

TITLE III-D MIS SERVICE DEFINITIONS

Department of Aging and Disability Services
State Unit on Aging

Health Promotion Services

Service Unit: The service unit that is associated with a particular service is provided in parentheses next to the service name. This is the unit that must be used to calculate the monthly units received by a consumer.

All health promotion services funded under Title IIID must be evidence-based. The link to the NCoA Evidence-Based Search Tool is: <https://www.ncoa.org/evidence-based-programs/>

This tool can be used to review evidence-based programs. The statewide program coordinator shall be notified when the AAA intends to fund one of the programs in this tool. All services provided under health promotion must be approved by the statewide program coordinator.

All Title III-D funded programs MUST meet the Administration for Community Living's criteria for highest level evidence-based programs as outlined below.

- Demonstrated through evaluation to be effective for improving the health and well-being or reducing disease, disability and/or injury among older adults; *and*
- Proven effective with older adult population, using Experimental or Quasi-Experimental Design; *and*
- Research results published in a peer-review journal; *and*
- Fully translated in one or more community site(s); *and*
- Includes developed dissemination products that are available to the public.

Please contact the SWCAA Grants Manager with questions and for more information.

1. Chronic Disease Self-Management Education Programs (One Person Session)

This service provides for the Chronic Disease Self-Management Education Programs (CDSME), the Chronic Pain Self-Management Program, Tomando Control de su Salud and the Diabetes Self-Management Program (DSMP) which are designed to help people with chronic diseases gain self-confidence in their ability to control their symptoms, take on health challenges and maintain control of their lives. Other self-management programs may be eligible upon approval by the SUA. To fund these programs under Title IIID they must be evidence-based programs and approved by the SUA.

2. Fall Prevention – Physical Activity (One Person Session)

Fall Prevention – Physical Activity includes programs that incorporate strategies to reduce the fear of falling, increase physical activity levels, increase strength and balance, and reduce the potential for falls by addressing environmental changes that are proven to help older adults reduce their risk of falling. These programs can include, but are not limited to, the following evidence-based programs: A Matter of Balance, Enhance Fitness, Falls Talk, Stepping On, Tai Chi for Arthritis and Tai Ji Quan: Moving for Better Balance. To apply Title III D funds to this service it must be approved by the SUA as an evidence-based service.

3. Health Counseling (One hour)

Health Counseling provides individuals with an awareness of preventative, remedial and/or rehabilitative self-health care, which focuses on the particular health needs of participating individuals. To fund this service under Title IIID it must be an evidence-based program and approved by the SUA. Examples of evidence-based programs under this service are Enhance Wellness, BRI (Benjamin Rose Institute Care) Consultation, and SHARE (Support Healthy Activities Resources Education for Dementia).

4. Health Education (One Person Session)

Health education provides individuals or groups of participants with an awareness of preventative, remedial and/or rehabilitative self-health care, which is based upon the health needs of the particular individual/group. To fund this service under Title IIID funds, it must be an evidence-based program and approved by the SUA. Examples of evidence-based programs under this service are Bingocize – Eat Smart, Move More Weigh Less, Health Coaches for Hypertension Control, Powerful Tools for Caregivers and Mind Over Matter.

5. Medication Management (One Person Session)

A group of educational and/or screening services that optimize outcomes for individuals related to their medication use in order to prevent medication errors and adverse drug reactions. Services are based upon the responsibilities within the licensed pharmacist's, or other qualified health care provider's, scope of practice. To be funded under Title IIID, this service must be

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approved by the SUA as an evidence-based program. An example of an evidence-based program for this service is Homemeds.

6. Mental Health Screening and Referral (One Person Session)

Depression or alcohol self-management programs, or other substance abuse or mental health programs, facilitated by case managers, social workers, or social service providers that may include: screening and assessment, education for clients and family caregivers, referral and linkages to appropriate health professionals, and behavioral activations. Services may also include problem-solving treatment, social and physical activation, and follow-up phone calls. To be funded under Title IIID, this service must be approved by the SUA as an evidence-based service. Examples of evidence-based programs under this service are Healthy IDEAS (Identifying Depression & Empowering Activities for Seniors), SBIRT (Screening Brief Intervention and Referral to Treatment) or the PEARLS (Program to Encourage Active Rewarding Lives) Program

7. Physical Activity (One Person Session)

Physical activity programs focus on key areas important to the health and fitness of older adults such as stretching and flexibility, low-impact aerobics, strength training, and balance. These programs may also include components that include group-based problem-solving methods and strategies that integrate physical activity into everyday living. To be funded under Title IIID, this service it must be approved as an evidence-based program by the SUA. Examples of evidence-based programs for this service are Enhance Fitness, Walking with Ease, Active Choices, Active Living Every Day and the AEA (Aquatic Exercise Foundation) Arthritis Foundation Exercise Program
