



# Healthy Aging NC



## Living Healthy (Chronic Disease Self-Management) Programs

### Living Healthy Chronic Disease Self-Management Program

For individuals who:

- Face any type of chronic disease
- Are interested in tools to cope with symptoms
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Chronic Disease Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

### Living Healthy Diabetes Self-Management Program

For individuals who:

- Have Type 2 Diabetes or have been told they have “pre-Diabetes”
- Are interested in tools to deal with the symptoms of diabetes
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Diabetes Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

### Living Healthy Chronic Pain Self-Management Program

For individuals who:

- Experience chronic pain
- Are interested in tools to cope with frustration, fatigue, poor sleep, and isolation
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Chronic Pain Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

### Walk With Ease Program

For individuals who:

- Have arthritis
- Are interested in reducing pain, increasing balance and strength, and increasing physical activity
- Would benefit from educational sessions combined with stretching and walking time

Walk With Ease meets 3 times a week for 6 weeks. Each session consists of a health education piece, stretching activities, and a 10-35 minute walk. A self-directed version is available online.

Visit <http://www.healthyagingnc.com> for class listings, online registration, and more information.

Please contact [healthyagingncinfo@gmail.com](mailto:healthyagingncinfo@gmail.com) with questions.



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## Community-Based Falls Prevention Programs



### **Otago Exercise Program**

Best suited for individuals who:

- Have sustained falls in the past and may be considered “frail”
- Have difficulty with gait, balance, or leg strength
- Are willing and able to work with a physical therapist
- Are limited in activities because of concerns about falling

The Otago Exercise Program (Otago) is an individualized balance and strength falls prevention program that is delivered by a physical therapist over the course of 52 weeks.

### **A Matter of Balance**

Best suited for individuals who:

- Walk independently or with a cane or walker
- Are able to participate in a group discussion
- Have a desire to learn how to reduce their risk of falling
- Have a desire to improve balance, flexibility and strength

A Matter of Balance is an 8-session structured group program that uses activities to address physical, social and cognitive factors affecting fear of falling and to teach falls prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, sharing practical solutions, and exercise training.

### **Tai Chi for Arthritis**

Best suited for individuals who:

- Want to decrease pain from arthritis, rheumatic diseases or related musculoskeletal conditions
- Are looking to improve movement, balance, strength, flexibility, and relaxation
- Have mild, moderate, or severe joint involvement and back pain

Tai Chi for Arthritis uses the Sun style to improve balance and relaxation. Higher stance movements are easier for older adults and those with arthritis. Modifications can be offered to address mobility issues and started in a seated position. A minimum of 16 hours of this style is shown effective for falls prevention benefit.

### **YMCA: Moving for Better Balance**

Best suited for individuals who:

- Want to decrease pain from arthritis, rheumatic diseases or related musculoskeletal conditions
- Are looking to improve movement, balance, strength, flexibility, and relaxation
- Have mild, moderate, or severe joint involvement and back pain

The 12-week program protocol consists of a core 8-form routine and a subroutine of eight integrated therapeutic movements forms that have been derived from the traditional 24-form Yang-style of Tai Chi. A minimum of 50 hours of this style is shown effective for falls prevention benefit.

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