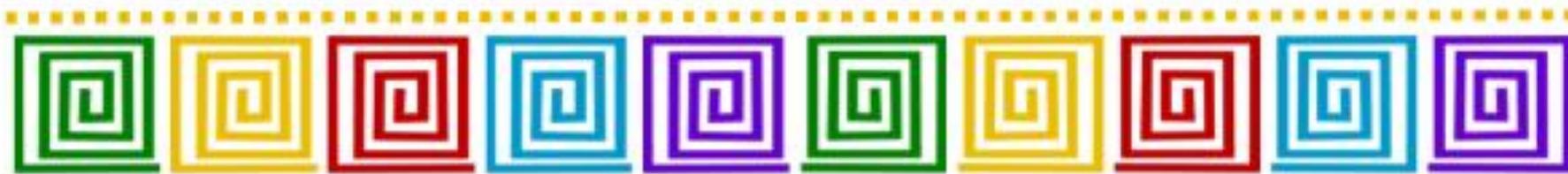Alto en Carbohidratos

Bajo en Carbohidratos

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Cuidado

Si su nivel de glucosa está entre 181 y 300: Llame a su doctor o enfermera si permanece así por una semana.

Evaluation

Evaluating
Si, Yo Puedo

- **Registration and Wrap-up forms. Outcome measures:** diabetes knowledge, self-efficacy, and self-care. Option to collect A1C and depression.
- **Participants' weekly evaluations**
- **Lesson weekly evaluations**
- **Weekly attendance and summary report**

Evaluating
Si, Yo Puedo

- Mail data to program coordinator, Ninfa Peña-Purcell

- Copy surveys, and mail originals.

  — Once receipt of mailed originals is confirmed, copies can be destroyed.

Thank You!
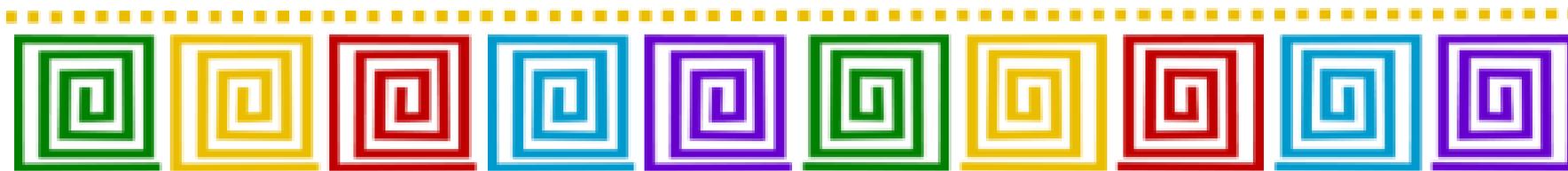
HealthMatters™ Program

Beth Marks, PhD, RN, FAAN

Jasmina Sisirak, PhD, MPH

Components

1. HealthMatters™ Program: Certified Instructor Workshop Webinar (6 hours, 90 minutes over 3 days, 90 minutes offline work)

2. Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities (Curriculum)

3. 12-Week HealthMatters™ Program (12-Week-HMP) – three 1.5-2h sessions per week for 12 weeks, total 36 lessons

Goals

1. **HealthMatters™ Program: Certified Instructor Workshop Webinar**

   - Implement a 12-week Health Matters Program, a physical activity, exercise, and health education program using the **Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities** and engage adults with intellectual and developmental disabilities in a physical activity and health education;

   - Teach core concepts related to physical activity and nutrition and support adults with intellectual and developmental disabilities (IDD) to incorporate physical activity and healthy lifestyles into activities of daily living; and,

   - Evaluate and sustain the effectiveness of the 12-week HealthMatters Program.

2. **12-Week HealthMatters™ Program (12-Week-HMP)**

   - Aims to improve health behaviors and health status of people with IDD.

   - Provides access to healthy lifestyle opportunities where people with IDD live, work, learn, and play.

Health Outcomes

- Knowledge and Skills (Self-efficacy, Nutrition Activity Knowledge)

- Attitudes towards Exercise (cognitive-emotional barriers, outcome expectations, performance self-efficacy)

- Psychosocial (community integration, depression, life satisfaction)

- Physiological health status (fasting blood glucose and cholesterol)

- Fitness measures

Target Population

- People with intellectual and developmental disabilities (IDD)

- Support persons for people with IDD employed in day/residential/employment community-based programs for people with IDD

Program Delivery

- **HealthMatters Program Train-the-Trainer** delivered by Advanced Certified Instructors (University of Illinois Team, State Coordinator)

- **12-Week HealthMatters™ Program** delivered by support staff in community-based organizations (direct support professionals, Case manager, Licensed social worker, Health care professional, Community health worker, Certified fitness instructor, Lay leader, Student)

Training Requirements

- **Certified Instructor**
  - Complete **HealthMatters™ Program: Certified Instructor Workshop Webinar**

- **Advanced Certified Instructor**
  - Complete **HealthMatters™ Program: Certified Instructor Workshop Webinar**
  - Complete additional advanced 6-hour training
  - Lead at least one 12-Week HealthMatters Program.

