

Title IIID Highest-Level Criteria Evidence-Based Disease Prevention & Health Promotion Programs

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>A Matter of Balance (MOB)</p>	<p>http://www.mainehealth.org/mob</p>	<ul style="list-style-type: none"> ▪ Reduce fall risk and fear of falling ▪ Improve falls self-management ▪ Improve falls self-efficacy and promote physical activity <p>▪ Target Audience: Adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance and strength and have restricted their activities because of concerns about falling</p>	<ul style="list-style-type: none"> ▪ 8 weekly or twice weekly sessions ▪ 2 hours per session ▪ 8-12 group participants ▪ Emphasizes practical coping strategies to reduce fear of falling and teach fall prevention strategies ▪ Structured group intervention activities include group discussion, problem-solving, skill building, assertiveness training, videos, sharing practical solutions and exercise training 	<ul style="list-style-type: none"> ▪ 2 coaches (volunteer lay leaders) teach the class to participants ▪ Guest therapist visit (1 session for 1 hour) 	<ul style="list-style-type: none"> ▪ Master Trainers: 2-day training and on-going updates ▪ Coach/Lay leader training: 8 hours and attend annual 2.5 hour training update 	<ul style="list-style-type: none"> ▪ Licensing Cost: None. Everything is included in the training fee ▪ Training Cost: - Master Trainer session open to anyone (includes all materials): \$1,500 per Master Trainer plus travel - Group training available at an agency's location upon request: a) 11-15 attendees: \$16,000* plus \$220/person for materials b) 16-20 attendees: \$18,500* plus \$220/person for materials * plus travel, meals and lodging for 2 Lead Trainers ▪ Post-training Materials Cost: - Coach Handbook: \$20 - Participant Workbook: \$13 - Guest Therapist Handbook: \$6 - DVD (Fear of Falling and Exercise: It's Never Too Late): \$164.76/set - A Matter of Balance DVD: \$11.00 - A Matter of Balance Lay Leader Model CD-ROM for Coaches: \$2.00 	<ul style="list-style-type: none"> ▪ fall prevention ▪ group setting ▪ self-management ▪ health promotion

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<p>Active Choices</p>	<p>Contact person: Cynthia M. Castro, Ph.D., Program Developer & Trainer, cync@stanford.edu, (650) 498-7281</p> <p>http://hip.stanford.edu/organizational-consulting/</p> <p>Developed by Stanford Prevention Research Center, distributed by Stanford Health Promotion Resource Center</p>	<ul style="list-style-type: none"> ▪ Physical activity program that helps individuals incorporate preferred physical activities in their daily lives ▪ Target Audience: Adults 50+ 	<ul style="list-style-type: none"> ▪ 6-month telephone-based individualized program that provides remote guidance and support and builds self-management skills 	<ul style="list-style-type: none"> ▪ Trained activity coach/peer counselor/facilitator who monitors progress, modifies exercise strategies and provides exercise tips ▪ Participant materials are available in both English and Spanish. Coach's manual is only available in English. 	<ul style="list-style-type: none"> ▪ Facilitator training and certification (<i>recommended, but not required</i>): - 8-hour minimum workshop - Assigned reading and written test - Completion and submission of 3 sample sessions to be reviewed by trainer ▪ Train-the Trainer is available to organizations that have completed facilitator training and implemented Active Choices for a minimum of 6 months. Includes: - 8-hour minimum workshop - Assigned reading and written test - Completion and submission of facilitator training workshop to be reviewed by a trainer and 6 months experience as a facilitator 	<ul style="list-style-type: none"> ▪ Licensing Cost: None. One time purchase of Active Choices Manual. ▪ Training Cost: - Minimum \$1200. Costs vary depending on organization, number of trainees and location (on/off-site) ▪ Materials Cost: - \$295 per organization for an electronic Active Choices Manual, which includes coach/counselor training material and electronic program forms for duplication. Material toolkit comes with reproducible forms and information sheets. - Also need to consider workshop space rental, photocopying costs, facilitator supervision time - No cost to participant 	<ul style="list-style-type: none"> ▪ telephone-based ▪ physical activity ▪ self-management ▪ health promotion

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<p>Active Living Every Day (ALED)</p>	<p>http://www.ActiveLiving.info/ OR 800-747-4457</p>	<ul style="list-style-type: none"> ▪ Behavior change program that helps participants overcome their barriers to physical activity and make positive changes that improve their health and well-being ▪ Participants learn to set goals, overcome barriers and find activities they enjoy <p>▪ Target Audience: Adults interested in integrating physical activity into their daily lives</p>	<ul style="list-style-type: none"> ▪ 12 week class sessions ▪ Incorporates short lecture and group discussion ▪ Participants choose their own activities and create plans based on individual lifestyle and personal preferences, focusing on moderate-intensity activities that can be added to daily routines ▪ Book and optional online tools offer structure and support as participants explore their options and begin to realize how enjoyable physical activity can be. As participants work through the course, they learn lifestyle management skills and build on small successes 	<ul style="list-style-type: none"> ▪ Trained facilitators. At least 1 trained facilitator is needed per class 	<ul style="list-style-type: none"> ▪ A facilitator must complete: <ul style="list-style-type: none"> - an on-line course, - participate in a live 2-hour, online training session - pass a competency exam from Active Living Partners (ALP). Refer to the ALP training workshop schedule for availability. ▪ No specific educational or fitness certification is required of facilitators. The successful facilitator is comfortable with groups, has strong teaching/coaching skills, and agrees whole-heartedly with the Active Living Partners approach to helping people become more active 	<ul style="list-style-type: none"> ▪ Licensing Cost: None. A license from Active Living Partners is required to become a provider and to use the ALED name, logo, and materials ▪ Training Cost: \$373 per facilitator, includes materials (facilitator guide, lesson plans, sample marketing materials, handouts), training fee, and competency test ▪ Participant Materials Cost: <ul style="list-style-type: none"> - An Active Living Every Day book (includes text and access to online resources) must be purchased for every participant. Current price is \$37.95 (bulk order discounts are available) - Step counters are also introduced in the program; step counters or pedometers can be purchased from ALP or other vendors ▪ Required Equipment: LCD projector and computer, flip chart, markers, pens, photocopies of select handouts, etc. A sample budgeting sheet can be provided 	<ul style="list-style-type: none"> ▪ physical activity ▪ chronic conditions ▪ group setting ▪ self-management ▪ health promotion

