



Program Descriptions

FALLS PREVENTION

A Matter of Balance

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and 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. Learn more at <http://www.mainehealth.org/mob>.

Stay Active and Independent for Life (SAIL)

SAIL is a strength, balance and fitness program for adults. This workshop is designed to reduce the risk of falling by teaching participants how to perform exercises that improve strength, balance and fitness. Learn more at <http://1.usa.gov/1FOILIJ>.

Stepping On

Stepping On offers people a way of reducing falls and at the same time increasing self confidence in situations where they are at risk of falling. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review. Learn more at <http://www.stepson.com/>.

Tai Ji Quan: Moving for Better Balance

This program aims to help older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements. Learn more at <http://tjgmbb.org/>.

CHRONIC DISEASE MANAGEMENT

Living well with Chronic Conditions/Chronic Disease Self-Management (CDSMP)

This program is designed to help participants deal with chronic conditions. Topics include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments. Learn more at <http://stanford.io/18D8GUE>.



CHRONIC DISEASE MANAGEMENT

Tomando Control de su Salud (Spanish CDSMP)

This is the Spanish version of CDSMP. Topics include: healthy eating, appropriate exercise for maintaining and improving strength, flexibility, and endurance, managing depression, appropriate use of medications, communicating effectively with family, friends, and health professionals, relaxation techniques, and appropriate use of the health care system. Learn more at <http://stanford.io/299xtmp>.

Arthritis Foundation Exercise Program (AFEP)

AFEP is a community-based recreational exercise program developed by the Arthritis Foundation. Trained AFEP instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. The program's demonstrated benefits include improved functional ability, decreased depression, and increased confidence. Classes typically meet two or three times per week for an hour. To find out about availability in your area, locate your state arthritis program. Learn more at <http://www.cdc.gov/arthritis/partners/funded-states.htm>

Chronic Pain Self-Management Program (CDSMP)

Chronic Pain Self-Management is designed for people who have a diagnosis of chronic pain and ideas for how to deal with their symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments. Learn more at <http://stanford.io/1xL5kXf>.

DIABETES PREVENTION & MANAGEMENT

Living well with Diabetes/Diabetes Self-Management Program (DSMP)

This program is designed for people with type 2 diabetes and how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with health care providers. Learn more at <http://stanford.io/1B7Ri4a>.

ICAN Prevent Diabetes/National Diabetes Prevention Program (NDPP)

ICAN Prevent Diabetes is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. The topics include tips on eating healthier, reducing stress, and getting more physical activity to become a healthier you. Learn more at <http://icanpreventdiabetes.org/>.