



Evidence-Based Health Promotion Programming Tips

Virtual delivery	X	✓	✓	✓	✓
EBP	AMOB	CDSMP	PTFC	TCA/FP	WWE

For TCA/FP and CDSMP, please continue to collect participant data and send to NCCHW's Healthy Aging NC data administrator Janice Self. Please also continue to add your programs to the Healthy Aging NC website, www.healthyagingnc.com. Through October 2020, NCCHW is allowing Powerful Tools for Caregivers to be advertised on the website. At this time, NCCHW is unable to support data collection for Powerful Tools for Caregivers.

A Matter of Balance:

AMOB cannot be delivered virtually for safety and fidelity reasons.

Suggestions:

- Call past/current participants to stay connected and encourage those who have already completed Session 3 to continue the gentle exercises at home following the guidelines and pictures in the participant handbook.
- Encourage them to look at the home safety checklist in the participant handbook and do a "scavenger hunt" to identify any fall hazards in the home and to remedy any that they safely can on their own. Take note of any hazards that they need help fixing when it is appropriate for someone to come to the home to help.
- Engage AMOB coaches in calling participants to see if they would like to begin the Chronic Disease Self-Management Program until AMOB can be continued in person. See script on <https://healthyagingnc.com/covid-19/>

Chronic Disease Self-Management Education

- Tool kit for Active Living with Chronic Conditions
 - Tool kits are mailed directly to the participants.
 - Each kit contains a 2020 Living a Health Life book, a relaxation CD and an Exercise CD with a booklet demonstrating the exercises.
- Tool kit plus phone calls (encouraged by NCCHW's Healthy Aging NC team)
 - Leaders will have short conference calls with 1-4 participants at a time to combine use of an evidence-based program (toolkits) with a feature to reduce social isolation (phone calls).
 - There is a script for each week that SMRC has developed and can distribute to license holders.
 - One certified CDSME leader is needed to conduct weekly conference calls



- No updates to leader training required, but leaders will have to be familiar with using phone for conference calling and scripts.
- Workshops via Skype, Zoom, Go To Meetings, etc.
 - Platform must be HIPAA compliant.
 - Participants will have to download and run software.
 - There will need to be a technical support person to help with set up.
 - Instead of asking for volunteers during the workshop, leaders will have to call on people for activities like action planning and feedback.
 - For brainstorming, features like raised hands can optimize the brainstorming activities.
 - Pairing and sharing activities will likely need to be changed to individual reporting.
 - Session zeros can be used to explain new online workshop features for virtual workshops

Data collection

- Track attendance at a minimum, and submit attendance sheets for any virtual programs (workshops done online and toolkits plus phone calls).
- Conduct the pre and post data assessments over the phone or virtually one-on-one with participants at the start and end of class (can call a few days before and after).
- Can mail participants data collection forms with a return envelope if necessary. Conducting surveys over the phone will likely result in more participant data.
- For toolkit only CDSMP implementation, conduct pre-surveys at the start of the “program” prior to participants receiving their toolkit and post surveys at the end of the program (8-10 weeks after receiving the toolkit.)

Powerful Tools for Caregivers

Telehealth version is permitted when offered by certified trained leaders. At this time, NCCHW’s Healthy Aging NC initiative is offering the advertising of the Powerful Tools for Caregivers program on the www.healthyagingnc.com website. On the “Leader Info” tab, choose the first drop down item to “Add Your Program” and complete the requested information. Your class should show up on our website within a few days.

Tai Chi for Arthritis and Fall Prevention:

ACL **has approved** that participants going through TCA/FP virtually can be counted since Tai Chi for Health Institute provided approval.

Virtual Program Delivery Requirements:

Review all virtual program guidance on <https://healthyagingnc.com/covid-19/>

From the Tai Chi for Health Institute:

- [Quick Reference Guide](#) (from TCHI.org and National Council on Aging (NCOA))
- NCOA: [Tools for Reaching a Remote Audience](#)



- [Guide](#) to Conducting Lessons via Internet for Board Certified Instructors with Dr. Lam's Online Lessons.
- *Notes:* Focuses on using Dr. Lam's Online Lessons with an Instructor as well, includes helpful general tips for teaching online, sample lesson plans.

From Meghan Bryant, Master Trainer:

- [Covid-19 – What does that mean as an instructor?](#)

From HealthyAgingNC and DAAS:

Additional guidance for safe online delivery in North Carolina

[Resources for Engaging Older Adults at Home](#)

Logistics:

- Utilize a virtual meeting platform that allows you to view all participants, if possible. 2-way allows you to support the safety of participants, but may limit participation for those who do not have a webcam.
- Send participants instructions for virtual platform use, including how to use the webcam, several days ahead of time.
- Limit class size to 12 participants.
- Encourage and allow participants to sign in 10-15 minutes before class starts to enjoy some social time before class.
- Ask for a sound check w/attendance by showing a thumbs up.
- Ask participants to use Dr. Lam's Tai Chi greeting to show that they are ok if leaving the room.
- Use a hand up signal if there is an emergency.
- Make sure you have a home address for participants and emergency contact info in case of emergency.
- Encourage participants to turn off cell phones to reduce feedback AND to leave the cell phone available for an emergency.
- Mute once the class starts.
- Mark off your frame from which you are visible on the screen so that you don't venture off the screen when showing a movement.
- Utilize 2 instructors if possible (to show front and back and to keep an eye on virtual safety)
- Exaggerate movements to help participants see the movements online.



Data collection:

- Collect attendance, emergency contact info and a liability waiver at minimum; submit attendance sheets.
- Finish a class that has already started in-person; an on-going class can continue virtually. Read this [link](#) and/or contact Ellen Bailey ebailey@unca.edu
- Conduct the pre and post data assessments over the phone or virtually one-on-one with participants at the start and end of class (can call a few days before and after). Can mail participants data collection forms with a return envelope if necessary. Conducting surveys over the phone will likely result in more participant data.
- Ask future participants if they are interested in the virtual option until in-person classes resume.

Walk With Ease

The self-directed version of Walk With Ease (WWE) encourages participants to walk on their own, with leaders offering guidance via e-mail or virtually. If you are interested in offering the WWE self-directed program, contact Ellen Garrison at egarriso@unca.edu.

Other Evidence-Based Programs

Several other evidence-based programs have approved adaptations listed on the NCOA website. Adapted exercise programs must not be provided to older adults who have an elevated risk for falls unless the exercises are solely chair-based, or the adaptation allows the provider to view all participants via a webcam, or other safeguards are put into place. Please see additional safety guidance on [Resources for Engaging Older Adults at Home](#) .

Other Resources

National Council on Aging: [Frequently Asked Questions](#)

National Council on Aging: [Health Promotion Guidance during COVID19](#)

National Council on Aging: [Tips/Tools for Serving Your Clients/Participants](#)