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Arthritis Foundation Exercise Program	http://www.arthritis.org/exercise.php	<ul style="list-style-type: none"> ▪ Low-impact recreational exercise program designed for people with arthritis to improve functional ability, self-confidence, self-care, mobility, muscle strength and coordination ▪ Reduce fatigue, pain, and stiffness <p>▪ Target Audience: Adults with arthritis, related rheumatic diseases or musculoskeletal conditions, ranging from people who are older, sedentary and very limited by impaired joint mobility to those who are relatively active with only mild joint involvement</p>	<ul style="list-style-type: none"> ▪ 8-12 weeks ▪ 1 hour, 2-3 times a week ▪ 15-20 people per group ▪ Multi-component program, using aerobic exercise, health education, relaxation, and socialization to address arthritis concerns and conditions ▪ Community-based recreational exercise program with multiple components to help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional availability 	<ul style="list-style-type: none"> ▪ Trained and certified instructors 	<ul style="list-style-type: none"> ▪ Complete 1-day (8 hour) Arthritis Foundation Exercise Program Instructor Training Workshop ▪ Recertification training every 3 years ▪ CPR trained and affiliated with an Arthritis Foundation approved facility ▪ Commit to teaching at least 1 time a year 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training Cost: \$125-\$175, which includes manuals: - If Arthritis Foundation hosts workshop: \$50-\$200 for 1 day workshop ▪ Participant Materials Cost: - Guidebook (recommended): \$3 each - Optional equipment: ankle weights, hand held weights, Theraband® resistive exercise bands 	<ul style="list-style-type: none"> ▪ physical activity ▪ arthritis ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
Arthritis Self- Management (Self- Help) Program (ASMP)	<i>Refer to Stanford Suite of Self-Management Programs below for group, Spanish and online versions</i>						<ul style="list-style-type: none"> ▪ physical activity ▪ arthritis ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion

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Brief Intervention & Treatment for Elders (BRITE)	http://brite.fmhi.usf.edu/BRITE.htm	<ul style="list-style-type: none"> ▪ Substance abuse screening and intervention program for community-dwelling older adults who are at-risk for or experiencing substance abuse problems ▪ Target Audience: Adults 55+ 	<ul style="list-style-type: none"> ▪ 4 components: <ul style="list-style-type: none"> - Screening (6-question questionnaire) - Brief intervention (1-5 sessions) - Brief treatment that is solution-focused and goal-oriented (1-7 sessions) - Referral for specialized treatment services can occur 	<ul style="list-style-type: none"> ▪ Generalist provider or substance abuse specialist 	<ul style="list-style-type: none"> ▪ Refer to website for more information 	<ul style="list-style-type: none"> ▪ Refer to website for more information 	<ul style="list-style-type: none"> ▪ at-risk substance abuse ▪ prescription drug abuse ▪ screening ▪ brief intervention ▪ behavioral health ▪ self-management ▪ health promotion

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<p>Care Transitions Intervention (CTI)</p>	<p>http://www.caretransitions.org</p>	<ul style="list-style-type: none"> ▪ Promote self-identified personal goals around symptom management and functional recovery in the care transition from hospital to home ▪ Reduce hospital readmissions ▪ Target Audience: Adults 65+ who are transitioning from hospital to home who meet the following criteria: <ul style="list-style-type: none"> - non-psychiatric-related hospital admission - community-dwelling (i.e., not a long-term care facility) residence within a predefined radius of the hospital (thereby making a home visit feasible) - have a working telephone - have at least one of 11 diagnoses documented in their record (congestive heart failure, chronic obstructive pulmonary disease, coronary artery disease, diabetes, stroke, medical and surgical back conditions (predominantly spinal stenosis), hip fracture, peripheral vascular disease, cardiac arrhythmias, deep venous thrombosis, and pulmonary embolism) 	<ul style="list-style-type: none"> ▪ 4-week program that assists individuals with complex care needs to learn self-management skills to ensure needs are met during the transition from hospital to home ▪ 4 conceptual domains: <ul style="list-style-type: none"> - Medication self-management - Use of a dynamic patient-centered record - Primary care and specialist follow-up - Knowledge of red flags 	<ul style="list-style-type: none"> ▪ Transitions Coach that is trained by the Care Transitions Program 	<ul style="list-style-type: none"> ▪ Initial on-line training, followed by a 1 day intensive and interactive training, either on-site in Aurora, Colorado or off-site (1.5 days at a single agency for up to 35 trainees) ▪ Key coach attributes: - Ability to shift from doing things for a given patient to encouraging them to do as much as possible for themselves - Competence in medication review and reconciliation - Experience in activating patients to communicate their needs to a variety of health care professionals ▪ 1.5 day “Train the Trainer” session is also available for experienced Coaches to qualify to train new coaches within their existing organization. Held in Denver, Colorado. Refer to the website for the application process. 	<ul style="list-style-type: none"> ▪ Contact the Care Transitions Intervention (CTI) training staff through their website 	<ul style="list-style-type: none"> ▪ transitional care ▪ case management ▪ care transitions

