Health Promotion for Older Adults and People with Disabilities (2015-2017)

Overview
Oregon’s Aging & Disabilities Resource Connection (ADRCs) provide a critical role in linking Oregonians to preventive services and effective community programs that support health and independence. As a core partner of the ADRCs, Oregon’s 17 Area Agencies on Aging (AAAs) have a long history of supporting health promotion using Older Americans Act Title IIID health promotion funds, as well as other grants and partnerships. Area Agencies on Aging work with public health, health systems, senior centers, faith communities, and other community partners to support and promote programs to older adults in their communities. The Oregon State Legislature approved $1.25 million for the 2015-17 biennium to support effective programs to help older adults maintain health, safety, and independence in their communities.

Evidence-Based Health Promotion Programs
ADRCs refer older adults to preventive health services, provide community and home-delivered meals, and assist with transportation to needed services. In addition, Oregon AAAs support evidence-based health promotion programs that have been demonstrated through research and published evaluation to have a positive impact on the health of older adult participants. Programs address:

- Physical activity and falls prevention
- Chronic disease self-management
- Care transitions
- Support for family caregivers
- Depression and mental health

Program Reach
Between July 1, 2015 and June 30, 2017, 5,160 older adults across the state successfully completed evidence-based programs – attending programs to a level where research indicates a significant impact on health. Two-thirds of participants were female, 49% reported living alone, and 27% were at or below the poverty level.
Program Impact

AAAs support healthy aging programs that have been carefully evaluated with published results, so Oregon’s programs can be expected to have similar impacts and results. Some example of impact:

- **Living Well – Chronic Disease Self-Management Programs.** Those who complete these 6-week workshops developed at Stanford University have been shown to spend fewer days in the hospital, have fewer outpatient and emergency room visits, and experience improvements in their overall health, quality of life, energy level, and ability to participate in life activities.

- **Diabetes Prevention Program.** This program for people with pre-diabetes provides initial group meetings and then ongoing support for up to one year, resulting in significant impact on weight loss and decreased risk for developing diabetes.

- **Coleman Care Transitions.** This program includes hospital and home visits to significantly decrease the risk of readmission for older adults transitioning out of the hospital.

- **Tai Chi: Moving for Better Balance.** As originally researched in Oregon, participants who regularly attend classes over several months have a 55% reduced risk of falls, and significant improvements in balance.

- **Walk with Ease.** With three-times-a-week walks and information on exercise and arthritis, this program has been shown to reduce arthritis-related pain; increase balance, strength, and walking pace; and improve overall health.

- **Powerful Tools for Caregivers.** Participants in this 6-week workshop have significant improvements in emotional well-being, self-care behaviors, self-efficacy, and use of community services.

Find a Program in Your Community

Community providers, older adults, and people with disabilities can find locally available, effective and nationally-recognized programs through the ADRC website – [www.ADRCofOregon.org](http://www.ADRCofOregon.org) - or statewide toll-free number: 1-855-ORE-ADRC (1-855-673-2372).

**Ed cares for his mother with Alzheimer’s disease, and started the Powerful Tools program saying, “I’m at the end of my rope. I don’t know what to do anymore.” Through Powerful Tools, Ed learned effective communication skills; as a result, other family members are now playing a more active role in caregiving and Ed is able to have needed time off. He is now connected to the Alzheimer’s Association and STAR-C program for further assistance. **(Jackson County)**

For more information, contact:
Jennifer Mead
DHS-Aging & People with Disabilities
971-673-1035
jennifer.mead@state.or.us

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the State Unit on Aging at Oregon DHS – Aging & People with Disabilities - 866-535-8493.