

Evidence Based Program Implementation

Getting Started: Site Readiness and Beginning Class

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Dartmouth Centers for Health and Aging

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Site Readiness

Site readiness

- Organizational Readiness
- Program Champion
- Organizational Resources
- Organization's Instructor Support

Organizational Readiness Assessment

- Organization/Site Mission and priorities
 - How does the program(s) align with the organization's or site's mission?
 - Consider priorities and preferences
 - Types of programs offered- competition or complement to your program
 - Target population served
- Understanding and buy in of the program at all levels
 - Senior leadership
 - Program scheduler
 - Instructor
 - Program champion

Program Champion

- What is a champion?
 - Believe strongly in intervention – willing to take risk
 - Actively support, market, drive through intervention
 - Actively associates themselves with intervention
 - Supports others
- Who are the champions in your organization?
 - Instructor
 - Community member
 - Administrator
 - Scheduler/activities director/community outreach

Organizational Resources

- Space
 - TJQMBB (Ideally 500 square feet or larger)
 - MOB (large enough for chairs-and possibly table- for 8-12 participants)
 - Accessibility
- Equipment
 - Chairs (without arms TJQMBB)
 - Easel, writing utensils, manuals (MOB)
- Room set up
 - Ready for Instructor at start of class
 - Participant involvement?

Organization's Instructor Support

- Instructor time
 - Training
 - TJQMBB- 2 day workshop + 1 day refresher
 - MOB-Master Trainer 2 days, coaches training and supervision
 - Prep time for class
 - Learning curve- TJQMBB
- Session 0
 - Schedule space and instructor time
 - Advertising
 - Balance Day possibility/Informational session preparation
 - Assistance with TUG and 30 second sit to stand testing (TJQMBB)

Possible Barriers	Potential facilitators
Organizational buy in	Engage all levels initially Align with mission EBP offered as a compliment to programs Identify Champion in organization
TJQMBB learning curve	2 people sent to train as Instructors Practice time scheduled with others- TJQMBB.org video/Dawna resource Co-teach first session (TJQMBB)
Session 0	Balance Day Training- additional staff Advertise through usual channels Allow at least 1 month lead time
Data-paperwork & Set-up	Assistance from site staff Assistance from participant or volunteers

Barrier Break

Site Readiness Questions

Starting The Program

Ready to start

- Scheduling
- Advertising
- Participant referral into correct program
- Filling the class

Scheduling Considerations and Challenges

- Allow prep time for Instructors
- Co-teaching and cross coverage
- Time of Day
 - Mid-morning to mid-afternoon
 - Senior Bus schedule
 - Meals programs or other popular program conflict
- Time of Year
 - Snowbirds- Summer based programming
 - Away for the summer? Fall-winter based programming
 - Allow for “snow days” and holidays

Advertising

- Cost of program
 - ? Scholarships available
- “Balance Challenge” vs. “Falls Prevention”
- Current organization channels
 - Newsletter
 - Flyers
 - Announcements
 - Listserve
- Partnerships and task sharing
 - Distribute posters and flyers
 - Healthcare organization’s listserv
 - Past participant- Demo/word of mouth

DCHA Template

Fill in details for your site and class

Do you want to improve your Balance?

Join our Tai Ji Quan: Moving for Better Balance® Class!

Take steps now to improve your strength and balance and maintain an active lifestyle!

What is Tai Ji Quan: Moving for Better Balance®?

Tai Ji Quan: Moving for Better Balance® is a research based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older adults and people with balance difficulties.

This program can accommodate individuals who need some assistance with walking, such as use of a cane.

No prior experience with Tai Chi is needed. You will learn the movements over the course of a 24-week class in a supportive environment.



Please join us for the next Tai Ji Quan: Moving for Better Balance® session!

Date
Time
Location
Cost
Contact



Tai Ji Quan

Moving for Better Balance®

Research-based
balance training
designed for older
adults and people with
balance disorders



TJQMBB represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus from its historical use as a martial art or recreational activity to propagating health by addressing common, but potentially debilitating, functional impairments/deficits.

September 20 – March 9
T/TH • 1:30-2:30pm @ UVAC Fitness Studio
Cost: two \$120 Installments
Register at the Welcome Desk

For information contact Katherine MacPherson
802.296.2850 ex 104 • kmacpherson@uvacswim.org

 UPPER VALLEY
AQUATIC
CENTER
UVACswim.org • 802-296-2850

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

YOUR LOGO HERE

CLASS LOCATION
DATE, TIME

Classes are held twice a week
for 4 weeks for 2 hours each.

Program fee is XX

For more information please call

YOUR PHONE NUMBER HERE

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#00AM2780).

Matter Of Balance Template From Master Trainer materials

Referral to programs: Right Person-Right Place

- A Matter of Balance
 - Fear of falling
 - Sedentary older adults
- Tai Ji Quan: Moving for Better Balance®
 - Community level ambulation- can use assistive device
 - Difficulty with balance or falls- but can stand independently
- Both
 - Simultaneously or referral into one another
- Community Based Referrals
 - Aging services networks
 - Faith based groups
- Health Care Organization or EMS based Referrals
 - Possibly more high risk participants

Filling the class

- Balance Day
 - Use STEADI Screen to determine Fall Risk
 - Demo and discuss programs
 - Past participants involved
 - Ongoing- take names
- Wait list
- Other programs refer in
 - CDSME
 - Bone Builders
- Health care organization referrals
 - Physical Therapy
 - Primary Care

Possible Barriers to starting the class	Possible Facilitators
Timing not right for participants	TJQMBB- run “winter class” and “summer class” Think ahead- snow days and Holidays Work with sites- good time for most older adults and avoid conflicts with other programs
Difficulty getting the word out	Explore partnerships to reach more Allow enough time- use organizational resources Wording to attract participants
Cannot fill class	Balance Day Referrals from Healthcare providers Partner with other programs
Participant not happy with class- content or length	Program expectations clear Target appropriate participants TJQMBB- research, room for absence, ongoing exercise mentality, can miss some classes

Upcoming Implementation Workshops

- NH: April 4th, 9:00-2:00 Granite YMCA, Manchester, NH
- MA: May 16th, 8:00-1:00, Hyde Park Community Center, Hyde Park, MA

Data Reminders

- Send **cover letter** with all forms (each mailing to DCHA)
- Send **initial attendance sheet** (roster) after the first session with the initial Data
- **TJQMBB 12 weeks:** do 30 second sit to stand and TUG + Attendance
- Use website to **report start of classes** and obtain data forms:
www.nhfalls.org

Future Implementation Topics

- Retention of participants
- Coach recruitment and retention (MOB)
- Instructor Sustainability
- Program sustainability

Questions?