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Chronic Disease Self-Management Program (CDSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based, Spanish and online versions</i>						<ul style="list-style-type: none"> ▪ physical activity ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
Chronic Pain Self-Management Program (CPSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based program details</i>						<ul style="list-style-type: none"> ▪ physical activity ▪ chronic pain ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion
Community Stress Busting Program for Family Caregivers	http://www.caregiverstressbusters.org/	<ul style="list-style-type: none"> ▪ Improve the quality of life of family caregivers who provide care for people with Alzheimer's disease or other dementias ▪ Help caregivers manage their stress and cope better with their lives <p>▪ Target Audience: Caregivers of people with Alzheimer's disease and related dementias</p>	<ul style="list-style-type: none"> ▪ 9 weeks ▪ 90 minutes, once a week ▪ 6-8 people per group ▪ Multi-component program focuses on stress management, problem solving, support and education ▪ Each group meeting consists of a combination of education, discussion, and support as well as learning a stress management technique 	<ul style="list-style-type: none"> ▪ 2 group facilitators in a small group setting 	<ul style="list-style-type: none"> ▪ Complete group facilitator (lay leader) training: 16 hour training (2 days, 8 hours per day) ▪ Master trainer training is an additional 4 hours ▪ Experience with caregiving and/or education or training in Alzheimer's disease 	<ul style="list-style-type: none"> ▪ Licensing Cost: NA ▪ Training Cost: NA ▪ Participant Materials Cost: <ul style="list-style-type: none"> - Caregiver handbook: \$30 - Meditation CD: \$3 (also available as a MP3 file) - Relaxation Strategies DVD: \$5 	<ul style="list-style-type: none"> ▪ Alzheimer's disease and related dementias ▪ caregiver stress ▪ self-management ▪ health promotion
Diabetes Self-Management Program (DSMP)	<i>Refer to Stanford Suite of Self-Management Programs below for community-based, Spanish and online versions</i>						<ul style="list-style-type: none"> ▪ diabetes ▪ chronic condition ▪ group setting ▪ medication management ▪ self-management ▪ health promotion

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EnhanceFitness	http://www.projectenhance.org/EnhanceFitness.aspx	<ul style="list-style-type: none"> ▪ Improve the overall functional fitness and well-being of older adults ▪ Target Audience: Sedentary older adults wishing to maintain and/or improve their physical functioning and stay socially connected 	<ul style="list-style-type: none"> ▪ Ongoing 1 hour, 3 times/week group physical activity ▪ Focused on 4 areas: <ul style="list-style-type: none"> - Stretching and flexibility - Low impact aerobics - Strength training - Balance 	<ul style="list-style-type: none"> ▪ Certified fitness instructor 	<ul style="list-style-type: none"> ▪ Attend a 1.5 day EnhanceFitness New Instructor training ▪ Be a certified fitness instructor by a nationally recognized organization 	<ul style="list-style-type: none"> ▪ Licensing Cost: <ul style="list-style-type: none"> - Basic package fee, including licensing fee: \$3,000 - \$500 per new site for the first year - Renewal fee: \$50 per site ▪ Training Cost: <ul style="list-style-type: none"> - Master Trainer training: \$2,000 ▪ Online Data System Fee (optional): Data Entry System for data management and report creation is \$200/year for each data entry user 	<ul style="list-style-type: none"> ▪ physical activity ▪ group setting ▪ self-management ▪ health promotion
EnhanceWellness	http://www.projectenhance.org/EnhanceWellness.aspx	<ul style="list-style-type: none"> ▪ Maintain or increase the health and functional status of community-based older adults with chronic conditions ▪ Target Audience: Older adults with one or more chronic conditions, excluding dementia 	<ul style="list-style-type: none"> ▪ 6 month individualized program, along with regularly scheduled optional support group meetings and evidence-based workshops such as Chronic Disease Self-Management Program (CDSMP) and Matter of Balance (MOB) 	<ul style="list-style-type: none"> ▪ A nurse practitioner and/or social worker work with the participant to develop a health action plan and provide support and encouragement to the participant in achieving the goals of that plan 	<ul style="list-style-type: none"> ▪ Provider training in EnhanceWellness training 	<ul style="list-style-type: none"> ▪ Full Program Cost (<i>program licenses, SS Services, with training limited to Licensee employees, access to web-based data management program (WellWare) and one copy of the Program Materials</i>): <ul style="list-style-type: none"> - Complete package fee: \$6,000 for one site; \$1,000 for each additional site managed by licensee - Annual renewal fee: \$300 ▪ Basic Package Cost (<i>without computer software WellWare</i>): <ul style="list-style-type: none"> - Basic package fee: \$5,000 for one site (\$50 for each additional site) - Annual renewal fee: \$200 	<ul style="list-style-type: none"> ▪ chronic conditions ▪ physical activity ▪ self-management ▪ health promotion

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<p>Fit and Strong!</p>	<p>http://www.fitandstrong.org</p>	<ul style="list-style-type: none"> ▪ Manage lower-extremity osteoarthritis through engagement in safe, balanced program of physical activity that builds lower extremity strength ▪ Target Audience: Sedentary older adults who are experiencing lower-extremity joint pain and stiffness and have received physician clearance to participate in exercise 	<ul style="list-style-type: none"> ▪ 8 weeks ▪ 3 times per week ▪ 90 minutes per session 	<ul style="list-style-type: none"> ▪ Fit and Strong! Master Trainer 	<ul style="list-style-type: none"> ▪ 8 hour Master Trainer-led training ▪ Must be a certified exercise instructor or licensed physical therapist, or PT or OT aide or student 	<ul style="list-style-type: none"> ▪ Licensing Cost: (<i>includes training</i>) \$2,000 for a system and \$400 for each system site in Year One; \$1,000 for stand-alone site in Year One - Sites may need to reimburse their instructors for their training time - Certified Exercise Instructor Training (\$30.00 per hour for 8 hours) ▪ Equipment Cost: - Ankle Weights \$22.00 each - Exercise Bands \$5.00 each - Manuals (Instructor \$30.00 and Participant \$30.00 each) - CD Player \$25.00 - Exercise Music CDs \$20.00 each - Mats \$40.00 - Instructor liability insurance \$160.00/year if site does not already have in place 	<ul style="list-style-type: none"> ▪ physical activity ▪ osteoarthritis ▪ lower extremity strength ▪ chronic condition ▪ self-management ▪ health promotion

