



## Program



### Organization Description

Sound Generations (formerly Senior Services) is the most comprehensive non-profit multi-service organization serving older adults in Washington State. Established in 1967, we promote positive aging for thousands of seniors and their families each year through our integrated system of quality programs and senior centers. More than 3,400 volunteers, together with 260 employees, make our work possible and efficient. As an organization, undoing institutional racism, removing barriers to service, and focusing on the underserved in King County's refugee, immigrant, and communities of color remain top priorities.

### History

Sound Generations holds a unique place in evidence-based work. We are a multi-service organization delivering a suite of EBLC programs in King County, WA, while simultaneously managing the research, implementation and scaling of our Project Enhance programs internationally. Project Enhance's Enhance®Fitness (EF) and Enhance®Wellness (EW) are the heart of our Health & Wellness department. EF, a low-cost, evidence-based group exercise program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. EW, a participant-centered motivational intervention helps individuals navigate a wide array of barriers. These award winning programs are currently implemented to support healthy living at over 65 sites locally and in 40+ states nationally. We also deliver complementary, evidence-based programs throughout King County, including A Matter of Balance, PEARLS, Living Well with Chronic Conditions (CDSMP), Diabetes Self-Management Program, Chronic Pain Self-Management Program and Powerful Tools for Caregiving.

Project Enhance has two decades of experience in data collection, data management, and analytics, specifically for evidence-based programs. In 2011, we replaced our centralized paper-based data management process with the launch of an online multi-tenant data entry system. This system now maintains a dataset for our programs that goes back to 1997, including uniquely-identified demographic and program activity and outcomes data for over 70,000 unduplicated participants. We currently support more than 500 licensed system users at approximately 200 organizations nationwide who use these systems to manage and report on their own implementations of EF and EW. Based on the success of these systems, Sound Generations has been contracted to develop, manage, and support systems for sister evidence-based programs, including MaineHealth's A Matter of Balance, University of Washington's PEARLS, and the suite of seven evidence-based falls prevention programs offered nationally by 21 US Administration for Community Living grantees. Providing high-quality, user-friendly data management and reporting tools for evidence-based programs is a major strategic focus of Project Enhance.

### Partners and Funders

Sound Generations Health & Wellness enjoys strong partnerships with a diverse set of partners. We have experience working with governmental and non-governmental organizations, locally and nationally. Some of our partners include:

- CDC's Arthritis Program
- National Council on Aging
- YMCA of USA
- State government agencies
- University of Washington, Health Promotion Research Center
- Group Health Cooperative
- Silver and Fit

EnhanceFitness sites receive reimbursement as a Group Health Medicare Advantage Plan product offering in Washington State. Group Health provides reimbursement for each plan participant class session attended. Similarly, class sites nationally can sign up for the Silver and Fit program at no charge and receive direct reimbursement from American Specialty Health for session attendance. Reimbursement offsets fitness instructor fees and provides sustainability for affiliate organizations.

## Successes

Since the years following the original study, from 1999 to today, EF has been offered in 41 states plus the District of Columbia, at over 1,100 locations under almost 300 licensed organizations. In 2013, the Y of USA became a national dissemination partner. In 2015, American Council on Exercise became a national continuing education partner. As of July 2016, EF has served over 64,000 unduplicated participants. Since 1998, EW has been offered in 9 states at 77 sites under 25 licensed organizations. As of July 2016, EW has served over 7,000 participants. (Note: Health outcome successes are detailed in our EBLC Program pages.)

## Lessons Learned

- Desire for collaboration and partnership linking CBOs and clinical healthcare is strong
- Provider transition and referral processes need to be well understood and retooled to include external program information/connections to CBOs
- Security of patient/participant information requires input of Legal and IT departments of both organizations to integrate consent forms and systems

## Recognition/References

In 2006, the US Health and Human Services' Administration on Aging (AoA) included EF as one of the approved programs for the Choices for Independence grants, placing it in the AoA's highest tier of evidence-based programs. In 2007, the CDC Arthritis Program (CDC-AP) reviewed and classified EF as "arthritis-friendly" and it was adopted as a recommended intervention by the Arthritis Program. Sampling of Project Enhance national awards include:

- International Council on Active Aging, 2006 Industry Innovators Award
- US DHHS Secretary's 2005 Innovation in Prevention Award, Non-Profit Category
- US Administration on Aging, You Can! Program Champion, 2005
- NCOA/Health Promotion Institute, 2004 Best Practice Award



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