

Health and Wellness Evidence-Based Programs

Fact Sheet

The Health and Wellness evidence based educational workshops are available through the Berks County Area Agency on Aging and Berks Encore. For more information, contact the Area Agency on Aging, 610-478-6500 or Berks Encore, 610-374-3195.

Chronic Disease Self-Management (CDSMP) – developed by Stanford University, this six week workshop meets for 2 ½ hours for six consecutive weeks. Through active participation, the sessions focus on building skills by offering tips, tools and techniques to help individuals better manage their chronic diseases/conditions. Evidence shows that self-management education can help reduce pain and fatigue, elevate mood, increase self-confidence, increase physical activity, and better quality of life. Benefits of this workshop include:

- Learning day to day strategies for managing and coping with chronic health conditions
- Techniques to deal with pain, fatigue, and physical limitations
- Learning tool to communicate more effectively with health care providers, family and friends
- Learning options in making healthier food and exercise choices
- Learning better breathing techniques, relaxation and ways to reduce stress

Diabetes Self-Management (DSMP) – developed by Stanford University, this six week, 2 ½ hour weekly class helps individuals with diabetes learn how to enhance the management of their diabetes (and other chronic conditions) and help to improve their overall health. By focusing on living better with diabetes, course offerings include coping skills & strategies for daily living, healthy eating, physical activity, diabetes monitoring and more. The benefits seen by participant in this workshop include:

- Developing a good understanding about diabetes, blood sugar balance and monitoring
- Learn about healthy eating and the formulation/development of a healthy meal plan for living with diabetes
- Understand how factors such as illness, medications and others influence the management of diabetes
- Understand the relationship between exercise/physical activity and diabetes
- Learn coping skills, stress/relaxation techniques and other tools to help with daily issues faced by someone living with diabetes

Chronic Pain Self-Management (CPSM) – developed by Stanford University and is a six week, 2 ½ hour weekly class. Participants share and learn from other participants which helps to improve mental health, reduce pain and dependence, increase energy and become more involved in everyday activities. Skills acquired include:

- Techniques to deal with frustration, fatigue, isolation & poor sleep
- Appropriate use of medications and evaluating new treatments
- Learning how to pace activity and rest
- Learning about nutrition
- Learning about effective communication with family, friends and the healthcare team.
- Learning a very gentle stretching routine which can be safely continued at home

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Healthy Steps for Older Adults (HSOA) – this four hour fall prevention educational workshop, developed by University of California at Berkeley, increases knowledge and awareness of fall prevention, home safety, and other factors that play a role in fall prevention such as foot wear, medications, depression and stress. Three physical skills screenings are conducted to determine fall risk as well as a four-week follow-up with each participant. A participant workbook is provided.

Healthy Steps in Motion (HSIM) – is an exercise program/class, lead by a certified HSIM instructor. The class is offered twice per week for 8 weeks. The class promotes balance, strength, aerobic exercise, endurance and mobility. The class involves stretching, strengthening, toning and resistance, warm-up and cool down.

A Matter of Balance – class can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. If you are age 60 and older, ambulatory and interested in problem-solving, improving flexibility and strength, this 8 week, 2 hr session per week class is for you. You will learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change environment to reduce fall risk factors
- Utilize exercises to increase strength and balance

Arthritis Foundation Walk With Ease Program

In the United States, 50 million adults and children have been diagnosed with arthritis. Maintaining healthy joints can reduce the risk or delay the onset of disability in older adults. The Walk With Ease program is conducted over 18 sessions of about 1 hour each, meeting 3 times a week for 6 weeks. Each session includes a brief educational lesson, gentle warm-up exercises, walking at *your own pace*, and some cool-down exercises. Participants will receive a book and are encouraged to walk on their own on days when no class is held.

Note: The three self-management workshops, Healthy Steps for Older Adults and A Matter of Balance are also offered virtually, either through a video conference program or using a self-directed Tool Kit which includes the participant textbook and weekly one-hour telephone conference calls with a trained instructor.