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<p>Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)</p>	<p>http://www.careforelders.org/healthyideas</p>	<ul style="list-style-type: none"> ▪ Reduce the severity of depressive symptoms in frail, high risk and diverse older clients of community agencies ▪ Target Audience: Ethnically and socioeconomically diverse populations of older adults and family caregivers who are living in the community and are at high risk for depressive symptoms 	<ul style="list-style-type: none"> ▪ 3-6 month program ▪ Minimum of 3 in-person visits in the client's home and 5 or more telephone contacts ▪ 4 components include: <ul style="list-style-type: none"> - Screening and assessment of depressive symptoms - Education about depression and self-care for clients and family caregivers - Referral and linkage to health and mental health professionals - Behavioral activation 	<ul style="list-style-type: none"> ▪ Trained case manager or other social service provider in the client's home or other private location 	<ul style="list-style-type: none"> ▪ 2-day (12 hours), on-site training with one certified trainer for every 25 attendees. Training arranged by national Healthy IDEAS Team and provided by a certified national or regional trainer ▪ Local trainer/coach provides pre-training on depression as well as follow-up training and support. Ideally a local trainer/coach will have mental health or behavioral health background, knowledge of depression and its presentation in older adults, and experience working with older adults 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training and Technical Assistance Cost: <ul style="list-style-type: none"> - One-time fee of \$4,000 plus related travel expenses from Houston for the full technical-assistance and training package, which includes 2 days on-site training and unlimited telephone/email consultation - \$500 additional fee plus travel expenses if more than one national trainer is required (more than 25 trainees). - One-time fee is reduced by \$1600 if a regional trainer is available ▪ Materials Cost: <ul style="list-style-type: none"> - Intervention manual/ handouts reproduced for each staff person approx \$25.00/person - Additional costs include printing client tools/ educational material ▪ Additional Cost: <ul style="list-style-type: none"> - Agencies need to purchase or arrange in-kind services of a clinical coach for minimum of 8-12 hours (<i>local rates vary, approx \$100/hr</i>) 	<ul style="list-style-type: none"> ▪ depression ▪ behavioral health ▪ in-home visits ▪ self-management ▪ health promotion

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<p>Healthy Moves for Aging Well</p>	<p>http://www.picf.org/landing_pages/22,3.html</p>	<ul style="list-style-type: none"> ▪ In-home physical activity intervention (chair bound and advanced exercises) that is focused on maintaining health status and quality of life of frail elders ▪ Target Audience: Adults 65+ who are currently enrolled in a care management program that includes an ongoing, problem-solving relationship with a care manager - Participant criteria includes assistance with 2-4 ADLs, motivation to participate and ability to stand unassisted or with caregiver assistance 	<ul style="list-style-type: none"> ▪ Movement repetitions 3-5 days per week, multiple times per day ▪ One 15-minute session between participant and care manager ▪ 3 month follow up period with weekly or biweekly phone calls 	<ul style="list-style-type: none"> ▪ Care managers and motivational volunteer phone coaches teach program exercises to participants in their home 	<ul style="list-style-type: none"> ▪ Significant expertise in lifestyle change counseling and in Brief Negotiation methods ▪ Training time estimates: - Brief Negotiation/ Motivational Interviewing: approx 8 hours - Fitness expert: approx 2-4 hours 	<ul style="list-style-type: none"> ▪ Licensing Cost: - Year 1: \$5,000 - Year 2 and subsequent years: \$2,000 - Annual License Fee will cover up to 20 users (care managers) ▪ Training Cost: - Training and support will be offered at a consultant rate of \$160 per hour and can be approximated at 75-100 hours - Travel costs are charged separately and will be billed at the actual rate - Travel time will be billed at 50% of the hourly rate. - Agencies are responsible for providing a Behavioral change educator & a Fitness expert during training. Agencies should estimate 1) Behavior change educator \$1,000-\$1,500/day; \$100/hr for follow up mentoring and 2) Fitness expert \$400-\$1,000/day; \$50/hr for follow up mentoring ▪ Participant Materials Cost: - Client materials \$3 each - Stop Watch \$9 each - Healthy Moves video (optional): \$75 per organization 	<ul style="list-style-type: none"> ▪ physical activity ▪ in-home ▪ self-management ▪ health promotion

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HomeMeds	http://www.HomeMeds.org	<ul style="list-style-type: none"> ▪ Enable community agencies to address medication-related problems and errors that endanger the lives and well-being of community-dwelling elders ▪ Target Audience: Area Agencies on Aging (AAA), care management programs and home care agencies with community-dwelling elder clients. - Amenable also to typical Title III-D screening events, senior housing, care transitions coaching, and caregiver support and education sessions 	<ul style="list-style-type: none"> ▪ Individualized in-home screening, assessment and alert process to identify medication problems ▪ Computerized screening and pharmacist review can help prevent falls, dizziness, confusion, and other medication-related problems for elders living at home ▪ The model is adaptable to contexts where medications can be reviewed as part of a screening event or using consumers to complete the medication risk assessment form 	<ul style="list-style-type: none"> ▪ Care managers, working in partnership with client, physician and pharmacist. Usual practice of care management programs without additional staff ▪ Should have consulting pharmacist or other medication expert involved in the process (e.g., <i>pharmacy school, local pharmacist, Part D plan, geriatric nurse practitioner</i>) ▪ Data entry can be done live in the field using laptop or tablet or it can be done in the office after documentation on paper form 	<ul style="list-style-type: none"> ▪ Time to train staff on computer system usage and proper data collection 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training and Startup Consultation Cost: \$3,000-\$5,000, depending upon method of delivery (webinar vs. on-site) ▪ Additional Cost: <ul style="list-style-type: none"> - Computerized risk assessment screening (online system). Approx \$200/month, but cost is negotiable based on number of users and overall volume of use - Pharmacist cost, approx \$60-\$75/hour. The average review requires 20 minutes and of patients screened 30-40% will typically require review 	<ul style="list-style-type: none"> ▪ medication management ▪ self-management ▪ health promotion

