

ADRC Prevention Programs

All of the prevention interventions that the ADRC uses are evidence-based, meaning that they have been researched and proven to be effective as a way to affect positive change.

Living Well*

The Chronic Disease Self- Management Program (Living Well) is a workshop that meets for 2 ½ hours a week, for six-weeks where people with different chronic diseases attend together. Workshops are facilitated by two trained leaders, one or both of whom are peers with chronic conditions themselves. Sessions are highly participatory, where mutual support and success builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Subjects covered include:

1. Techniques to deal with problems such as frustration, fatigue, pain, and isolation
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, nutrition
5. Making informed treatment decisions
6. Making action plans

*Available on-line as Better Choices, Better Health.

Sure Step

Sure Step is a one-on-one intervention conducted by a physical therapist, occupational therapist, or registered nurse. The assessment for risk of falls is conducted in person's home and includes evaluation of medications, home environment, vision, cognition, balance, gait, and other factors. Writ-ten recommendations are prepared for the individual and the primary care physician.

It takes approximately 2.5 hours to complete the assessment and recommendations, then there is phone contact once per month for 12 months.

Stepping On

Stepping On is a seven-week workshop using adult education to develop the knowledge and skills needed to help older adults prevent falls. It focuses on how strength and balancing exercises, medication management, home safety, footwear, vision, and mobility all play an important role in fall prevention.

The workshop:

- Increases awareness of fall risks
- Helps participants be more informed about the factors that contribute to their risk of falling
- Includes guest experts on certain topics
- Follows through on the use of prevention strategies after the workshop is completed
- Includes a follow-up "booster" class to review achievements