Offering Evidence-Based Programs During the COVID-19 Pandemic

March 25, 2020

Presenters:

- **Paige Denison**, Sound Generations & Project Enhance
- **Kate Lorig**, Self-Management Resource Center
- **Shannon Myers**, Wisconsin Institute for Healthy Aging
- **Jennifer Raymond**, Elder Services of the Merrimack Valley & Healthy Living Center of Excellence
- **Lesley Steinman**, University of Washington, Department of Health Services
- **Jennifer Tripken**, National Council on Aging
- **Kathleen Zuke**, National Council on Aging
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.
Goals for Today

• Discuss what we know about older adults and COVID-19
• Share what we know about implementing evidence-based programs remotely
• Provide guiding principles as we develop new approaches
• Share available resources
What we know now: Older adults and COVID 19

- The CDC is recommending avoiding close contact and gatherings of 10 people or more
- State and local health departments are issuing specific guidance, including shelter-in-place orders in effect in some locations
- Older adults are at higher risk for severe illness due to COVID-19
- Physical distancing is especially important for older adults during this time
- Most community-based organizations have closed physical operations and are identifying ways to serve clients through meal delivery services and remote programming
- Older adults are particularly at risk for social isolation, loneliness, lack of access to food and medications, and difficulty accessing health care at this time
NCOA’s COVID-19 Resource Center

www.ncoa.org

• Upcoming and archived events
• FAQs for older adults, caregivers, and professionals
• Government resources
• Tips and tools
• Updated daily
What we know now: Evidence-based programs

Are you canceling health promotion programs? (n=140)

- Yes
- No
- We're considering canceling workshops, but are still undecided.

**Note**: Data collected March 12-19, 2020. Reported status in programming may have changed since response.
What we know now: Evidence-based programs

- Guidance for physical distancing has changed rapidly
- Likely, we need to consider options for remote services for the immediate future

For how long are you planning to cancel in-person health promotion programs? (n=118, 3/12-3/19)

- More than 1 month
- Indefinitely
- 3-4 weeks, then reassess
- 2 weeks, then reassess
- 1 week, then reassess
What we know now: Evidence-based programs

- **Website:** [https://www.ncoa.org/uncategorized/track-health-promotion-program-guidance-during-covid-19/](https://www.ncoa.org/uncategorized/track-health-promotion-program-guidance-during-covid-19/)
- Each program has different guidance for how to proceed when in-person programs are not possible
- Some programs can be tested remotely and others cannot
- If you have information on a program, email kathleen.zuke@ncoa.org
- If you have a question and don’t know who to ask, email healthyaging@ncoa.org

Track Health Promotion Program Guidance During COVID-19

*Posted on March 23rd, 2020*

- **Events**
  - During a period of physical distancing due to COVID-19, community-based organizations are canceling health promotion programs and exploring options for connecting remotely. Check this page regularly for updates from individual programs on whether it’s feasible to continue implementation when in-person gatherings are not possible.

- **Behavioral Health**

- **Chronic Disease Self-Management Education**
Self-Management Resource Center
Chronic Disease Self-Management Programs

The Self-Management Resource Center provided guidance on ways to continue programs, including:

1. **Online Better Choices, Better Health®**
   - Learn More about Better Choices, Better Health online, March 27 @ 3 p.m. ET
   - Contact nkaufman@canaryhealth.com for options

2. Continue in-person workshops using video conferencing

3. **Mailed Tool Kits (delivered alone or with telephone contact)**
   - View detailed information [here](#)
   - View a webinar recording on responding to COVID-19 and CDSME workshops [here](#)
Current Program Guidance

Behavioral Health

Healthy IDEAS (Identifying Depression Empowering Activities for Seniors): All training canceled. Phone/video-conference allowable for new and existing participants.

PEARLS (Program to Encourage Active, Rewarding Lives for Seniors): April/May training to be held remotely, contact Caitlin Mayotte for information. Phone/video-conference allowable for new and existing clients.

Chronic Disease Self-Management Education

EnhanceWellness: Phone/video-conference allowable. Contact paiged@soundgenerations.org to register for a webinar on remote implementation in March.

Caregiver Support

Stress-busting Program for Family Caregivers: Online delivery allowable for master trainers and registered group facilitators that complete training on how to deliver the program via webinar. See website for registration and additional resources.

Powerful Tools for Caregivers: Telehealth delivery is allowable for certified class leaders. Online leader training is in development.
Current Program Guidance

Falls Prevention, Nutrition & Physical Activity

**A Matter of Balance**: Evidence does not support remote implementation. Refer all participants to other resources.

**CAPABLE**: Pause program for new participants; phone/video-conference options allowable for participants midway or nearly complete.