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<p>NYU Caregiver Intervention (NYUCI)</p>	<p>http://nrepp.samhsa.gov/ViewIntervention.aspx?id=74</p>	<ul style="list-style-type: none"> ▪ Provide psychosocial counseling and support to improve the well-being of spousal caregivers of people with Alzheimer's disease ▪ Delay institutional placement of the care recipient into a nursing home ▪ Target Audience: Family caregivers of people with dementia 	<ul style="list-style-type: none"> ▪ 6 sessions of individual and family counseling, support group participation, and additional on-call telephone consultations in a flexible counseling approach that is tailored to each caregiving family. Includes: <ul style="list-style-type: none"> - 2 individual counseling sessions of 1-3 hours tailored to each caregiver's specific situation - 4 family counseling sessions with the primary caregiver and family members selected by that caregiver - Support group participation - Ad hoc counseling 	<ul style="list-style-type: none"> ▪ Counselors with advanced degrees in social work or allied professions 	<ul style="list-style-type: none"> ▪ Workbook for counselors required ▪ 2 day initial in-person training ▪ Follow-up training includes regular case conferences with the developer and clinical colleague ▪ Knowledge about Alzheimer's disease ▪ High degree of clinical skill, competence in both individual and family treatment modes preferred 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training Cost: - Training time for counselors. Specific cost data is unavailable. Multiphase training process and continued telephone consultation (<i>includes initial 2-day training, follow-up training, regular case conferences with the developer, and ongoing support as needed</i>): About \$30,000 per year plus travel expenses. Limit 15 trainees. - Online training, certification and licensing, continuing education credits currently under development. Pricing information ETA: June 2013. ▪ Materials Cost: - Alzheimer's Disease Resource Book (required): \$39.95 	<ul style="list-style-type: none"> ▪ caregiver support ▪ Alzheimer's disease ▪ counseling ▪ behavioral health ▪ self-management ▪ health promotion

