

## **Evidence-Based Health Programs Offered under Funding from LA Department of Aging**

Evidence-based programs use a tested curriculum so every participant receives the same information. The result is a growing body of research in social and behavioral sciences demonstrating that certain approaches and strategies for working with older adults and families can positively impact important problems such as energy, motivation, depression, falls, and management of chronic health conditions.

### ***UCLA Memory Training***

This Memory Training course is based on research conducted by Dr. Gary Small and Dr. Karen Miller of the UCLA Memory and Aging Center and provides an innovative educational program for people with age-related memory concerns. Participants learn in small groups, through a combination of presentations with group discussions, memory quizzes, and skill-building exercises. This program focuses on teaching new skills in a low stress, fun environment.

**Duration:** 1.5 hour sessions once a week for 4 weeks

### ***Arthritis Foundation Exercise Program***

This group exercise program, developed by the Arthritis Foundation, can help safely make physical activity part of every day life. The low-impact physical activity is proven to reduce pain and decrease stiffness, and help improve functional ability, self-confidence, self-care, mobility, muscle strength and coordination. The six-week program meets two times a week for an hour and the routines include gentle range-of-motion exercises that are suitable for every fitness level.

**Duration:** One hour sessions twice a Week for 6 weeks

### ***Healthier Living (Chronic Disease Self-Management Program)***

Developed by Stanford University, this program aims to help those with any chronic condition (whether it's allergies, insomnia, diabetes, cancer recovery, etc..) to become a positive and proactive manager of their own health with the ultimate goal of enhancing their health, activities, and emotional well-being. The focus is on problem-solving and positive strategies to deal with challenges such as frustration, fatigue, pain and isolation; increasing exercise to maintain and improve strength, flexibility and endurance; appropriate use of medications; effective communication with family, friends, and health professionals; nutrition; and how to evaluate new treatments.

**Duration:** 2.5 hour sessions once a week for 6 weeks.

### ***Matter of Balance***

A Matter of Balance is a program for people who have fallen in the past, have a risk of falling and who may be reducing their activities due to a fear of falling. Developed by Stanford University, the program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

**Duration:** 2 hour sessions once a week for eight weeks.

### ***Powerful Tools for Caregivers***

This program helps family caregivers take care of themselves while caring for an older relative or friend. Family or friends caring for a loved one develop self-care tools to help them manage and reduce stress; communicate effectively with family members and professionals involved in the caregiving; reduce guilt, anger and depression; set goals and problem-solve; and make tough decisions. *Note: This class is for anyone with older family members.*

**Duration:** 2.5 hour sessions once a week for six weeks.