



Evidence Based Chronic Disease Self Management Living Healthy and Tomando Control de su Salud Programs

Chronic Diseases, such as heart disease, stroke, cancer, diabetes, and arthritis are among the most common, costly, and preventable of all health problems in the United States. Lack of physical activity, poor nutrition, tobacco use and excess alcohol consumption are the culprits of such illnesses, suffering, and early death.

Chronic Disease Self Management (Living Healthy and Tomando Control de su Salud) programs strive to meet the following goals:

1. Increase community access to evidence based interventions for chronic diseases.
2. Enable older adults to build self-confidence to assume a major role maintaining their health and managing their chronic health conditions.
3. Increase efforts to significantly reduce disease progression and disability among people, age 60 and older, who have a chronic disease.

Target Population:

60 and older, with a chronic disease.

Class Size/Meeting:

To maintain integrity of the programs, we would like to enroll and maintain 10 to 16 participants for each session. The classes meet for 2.5 hours once a week for six weeks. The goal is to have at least ten or more completers at the end of the six weeks.

Curriculum:

1. Relaxation techniques
2. Changing diets and eating habits
3. Managing sleep and fatigue
4. Using medication correctly
5. Exercise; and
6. Communication with health providers

Outcomes:

1. An increase in healthy behaviors
2. Positive change in health status
3. Increased self-efficacy
4. Better communication with health providers; and
5. Fewer visits to physicians and emergency rooms.

Cost:

FREE

For information about the programs, please call (305) 670-6500, ext. 225. Thank you.





Evidence Based Chronic Disease Self Management A Matter of Balance and Un Asunto de Equilibrio

Many seniors experience fear of falling and restrict their activities due to this fear. A Matter of Balance acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear. These include:

- Promoting a view of falls and fear of falling as controllable
- Setting realistic goals for increasing activity
- Changing the environment to reduce fall risk factors
- Promoting exercise to increase strength and balance.

Target Population:

- 60 or older
- Concerns about falling
- Suffered a fall
- Isolated due to a fear of falling
- Interested in improving flexibility, balance, and strength

Class Size/Meeting:

To maintain integrity of the program, we would like to enroll and maintain 10 to 14 participants for each session. The sessions meet for 2 hours once per week for eight weeks. The goal is to have at least eight completers at the end of the six weeks.

Curriculum:

- Session 1: Introduction to the Program
- Session 2: Exploring Thoughts and Concerns about Falling
- Session 3: Exercise and Fall Prevention
- Session 4: Assertiveness and Fall Prevention
- Session 5: Managing Concerns about fall
- Session 6: Recognizing ‘Fall-ty’ Habits
- Session 7: Recognizing Falls Hazards in the Home and Community
- Session 8: Practicing ‘No Fall-ty’ Habits

Outcomes:

Participants demonstrated significant improvements after completing A Matter of Balance in their level of falls management, falls control, level of exercise and social limitations with regard to concern about falling.

Cost:

FREE

For information about the programs, please call (305) 670-6500, ext. 225. Thank you.