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<p>PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)</p>	<p>www.pearlsprogram.org</p>	<ul style="list-style-type: none"> ▪ Empower individuals through problem-solving treatment, social and physical activation and pleasant activities to reduce depression and increase emotional well-being for older adults ▪ Target Audience: <ul style="list-style-type: none"> - Older adults 60+ with minor depression or dysthymic disorder - All-age adults with epilepsy 	<ul style="list-style-type: none"> ▪ 19-week period ▪ 6-8 sessions ▪ 50-minute in-home sessions ▪ Monthly telephone follow-up for 3-6 months ▪ In-home intervention to teach clients the skills necessary to move to action and make lasting life changes ▪ PEARLS was developed and tested with trained staff from the Seattle-King County Area Agency on Aging 	<ul style="list-style-type: none"> ▪ PEARLS Counselor is trained agency staff who work directly with participants to implement the program (e.g., case managers, social workers) ▪ Additional roles: Organizational leader, Data Coordinator, PEARLS Manager, Clinical Supervisor. Please note that these roles are sometimes filled by one person at smaller agencies, or multiple staff at larger agencies 	<ul style="list-style-type: none"> ▪ 2-day in-person training in Seattle, WA. Trainings are held each spring and fall ▪ Clinical supervision by a psychiatrist. If a psychiatrist is not available, the program recommends working with a clinical psychologist/social worker + physician/nurse practitioner to consult on any issues related to medications and other chronic conditions ▪ Online training modules are also being developed for supplemental training (e.g., pre-training, training of new staff in between in-person trainings) 	<ul style="list-style-type: none"> ▪ Costs vary based on staffing needs and the number of clients. Estimate \$1,350 agency costs for recruiting, screening, outreach and education, and costs to support a full time PEARLS Counselor ▪ Licensing Cost: None. PEARLS is copyrighted. ▪ Training Cost: <ul style="list-style-type: none"> - Approx \$400 per person for on-site Seattle training. Costs are lower for larger, on-site trainings. Please contact Eddie Edmondson, Manager, Training Xchange, txc@uw.edu or 206.221.8960 ▪ Additional Costs: None. A free PEARLS implementation manual is available at the program website, with all of the forms and materials needed to deliver PEARLS. Monthly technical assistance conference calls are currently provided by UW Health Promotion Research Center to all PEARLS programs that have completed the in-person training 	<ul style="list-style-type: none"> ▪ behavioral health ▪ depression ▪ dysthymic disorder ▪ minor depression ▪ in-home ▪ counseling ▪ self-management ▪ health promotion
<p>Positive Self-Management for HIV (PSMP)</p>	<p><i>Refer to Stanford Suite of Self-Management Programs below for community-based program details</i></p>						<ul style="list-style-type: none"> ▪ HIV/AIDS ▪ group setting ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Prevention and Management of Alcohol Problems in Older Adults</p>	<p>http://pathwayscourses.samhsa.gov/aaap/aaap_2_pg1.htm</p>	<ul style="list-style-type: none"> ▪ Reduce alcohol-related problems among older at-risk or problem drinkers ▪ Target Audience: Older adults who engage in at-risk or problem drinking behaviors 	<ul style="list-style-type: none"> ▪ Step-by-step brief intervention using motivational interviewing concepts ▪ Program components include: <ul style="list-style-type: none"> - Alcohol screening - Assessments - Brief interventions - Referral guide to more intensive care 	<ul style="list-style-type: none"> ▪ Clinicians 	<ul style="list-style-type: none"> ▪ 0.5-1 day training for professional 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training Cost: Training costs depend on who does the training and how long the training lasts. ▪ Materials Cost: No Cost – Workbooks and manuals are available through SAMHSA for free 	<ul style="list-style-type: none"> ▪ alcohol abuse ▪ substance abuse ▪ behavioral health ▪ self-management ▪ health promotion
<p>Resources for Enhancing Alzheimer’s Caregiver Health II (Reach II)</p>	<p>http://www.rosalynnarter.org/caregiver_intervention_databases/dementia/reach_ii_intervention/</p>	<ul style="list-style-type: none"> ▪ Multi-component psychosocial behavioral intervention to reduce caregiver burden and depression, improve caregivers' ability to provide self-care, provide caregivers with social support, and help caregivers learn how to manage difficult behaviors in care recipients with Alzheimer's disease or related disorders ▪ Target Audience: Caregivers of people with Alzheimer's disease and related dementias. Culturally appropriate for ethnically diverse populations. 	<ul style="list-style-type: none"> ▪ 6-month period ▪ 9 home visits and 3 telephone sessions delivered by a certified interventionist ▪ 5 telephone support group sessions facilitated by a certified support group leader ▪ Methods used in the intervention include didactic instruction, role-playing, empowerment coaching on problem-solving tasks and managing behavioral problems, skills training, stress management techniques, telephone support groups ▪ Caregiver Notebook listing strategies for management of caregiver and care recipient issues and providing pamphlets and brochures from local and national resources is utilized ▪ Participants are provided with educational information, strategies to manage care recipient behaviors, social support, cognitive strategies for reframing negative emotional responses, and strategies for enhancing healthy behaviors and managing stress 	<ul style="list-style-type: none"> ▪ Certified trained staff 	<ul style="list-style-type: none"> ▪ Classroom instruction (8 to 10 hours), delivered in person or over the internet ▪ Demonstration of mastery of skills is required for certification within one week of the classroom training. Candidate for certification conducts a “mock” session which includes portions of the risk priority interview, identification of a targeted behavior and problem solving strategies, a stress management technique. A behavioral checklist is completed by the training staff and scored requiring a score of 75% of all possible points for certification to be granted 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training Cost: <ul style="list-style-type: none"> - On or off-site training provided by the Rosalynn Carter Institute for Caregiving: \$8,000 to \$10,000 plus travel expenses - On- or off-site training from VA medical center in Memphis, TN (<i>includes ongoing coaching and consultation</i>): \$10,000 plus travel expenses - Costs are per training session, with 5-7 participants in a training session - Training manual: \$13.50 each - Interventionist manual: \$13.50 each - Group leader manual: \$12.50 each ▪ Participant Materials Cost: <ul style="list-style-type: none"> - Caregiver workbook: \$20 per caregiver 	<ul style="list-style-type: none"> ▪ Alzheimer’s disease, traumatic brain