Program Reach since 2008

10,000 PEOPLE WITH IDD

2,650 CERTIFIED INSTRUCTORS

210 COMMUNITY BASED ORGANIZATIONS

35 STATES

8 COUNTRIES

AK, IA, AZ, CA, CO, CT, DE, FL, IL, KY, LA, ME, MD, MA, MI, MS, MO, NE, NJ, NM, NY, NC, SC, OH, OK, OR, PA, TN, TX, UT, VA, WA, WI, Washington DC

Sweden
Australia, Belgium
Canada
UK
Kenya
Malawi
Netherlands

Program Cost

- **HealthMatters Program Train-the-Trainer Webinar:** $3500
  - We request that at least three (3) people be trained from each organization to include participants from management and direct service provider. The webinar can host up to 100 participants.

- **Health Matters Curriculum:** $33-$50 (one per 1-3 webinar attendees)

- **Workbook:** $20 (one per webinar attendee)

- **Toolkit** (posters, copies of surveys, sign in sheets): $10 printed, free download from HealthMattersProgram.org website.

- **Evaluation (optional):**
  - **12-Week HealthMatters Program** Evaluation (Program evaluation for people with IDD, pre/post Report): $500 CBO
  - **HealthMatters Assessments** (HMA) (organizational assessments): $750 per organization
  - **Rapid HMA** (Statewide needs assessment): $250 per state

- **Consultation Fees:** 1-4h free consultation, 5h+ $120/hour

- **Continuing Education Units (CEUs):** $10

Contact

Beth Marks, RN, PhD, FAAN
Jasmina Sisirak, PhD, MPH
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www.HealthMattersProgram.org

HealthMatters™ Program

Respecting Choices

A System for Person-Centered Decision Making that Transforms Healthcare

January 28, 2020

Kathleen Ziemba, MSW, LCSW

Senior Faculty Consultant

1

C-TAC *Innovations*

C-TAC Innovations is a **nonprofit** affiliate of C-TAC devoted to implementing delivery systems for advanced illness and assuring that people receive care matching their preferences and values.

C-TAC
COALITION TO TRANSFORM
ADVANCED CARE

The Coalition to Transform Advanced Care (C-TAC) is dedicated to the idea that all Americans living with serious illness receive high-quality, person-centered care that aligns with their values and honors their dignity.