**EnhanceFitness**: Evidence does not support remote implementation. Refer all participants to other resources.

**Fit & Strong!**: Evidence does not support remote implementation. Refer all participants to other resources. Online instructor training is available, contact [Andrew Demott](mailto:Andrew.Demott@ncoa.org) for more information.

**Eat Smart, Move More, Weigh Less**: No changes, this program is always delivered online.

**On the Move**: Evidence does not support remote implementation. Refer all participants to other resources.

**Stay Active and Independent for Life (SAIL)**: Pause program for new participants; video conferencing allowable for participants previously familiar with SAIL. Online training available for persons interested in becoming a SAIL Program Leader through [Pierce College](http://www.pierce.edu).
Current Program Guidance

Falls Prevention, Nutrition & Physical Activity (continued)

**The Otago Exercise Program**: Pause group programming and continue with in home exercises. Physical therapists and/or community providers should check in with participants on progress virtually.

**Geri-Fit Strength Training Workout**: Free, 45-minute strength training and balance workout available online for users that register on the Geri-Fit website.

**HealthMatters Program**: Leader training available via webinar; in the process of identifying strategies to serve adults with intellectual and developmental disabilities during this time.

**Tai Chi for Arthritis and Falls Prevention**: Remote implementation via video-conference is temporarily allowable. Use the quick reference guide and lesson plan.
5 Tips for Moving Forward

1. One step at a time
   - Address basic needs first, i.e. shelf stable meal delivery, access to medication, health care access, etc.
     - Senior Nutrition Network COVID-19 Response Townhall Toolkit
   - Community-based organizations have spent years developing robust infrastructure for delivering in-person programs—it will take time to change.
   - If possible, identify a program that is feasible to implement remotely or simply identify ways to stay in touch with older adults while self-isolating.

2. Communicate with program developers about any new methods
   - Programs are issuing individual guidance—check our website often for updates, Track Health Promotion Program Guidance During COVID-19
   - If you have an idea for how a program could be delivered remotely—check with the program developer first.
5 Tips for Moving Forward

3. Stay in touch with program leaders

If you can implement remote programs...

• Some leader trainings can still be held online (Track Health Promotion Program Guidance During COVID-19)
• If you are moving in-person implementation to online, consider leader characteristics that will make this most successful (If you develop a process, let us know!)
• Resources (developed for in-person, but can be adapted for moving to virtual):
  • Wisconsin: Tips and Reminders for New CDSME Leaders
  • Massachusetts: CDSME Performance Action Plan for Leaders
  • Nebraska- Fillable Action Plan for Leaders
  • More… Best Practices Toolkit: Resources from the Field

If you cannot implement remote programs...

• If specific health promotion programs are not possible remotely, consider ways you can use program infrastructure to reduce social isolation (e.g. informal one-on-one or group check in calls, contact past participants for ongoing discussion and connection, etc.)
5 Tips for Moving Forward

4. Individuals with chronic conditions need support through the pandemic
   • Physical distancing and challenges in accessing health care could lead to complications for individuals with multiple chronic conditions, even if they don’t contract COVID-19
   • Staying connected and having support from CDSME programs may be especially helpful during this time

5. If programs are unavailable, share resources for older adults to be physically active independently.
   New blog: Encouraging older adults to stay active and safe during the coronavirus pandemic
   • Sit Less, Move More Checklist
   • Move Your Way
   • Staying Active During the Coronavirus Epidemic
   • Inclusive home workouts on YouTube
   • National Institute on Aging’s Go4Life website
ACL CDSME & Falls Prevention Grant Funding

• See ACL guidance here
  • FAQ: Health Promotion and Disease Prevention Programs - March 12, 2020 (PDF)
  • Senior Nutrition Program

• It is not an ACL expectation that CDSME and Falls Prevention Grantees and their partner organizations deliver in-person classes at this time.

• Organizations will have the opportunity to re-visit work plans and participant/completer goals at a later date, in collaboration with your ACL Project Officer.

• Notify your ACL Project Officer and NCOA Technical Assistance Liaison if you are considering alternative delivery methods.

• Grant funding may be re-allocated to support remote implementation, when approved by the program developer and ACL Project Officer.
Upcoming Events & Next Steps

- Check [www.ncoa.org](http://www.ncoa.org) for updated information
- **NCOA Tele-Town Hall: Caring for Older Adults During the COVID-19 (Coronavirus) Pandemic**, Friday, March 27 @ 2 p.m. ET; dial in at 1-888-475-4499, event passcode: 423 660 186
- **Learn More about Better Choices, Better Health online**, March 27 @ 3 p.m. ET
- View the [Senior Nutrition Network COVID-19 Response Townhall Toolkit](#)

**Next Steps**

- Options for using remote technology
- More details on data collection and management
- More details on programs ready to use remotely
QUICK SURVEY
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.