injury and related disorders ▪ caregiver support ▪ behavioral health ▪ physical health ▪ caregiver burden ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Stepping On</p>	<p>http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html</p> <p>OR</p> <p>http://wihealthyaging.org/stepping-on</p>	<ul style="list-style-type: none"> ▪ Offer strategies and exercises to reduce falls and increase self-confidence in making decisions and behavioral change in situations where older adults are at risk of falling ▪ Target Audience: Community-residing, cognitively intact, older adults who are at risk of falling, have a fear of falling or who have fallen one or more times in a year 	<ul style="list-style-type: none"> ▪ 7 weeks ▪ 2 hrs per week ▪ A home visit or follow-up phone call by the program leader, to facilitate follow-through with preventive strategies and to assist with home adaptations ▪ 2-hour booster session after 3 months 	<ul style="list-style-type: none"> ▪ Trained leader ▪ Trained peer leader 	<ul style="list-style-type: none"> ▪ 3-day training for Leaders 	<ul style="list-style-type: none"> ▪ Licensing Cost: - Included in the training cost ▪ Training Cost: - On-site Wisconsin training (which includes the first 3-year license, the Freiberg Press Stepping On Manual, weights and the toolkit, and one fidelity check, by videotape, per Leader): <ul style="list-style-type: none"> - For Wisconsin residents: \$250 - For non-Wisconsin residents: \$1,500 for up to two people from an organization; \$1,200 for 3+ people - Off-site training: \$12,000 for training up to 20 individuals, PLUS the cost of the two trainers' flights, hotels, daily food allowance. In addition, the local (other state) must arrange for and provide: 20 of the Stepping On Manuals, copying of toolkit and other materials, room rental, snacks and lunches for 3 days, weights, arranging for a guest expert physical therapist on the first afternoon of the 3-day training, getting A-V equipment (power point projector, screen, DVD player, etc.), general training items including easels, flipcharts, nametags, table tent cards, etc., and arranging for Stepping On display and sample display items 	<ul style="list-style-type: none"> ▪ fall prevention ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
Strong for Life	http://www.ncoa.org/improve-health/center-for-healthy-aging/strong-for-life.html	<ul style="list-style-type: none"> Promote activity and reduce disability through an in-home, muscle strength and balance program using elastic bands to improve strength, balance, and overall health Target Audience: Older adults with some degree of physical disability 	<ul style="list-style-type: none"> 6 months 3 times per week 30 minutes each session Utilizes videotaped exercise routines Program can also be group-based (approx 10 participants) 	<ul style="list-style-type: none"> Trainer provides initial guidance with program designed to be individualized and home-based 	<ul style="list-style-type: none"> Completion of formalized Strong for Life training Background in exercise or physical therapy 	<ul style="list-style-type: none"> Licensing Cost: None Training Cost: None Participant Materials Cost: <ul style="list-style-type: none"> Strong For Life: Exercises to Keep You Active in Your Senior Years DVD \$119.95 Theraband® resistive exercise bands 	<ul style="list-style-type: none"> physical activity balance program muscle strength in-home self-management health promotion
Tai Chi: Moving for Better Balance	http://www.holistichealinginstitute.org/tai-chi_instructor_training OR http://www.ncoa.org/improve-health/center-for-healthy-aging/tai-chi-moving-for-better.html	<ul style="list-style-type: none"> Improve balance, strength and physical performance for older adults to reduce fall frequency Target Audience: Adults 65+ 	<ul style="list-style-type: none"> 24-26 week program 3 classes a week 1 hour per class 8 Tai Chi forms that focus on weight shifting, postural alignment, coordinated movements and synchronized breathing Slow, low-impact movements that emphasize weight-shifting and postural alignment Movements progress from easy to more difficult Recommended class size of 15 participants 	<ul style="list-style-type: none"> Qualified Tai Chi instructors 	<ul style="list-style-type: none"> 2-day training Familiarity with Tai Chi fundamental principles and major postures and movements Experience in classical Yang style 	<ul style="list-style-type: none"> Licensing Cost: None Training Cost: \$300 per person and includes instructional DVD, manual and brochure Contact infotcyc@yahoo.com to schedule instructor training. Requires 15-20 trainees. Master Instructor travel and accommodation expenses need to be included. Equipment Cost: None; program does not require special equipment 	<ul style="list-style-type: none"> fall prevention balance program group setting self-management health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Walk with Ease <i>(group program and self-directed program)</i></p>	<p>http://lmt.arthritis.org/ways-to-move/walk-with-ease.php</p>	<ul style="list-style-type: none"> ▪ Reduce pain and discomfort of arthritis, increase balance and strength, build confidence in the ability to be physically active and improve overall health among older adults. Designed to decrease disability and improve arthritis symptoms, self-efficacy, and perceived control, balance, strength, and walking pace ▪ Target Audience: Community-dwelling older adults with arthritis and other chronic conditions, such as diabetes, heart disease and hypertension 	<ul style="list-style-type: none"> ▪ Community-based group program: <ul style="list-style-type: none"> - 6 weeks - 1 hour, 3 times a week - 12-15 recommended participant group size ▪ Self-directed program that combines self-paced walks with health-topic related discussion also available: <ul style="list-style-type: none"> - 6 weeks - 30 min, 3 times a week 	<ul style="list-style-type: none"> ▪ Certified instructor 	<ul style="list-style-type: none"> ▪ Either 3-4 hour in-person Arthritis Foundation training workshop or online training ▪ CPR certification required ▪ First aid certification recommended 	<ul style="list-style-type: none"> ▪ Licensing Cost: None ▪ Training Cost: \$50-\$75, includes all manuals, books and posters: <ul style="list-style-type: none"> - Online workshop registration: \$50 per leader - For In-Person 3-4 hour training workshop: Approx \$50-\$75 per leader. Need to consider related expenses, such as room rental and trainer travel. ▪ Participant Materials Cost: <ul style="list-style-type: none"> - Book: \$11.95 (bulk discount available for qty's over 100) - Kits are optional ▪ For self-directed program: <ul style="list-style-type: none"> - Walk with Ease participant guide book: \$11.95. Participants can use free online Movement Tracker to record progress and track goals 	<ul style="list-style-type: none"> ▪ physical activity ▪ arthritis ▪ balance program ▪ group setting ▪ self-directed ▪ self-management ▪ health promotion
<p>STANFORD SUITE OF SELF-MANAGEMENT PROGRAMS</p>							

