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

January 28, 2020

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 Mi 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
How Are Programs Added to the Evidence-Based Program “Approved” List?

Ellen Schneider, MBA
Manager, Evidence-Based Program Review Process

January 28, 2020
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.

Evidence-Based Program (EBP) Review Process

Stage 1 Review
- Letter of Intent
- Stage 1 Application

Criteria
- Outcomes
- Research
- Publications
- Current Activities

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

Stage 2 Review

Criteria
- Dissemination
- Training
- Quality Assurance
- Technical Assistance

Approved for EBP List

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

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

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* Tai Chi Fundamentals Adapted
**Participants all had a chair for optional side support when needed
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!
Published Recognition: Results!

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

- **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
Tai Chi Prime Leader Training Steps

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](http://taichihealth.com)
¡Sí, Yo Puedo! controlar mi diabetes

Ninfa Peña-Purcell
PhD, MCHES
¡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.
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
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 4
- Plate method with single foods
- Being active with diabetes

Session 5
- Carbohydrates
- Food labels and 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
Si su nivel de glucosa está entre 181 y 300:
Llame a su doctor o enfermera si permanece así por una semana.
Evaluation
Evaluating
*Sí, 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

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Respecting Choices

A System for Person-Centered Decision Making that Transforms Healthcare

January 28, 2020
Kathleen Ziemba, MSW, LCSW
Senior Faculty Consultant

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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.

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.
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
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

Person-Centered and Family-Oriented Care

Advance Care Planning
Preparing for future healthcare decisions

Shared Decision Making in Serious Illness
Making current healthcare decisions

Person-Centered Decision Making

Respecting Choices®
PERSON-CENTERED CARE
Stages of Person-Centered Decision Making

**First Steps® ACP**

**Target Population:**
- Adults who have not started or are not 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
Design Elements of a System

Leadership Matters

- System Redesign
- Education and Certification
- Community Engagement
- Continuous Quality Improvement
Use of Respecting Choices Programs Helps to Achieve IHI Quadruple Aim

Our Value Proposition

- Increased individual and family satisfaction
- Increased prevalence of quality planning
- Increased percentage of plans at time of death
- Increased number of hospice admissions
- Reduction in caregiver stress, anxiety, and depression
- Reduction in family stress, anxiety, and depression
- Reduction in number of hospital deaths
- ACOs and health plans save money*

* 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.

"The impact ‘[Respecting Choices]’ has had on costs, family satisfaction, and clinical quality has been dramatic."

– President and CEO of Health System
Transforming the Culture of Healthcare

- Cultural change; transformative
- Organization and community effort
- Involvement of multiple professionals
- Commitment to learning new skills and practices
Thank you.
I look forward to continuing the conversation!

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Thank you!

Type any 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. They will also be archived on our website, www.ncoa.org/cha.