

Evidence-Based Programs

Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work:

The Area Agency on Aging, in cooperation with the Virginia Department of Aging and Rehabilitative Services, offers both Health and Wellness and Falls Prevention Evidence-Based Programs.

Health and Wellness



Chronic Disease Self-Management Program

This 6-week workshop helps adults living with chronic conditions such as arthritis, diabetes, depression, heart, lung, or kidney disease, and fatigue. Learn practical symptom management techniques.

- Work more effectively with health care providers
- Action-planning, problem-solving, decision-making
- Exercise for maintaining and improving strength and endurance
- Healthy eating



Matter of Balance Managing Concerns About Falls

This 16-hour award-winning program is designed for adults 60 and older to manage concerns about falls, improve self-efficacy and increase activity levels. Emphasizes cognitive restructuring and practical strategies to manage and view falls as controllable.

- Set goals for increasing activity
- Problem-solve
- Make changes to reduce fall risks at home
- Exercise to improve strength, endurance, and flexibility



MANAGING CONCERNS ABOUT FALLS

Fall Prevention

Bingocize®

This proven 10-week health promotion program is a socially engaging group-based program combining bingo with a mix of exercise, health and fall prevention education to help overcome health problems.

- Socialization
- Cognitive improvement
- Physical improvement



Tai Chi for Arthritis and Fall Prevention

This 16-hour program is focused on a series of slow moving meditative whole-body exercises.

- Increases strength and flexibility
- Decreases pain in joints
- Decreases stress
- Helps reduce high blood pressure
- Increases sense of well-being.
- Improves balance



**For more information about programs or how you can become a volunteer instructor,
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Call 571-241-3925 or email kwiley@pwcgov.org**