ADRC
Aging and Disability Resource Connection of OREGON

Health Promotion for Older Adults and People with Disabilities (2017-2019)

Overview

Oregon's Aging & Disabilities Resource Connection (ADRC) provides a critical role in linking Oregonians to preventive services and effective community programs that support health and independence. As a core partner of the ADRC, Oregon's 16 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 provide programs to older adults in their communities. The Oregon State Legislature approved $1.25 million for the 2017-19 biennium to expand availability of these effective programs that help older adults maintain health, safety, and independence.

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, 2017 and June 30, 2019, 6,642 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; 18% were 85 years old or older; over half reported living alone; and 29% were at or below the poverty level.

"I came to the **Tai Chi** class after suffering a back injury…Since taking this class I have been able to be more active daily and I feel I have my life back again!" *(Linn County)*

As with many **Care Transitions** participants, this individual was discharged without one of his new prescriptions. We called his neighbor who agreed to pick up the medicine. I realized he also needed grab bars in his bathroom, so I made a referral and a contractor came out the following week to repair the rotten floor near his front door and installed grab bars. *(Washington County)*

"The **Diabetes Prevention program** has done so much for me and my family. I have lost 7% body weight and am continuing to lose. Our family's eating habits have evolved into a very healthy menu." *(Deschutes County)*

"I wish I had known about the **Living Well Program** before. I loved the opportunity to interact with others who are also dealing with challenging health conditions." *(Umatilla County)*

"The walking and feeling of confidence of not falling…I think **Otago** is a great program and it worked well for me." *(Marion County)*

Program Impact

AAAs support healthy aging programs that have undergone extensive evaluation and have published results. State funds have been used to support availability of these already-proven approaches. Based on existing research, program impacts for older Oregonians who completed programs during the 2017-19 biennium include:

- **Chronic Disease Self-Management Programs**. (1,027 completed) Individuals 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.
- **Tai Chi: Moving for Better Balance**. (1,491 completed) Developed and researched in Oregon, this program has demonstrated a 55% reduced risk of falls, and significant improvements in balance.
- **Coleman Care Transitions**. (2,250 completed) Hospital and follow-up home visits significantly decrease the risk of readmission for older adults transitioning out of the hospital.
- **Walk with Ease, Arthritis Foundation Exercise Program, Better Bones & Balance, StrongWomen, Enhance Fitness**. (1,043 completed) These walking and exercise programs have been shown to reduce arthritis-related pain; increase balance and strength; and improve overall health.
- **Powerful Tools for Caregivers, Savvy Caregiver**. (351 completed) Participants in these 6-week workshops have significant improvements in emotional well-being, self-care behaviors, self-efficacy, and use of community services.
- **Otago**. (141 completed) This in-home falls prevention program has been shown to reduce falls and fall-related injuries by 35% among frail older adults at high risk for falling.

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** - or statewide toll-free number: 1-855-ORE-ADRC (1-855-673-2372).

"The **Chronic Pain Self-Management Program** was very useful. It reminded me that there are areas of my life I cannot change, but I can make them more manageable." *(Lane County)*

"As a result of the **Diabetes Self-Management Program**, I have learned to better manage my blood levels. I can now have a surgery I needed because my levels are better. "*(Lake County)*

"I have been caring for my 97-year old mother for 13 years. The information presented in **Powerful Tools for Caregivers** was invaluable. I came away feeling empowered and grateful for the information received." *(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.