Respecting Choices®
PERSON-CENTERED CARE

2

Our Impact

- >330 US medical centers using RC

- >27,000 certified Facilitators since 2014

- 45 states + D.C. using RC

- 12 countries testing/using RC

- 12 active research projects

- 34 peer-reviewed published research articles

- 4 major white papers and QI reports

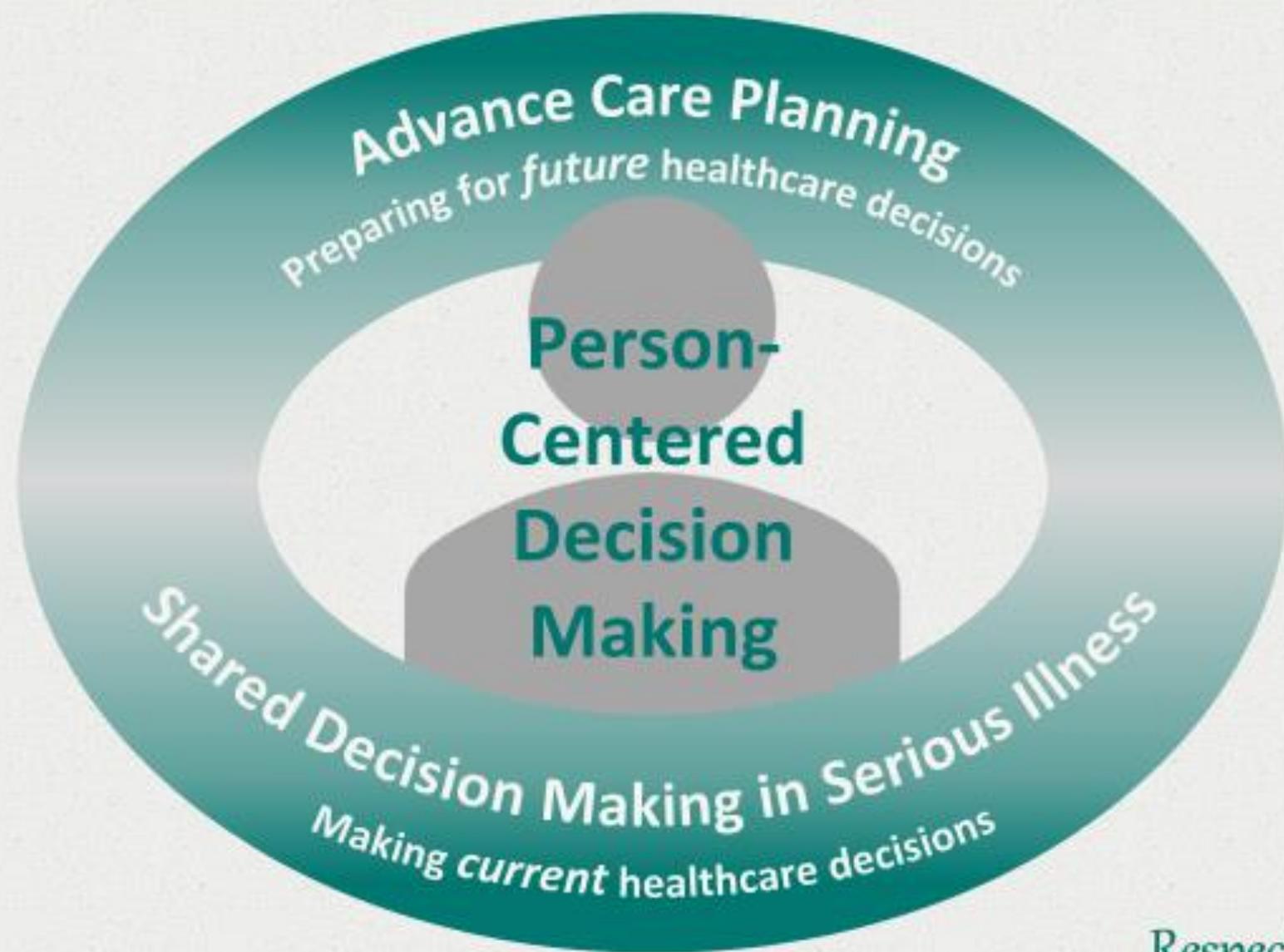respectingchoices.org

Respecting Choices®
PERSON-CENTERED CARE
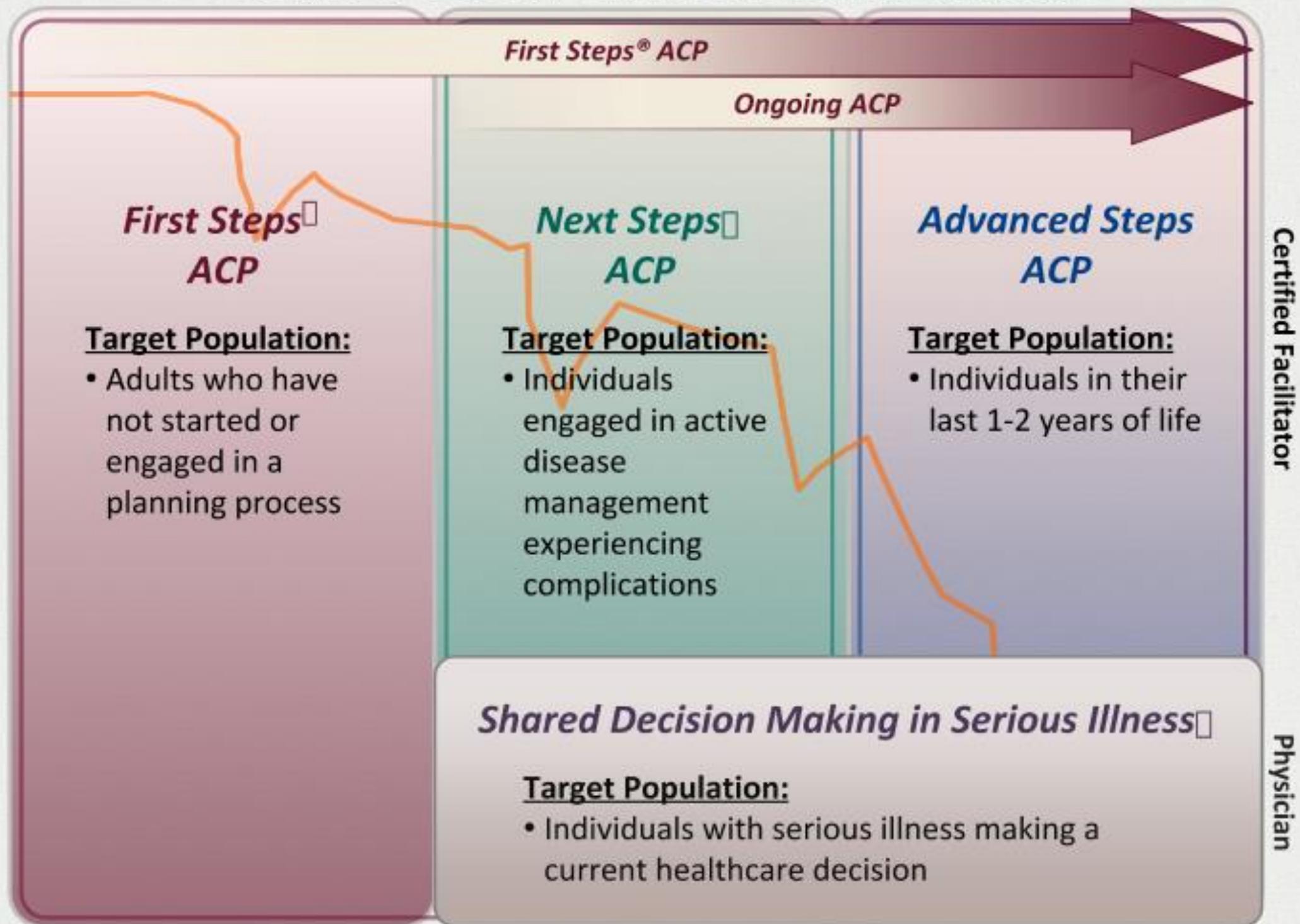
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Knowing and Honoring Preferences and Decisions

Care that is respectful of and responsive to individual patient preferences, needs, and values, ensuring that patient values guide all clinical decisions

IOM Report 2001. Crossing the Quality Chasm: A new health system for the 21st Century. Washington, D.C. National Academy Press.

Respecting Choices®
PERSON-CENTERED CARE

Stages of Person-Centered Decision Making

First Steps® ACP

Ongoing ACP

First Steps™ ACP

Target Population:
• Adults who have not started or engaged in a planning process

Next Steps™ ACP

Target Population:
• Individuals engaged in active disease management experiencing complications

Advanced Steps ACP

Target Population:
• Individuals in their last 1-2 years of life

Shared Decision Making in Serious Illness™

Target Population:
• Individuals with serious illness making a current healthcare decision

Certified Facilitator

Physician

