

Evidence-Based Program Opportunities At a Glance

Chronic Disease Self-Management Program (CDSMP) "Living Well with Chronic Conditions"

Program Goals:	Increase self-management through building skills in goal setting, problem solving, communication, working with health care providers and conditions and treatment management.
Leader Training:	4 day training required. Regionally located based on need and interest level.
Description:	Trained leaders provide an interactive skill-building program to improve the abilities of seniors to manage chronic illness (such as arthritis, diabetes, depression, heart disease, etc.).
Class Size:	8-15
Length / Timeframe:	2 hour session Once per week for 6 weeks
Target Population:	Adults 60+ with chronic conditions who are able to participate in goal setting and problem solving activities.
License Fee:	Program can be implemented under the license that MNRAAA holds. Leaders must be trained by certified Master Trainers.
Materials:	Easel, easel pad & markers. Book and Relaxation CD to accompany the class available but not required. Leader Manual provided at training.
Facilitators / Leaders:	Professional and/or peer leaders, 2 per workshop. Ideally one of the leaders will have a chronic condition. Leaders must be trained to facilitate the program by certified Master Trainers.
Facilities:	Tables in U-shape or circle, chairs, ADA accessible
Data Collection:	Evaluation and survey forms will be available and required by MNRAAA
Program Monitoring:	MNRAAA will provide program support and fidelity monitoring
For More Information:	http://patienteducation.stanford.edu/programs/cdsmp.html

Matter of Balance (MOB)

Program Goals:	Reduce fear of falling, increase self-management skills in preventing falls including goal setting, problem solving and increasing balance, flexibility and lower body strength.
Leader Training:	8 hour training required. Regionally located based on need and interest level.
Description:	Trained leaders provide an interactive skill-building program to improve the abilities of seniors to prevent falls.
Class Size:	8-15
Length / Timeframe:	2 hour session Once per week for 8 weeks
Target Population:	Adults 60+ with a history of falls or at risk of falls who are able to participate in goal setting and problem solving activities.
License Fee:	License is required, but programs can be implemented under the license held by the MNRAAA. Leaders must be trained by certified Master Trainers.
Materials:	Easel, easel pad & markers. Participant Workbooks, Leader Manual and 2 DVDS.
Facilitators / Leaders:	Professional and/or peer leaders, 2 per workshop. Leaders must be trained to facilitate the program by certified Maser Trainers.
Facilities:	Tables in U-shape or circle, chairs, ADA accessible
Data Collection:	Evaluation and survey forms will be available and required by MNRAAA
Program Monitoring:	MNRAAA will provide program support and fidelity monitoring
For more information:	http://www.mainehealth.org/mh_body.cfm?id=432