Aging Mastery Program®: Virtual Edition

- Flexibility and experimentation are key:
  - Platform (Zoom, WebEx, teleconferencing most popular)
  - Length of sessions (60-90 minutes)
  - Cadence: 1x or 2x/week
  - Curriculum downloadable, if necessary. (Participants should still receive the core kit at an appropriate time.)

- Engagement is necessary:
  - Pre-reads, frequent questions, chat features, breakout rooms
Same recommendations apply:
  o Flexibility
  o Experimentation
  o Engagement

Facilitator Guide: starting point for conducting classes.

Online “book club” using the Aging Mastery Playbook as focal point.
  o Number of sessions varies
Aging Mastery® Playbook Club

Aging and Disability Resource Center
Of Barron, Rusk, and Washburn Counties (WI)

Peggy Schmidt
Caregiver/Health Promotion Specialist
Outreach and distribution via:

- ADRC website
- Facebook pages for each ADRC (three counties)
- Monthly newspaper for each ADRC (three counties)
- Weekly caregiver newsletter
- Meals on Wheels
- Faith in Action’s grocery delivery
- Grab & Go Meal pick-up
- AddLife rides
Marketing Outcomes

- About 30 people expressed interest in the class.
- Most heard about the class via a mailing or an “in-person” interaction—grocery delivery, Meals on Wheels, or Grab & Go meal.
- 11 people registered.
Information Mailed to Registrants

- Telephone conference tip sheet.
- Aging Mastery Playbook Club by Teleconference sheet (weekly agenda).
- Aging Mastery Playbook Club Handout (overview of items in the Starter Kit).

Note: These materials created by the ADRC. Some sites are also sending out the facilitator guide to participants.
Participant Feedback

▪ I look forward to the calls each week.

▪ This has helped me to be more mindful of the things I know I should be doing.

▪ Many of the activities show it is important to continue to exercise, budget, connect socially, eat healthy, and drink more water.

▪ I have to drop out of class for health reasons, but I have enjoyed the sessions I was a part of. What you are doing is important. (92-year-old, former ADRC director)
Lessons Learned

- Work with NCOA during **program design** and implementation.
- Survey your audience on **computer access**. Many older adults in rural areas do not have computers or Internet access. Many who do primarily use Facebook.
- Be prepared that telephone conference calls can have their own challenges. Some individuals have **limited minutes** on their **cell phone** plans.
- **Check the kits** before you finalize lesson plans. (The stickers, for example, are being phased out.)
- Consider having a **co-facilitator**.
  - Worked with gerontology student at local technical college: reviewed the curriculum and met before/after each class.
Questions and Next Steps

- Previous webinars: Go to NCOA.org home page>COVID-19 Resources for Professionals (https://www.ncoa.org/ncoa_acf/covid-19-resources-for-professionals/)
- Aging Mastery store: ncoa.org/AMPmaterials
- Email us at AMP@ncoa.org with your questions.
See you at Age + Action!

- **Monday, June 8 at 3:30pm:** “Beyond Implementation: Using the Program Sustainability Tool to Assess and Plan for Sustainability”

- **Tuesday, June 9 at 11:30am:** “Breaking Through: Reaching LGBT Elders Through the Aging Mastery Program®”

- **Tuesday, June 9 at 1pm:** “Looking Beyond p-values to Assess Effectiveness: Results of a Mixed-methods Evaluation of the Aging Mastery Program®”

- **Wednesday, June 10 at 1pm:** “Sex and the Aging Mastery Program: Creating a Curriculum for Improving the Sexual Health of Older Adults”