Use of Respecting Choices Programs Helps to Achieve IHI Quadruple Aim

Our Value Proposition

ü Increased individual and family satisfaction

ü Increased prevalence of quality planning

ü Increased percentage of plans at time of death

ü Increased number of hospice admissions

ü Reduction in caregiver stress, anxiety, and depression

ü Reduction in family stress, anxiety, and depression

ü Reduction in number of hospital deaths

ü ACOs and health plans save money*

Better Outcomes	Improved Clinician Experience
Lower Costs	Improved Patient Experience

> "The impact "[Respecting Choices]" has had on costs, family satisfaction, and clinical quality has been dramatic."
>
> – President and CEO of Health System

* Based on findings in La Crosse County (WI) comparing costs for implementation of Respecting Choices (at Gundersen and Mayo-Franciscan health systems) with outcome data showing reduced utilization of healthcare services ($2,000 per person) in last 6 months of life.

Transforming the Culture of Healthcare

- Cultural change; transformative

- Organization and community effort

- Involvement of multiple professionals

- Commitment to learning new skills and practices

Respecting Choices®
PERSON-CENTERED CARE

Thank you.
I look forward to continuing the conversation!

Kathleen Ziemba, MSW, LCSW

Senior Faculty Consultant

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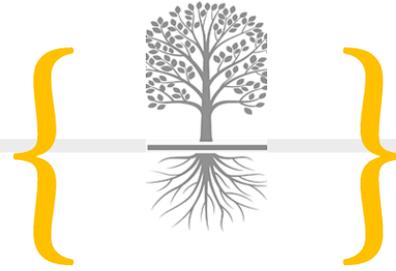
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