EVIDENCE-BASED PROGRAMS AVAILABLE VIA REMOTE DELIVERY

Self-Management Resource Center: self-management programs to help people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives.

- Better Choices Better Health
- Chronic Disease Self-Management Program
- Tomando Control de su Salud
- Diabetes Self-Management Program
- Program de Manejo Personal de la Diabetes
- Chronic Pain Self-Management Program
- Cancer Thriving & Surviving
- Positive Self-Management Program
- Building Better Caregivers
- Mailed Toolkits

Project Enhance

- **EnhanceWellness**: an individual Evidence-Based behavior change program specifically targeted to older adults with chronic conditions and those aging with disability.
- **EnhanceFitness**: "EF at Home" toolkit in development to support participants staying strong and steady in home. Virtual delivery options are in exploratory phase.

PEARLS: Program to Encourage Active, Rewarding Lives (PEARLS) is a national Evidence-Based program for late-life depression. PEARLS brings high quality mental health care into community-based settings that reach vulnerable older adults.

Healthy IDEAS: An Evidence-Based program that integrates depression awareness and management into existing case management services provided to older adults, ensuring older adults get the help they need to manage symptoms of depression and live full lives.

HomeMeds: a medication use improvement program developed specifically for agencies providing in-home services and health care to older adults.

CAPABLE: Community Aging in Place – Advancing Better Living for Elders is a 5-month structured program delivered at home to community dwelling older adults to decrease falls risk, improve safe mobility, and improve ability to safely accomplish daily functional tasks.

- Phone/Video-Conference options allowable for participants midway or nearly complete

Walk with Ease: (self-directed format) combines self-paced walks with information about health-related topics.

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