EBLC Member Programs Summary

Our evidence-based programs equip people with the skills and confidence they need to manage chronic conditions and maintain their independence.

A Matter of Balance

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance includes eight two-hour sessions for a small group led by two trained lay leaders. During the class, participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance.

Chronic Disease Self-Management Programs

- Diabetes Self-Management Program
- Chronic Pain Self-Management Program
- Arthritis Self-Management Program
- PadsforSelf Management Program for HIV
- Better Choices, Better Health* (Online Version)
- Spanish Versions (Bernardo Contrera)

Participants in the Chronic Disease Self-Management Program (CDSMP) and its diagnostic specific, online, and Spanish versions develop practical skills for living a healthy life and managing their chronic health conditions. The workshops address topics such as problem solving, action planning, and how to communicate effectively. Results include improved health status, increased exercise and reduction in pain.

Enhance Fitness

EnhanceFitness is an ongoing, one-hour physical activity class, held two to three times per week, and includes cardio, strength, stretching and balance exercises. Results include improvement in physical and psychological functioning, decreased depression and lower healthcare utilization costs.

Enhance Wellness

Enhance Wellness is a participant-centered health behavior change program for older adults with multiple chronic conditions, using health coaches over a six-month period. Results include decrease in hospitalizations, hospital days, and psychoactive medications as well as improved physical activity.

Fit and Strong!

Fit and Strong! is an eight-week physical activity and behavior change program for older adults with lower extremity osteoarthritis or other lower extremity mobility and balance challenges. Results at eighteen months show significant benefits on engagement in physical activity, osteoarthritis symptoms, lower extremity strength and mobility as well as depression and anxiety.

Healthy IDEAS

(Identifying Depression, Empowering Activities for Seniors)

Healthy IDEAS is a community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations through existing community-based care management or social services. Results include reductions in depression symptom severity and increased participant knowledge of how to recognize and take action to improve their mood.

Healthy Moves

Healthy Moves uses in-home workers, volunteers and care managers to motivate frail, homebound elders to do simple exercises. Results include fewer falls, decreased pain and improved exercise performance.

HomeMeds*

HomeMeds® uses software to pair vital signs and symptoms such as falls or confusion with an in-home medication inventory to identify potential medication problems and use pharmacist consultation to resolve identified issues. Fifty percent of the pharmacist-recommended changes in medication regimen result in improved medication use.

PEARLS

(Program to Encourage Active, Rewarding Lives)

PEARLS is a brief, home-based depression-care management program for older adults. The program is client driven, empowering people through behaviors and techniques to actively manage depression. PEARLS significantly improves participants’ depressive symptoms and quality of life.

More than 2,500 evidence-based workshops and classes are currently offered at over 2,000 sites across the country.