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Chronic Disease Self-Management Program (CDSMP)</p>	<p>http://patienteducation.stanford.edu/programs/cdsmp.html</p>	<ul style="list-style-type: none"> ▪ Enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes ▪ Target Audience: Adults with chronic health conditions 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours per week ▪ Program provides information and teaches practical skills on managing chronic health problems 	<ul style="list-style-type: none"> ▪ Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with a chronic disease 	<ul style="list-style-type: none"> ▪ 4.5 days of facilitator training and certification, either at Stanford or off-site ▪ Update training is also available for active certified CDSMP Master Trainers and/or T-Trainers ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost: - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with a chronic disease - Off-site 4.5 day training (request 4-6 months in advance): \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers - Web-based update training: \$250 ▪ Participant Materials Cost: - CDSMP Book: \$18.95 (bulk pricing is available) - Relaxation tape/CD: \$12 each 	<ul style="list-style-type: none"> ▪ physical activity ▪ chronic disease ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Better Choices, Better Health – Chronic Disease (online Chronic Disease Self-Management Program CDSMP)</p>	<p>http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html</p>	<ul style="list-style-type: none"> ▪ Enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes ▪ Target Audience: Adults with chronic health conditions who are comfortable using a computer 	<ul style="list-style-type: none"> ▪ On-line interactive version of the Chronic Disease Self-Management Program (CDSMP) ▪ 2 hours per week for 6 weeks ▪ Participants log on at their convenience 2-3 times per week for a total of about 2 hours per week. Participants do not need to log on at the same time. ▪ Program is offered on a dedicated website utilizing bulletin boards for discussion ▪ Approximately 25 people per workshop. All interactions between moderators and participants take place online ▪ All information is private and anonymous 	<ul style="list-style-type: none"> ▪ Two trained peer moderators per workshop ▪ Moderators follow a script and assist participants by modeling action planning and problem solving, offering encouragement, and posting to the bulletin boards ▪ Moderators do not deliver content, which differs from the small-group program 	<ul style="list-style-type: none"> ▪ Moderators are trained online by first participating in a workshop and then co-leading the workshop with a previously trained moderator. ▪ There is a detailed online and downloadable moderators' manual that gives daily and weekly instructions as to moderator duties 	<ul style="list-style-type: none"> ▪ “Dedicated Workshop Implementation” Option: - For single organization - One-time set-up fee: \$5000 - Total Per Workshop Fee, assuming all outsourced staff: \$5,750 (<i>Workshop license fee: \$3,000; Staffing fee-administrator: \$500; Staffing fee-facilitators: \$750; Staffing fee-mentor: \$1,500</i>) - Companion workbook included OR ▪ “Shared Workshop Implementation” Option: - Participants are pooled from multiple organizations - Organization must target 65 completers within a 12 month period OR support at least 100 participants - One-time set-up fee: \$3000 - Total Per Participant Fee: per completer fee \$300 OR per participant fee \$200 - License, workshop staff and companion workbook included 	<ul style="list-style-type: none"> ▪ physical activity ▪ chronic disease ▪ chronic condition ▪ on-line setting ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program)</p>	<p>http://patienteducation.stanford.edu/programs_spanish/tomando.html</p>	<ul style="list-style-type: none"> ▪ Culturally appropriate chronic disease self-management program for Spanish speakers. Participants do not need to read Spanish. ▪ Target Audience: Spanish-speaking adults with chronic health conditions 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours per week ▪ Spanish-speaking people with different chronic health problems attend together 	<ul style="list-style-type: none"> ▪ Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic diseases themselves. ▪ All workshops are given in Spanish without translators 	<ul style="list-style-type: none"> ▪ Leaders and trainers must both speak and read Spanish fluently ▪ 4.5 days of facilitator training and certification at Stanford. All training is conducted in Spanish without interpreters. ▪ 1.5 day on-site cross-training is available at Stanford to those who have already completed the English CDSMP training ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Webinars are conducted in Spanish. Prerequisite: in-person CSMP training. 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with a chronic condition - On-site 1.5 day cross-training: \$700.00. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers (for details: http://patienteducation.stanford.edu/training/trnfees.html) - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers) ▪ Participant Materials Cost: - All in Spanish - Book: \$18.95 (bulk pricing is 	<ul style="list-style-type: none"> ▪ physical activity ▪ chronic disease ▪ chronic condition ▪ Spanish-speaking only ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Diabetes Self-Management Program (DSMP)</p>	<p>http://patienteducation.stanford.edu/programs/diabeteseng.html</p>	<ul style="list-style-type: none"> ▪ Teaches the skills needed in the self-management of diabetes and to maintain and/or increase life's activities ▪ Target Audience: Adults with type-2 diabetes 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours per week (12-16 people with type-2 diabetes) 	<ul style="list-style-type: none"> ▪ Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes 	<ul style="list-style-type: none"> ▪ 4.5 days of facilitator training and certification, either at Stanford or off-site Web-based cross-training for Diabetes Self-Management is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Prerequisite: in-person CSMP training 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with diabetes - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers) - Web-based cross-training available: \$450.00. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Participant Materials Cost: - Book: \$18.95 (bulk pricing is available) - Audio relaxation tape/CD: \$12 each 	<ul style="list-style-type: none"> ▪ diabetes ▪ chronic condition ▪ group setting ▪ medication management ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Better Choices, Better Health – Diabetes (online Diabetes Self-Management Program)</p>	<p>http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html</p>	<ul style="list-style-type: none"> ▪ Teaches the skills needed in the self-management of diabetes and to maintain and/or increase life's activities ▪ Target Audience: Adults with type-2 diabetes who are comfortable using a computer 	<ul style="list-style-type: none"> ▪ On-line interactive version of the Diabetes Self-Management Program (DSMP) ▪ 2 hours per week for 6 weeks ▪ Participants log on at their convenience 2-3 times per week for a total of about 2 hours per week. Participants do not need to log on at the same time. ▪ Program is offered on a dedicated website utilizing bulletin boards for discussion ▪ Approximately 25 people per workshop. All interactions between moderators and participants take place online ▪ All information is private and anonymous 	<ul style="list-style-type: none"> ▪ Two trained peer moderators per workshop ▪ Moderators follow a script and assist participants by modeling action planning and problem solving, offering encouragement, and posting to the bulletin boards ▪ Moderators do not deliver content, which differs from the small-group program 	<ul style="list-style-type: none"> ▪ Moderators are trained online by first participating in a workshop and then co-leading the workshop with a previously trained moderator. ▪ There is a detailed online and downloadable moderators' manual that gives daily and weekly instructions as to moderator duties 	<ul style="list-style-type: none"> ▪ “Dedicated Workshop Implementation” Option: - For single organization - One-time set-up fee: \$5000 - Total Per Workshop Fee, assuming all outsourced staff: \$5,750 (<i>Workshop license fee: \$3,000; Staffing fee-administrator: \$500; Staffing fee-facilitators: \$750; Staffing fee-mentor: \$1,500</i>) - Companion workbook included OR ▪ “Shared Workshop Implementation” Option: - Participants are pooled from multiple organizations - Organization must target 65 completers within a 12 month period OR support at least 100 participants - One-time set-up fee: \$3000 - Total Per Participant Fee: per completer fee \$300 OR per participant fee \$200 - License, workshop staff and companion workbook included 	<ul style="list-style-type: none"> ▪ diabetes ▪ chronic condition ▪ on-line setting ▪ medication management ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Programa de Manejo Personal de la Diabetes (Spanish Diabetes Self-Management Program)</p>	<p>http://patienteducation.stanford.edu/programs_spanish/diabetesspan.html</p>	<ul style="list-style-type: none"> ▪ Culturally appropriate diabetes self-management program for Spanish speakers. Participants do not need to read Spanish. ▪ Target Audience: Spanish-speaking adults with type-2 diabetes 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours per week ▪ Spanish-speaking people with type 2 diabetes attend the program in groups of 12-16. Participants may also bring a family member or friend. 	<ul style="list-style-type: none"> ▪ Workshops are facilitated from a highly detailed manual by two trained leaders, one or both of whom are peer leaders with diabetes ▪ All workshops are given in Spanish without translators 	<ul style="list-style-type: none"> ▪ Leaders and trainers must both speak and read Spanish fluently ▪ 4.5 days of facilitator training and certification, either at Stanford or off-site. All training is conducted in Spanish without interpreters. ▪ Web-based cross-training is available for those who have already completed Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program) training ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Webinars are conducted in Spanish. Prerequisite: in-person CSMP training 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with diabetes - Off-site training: \$16,000 (\$10,000 to Stanford, \$6,000 for two trainers), excludes additional costs such as materials and transportation for two trainers - Off-site 2 day cross-training: \$6,400 (\$4,000 to Stanford, \$2,400 for two trainers) - On-site 1.5 day cross-training: \$700.00. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training - Web-based cross-training available: \$350.00. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training 	<ul style="list-style-type: none"> ▪ diabetes ▪ chronic condition ▪ group setting ▪ medication management ▪ nutrition ▪ Spanish-speaking only ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Arthritis Self-Management (Self-Help) Program (ASMP)</p>	<p>http://patienteducation.stanford.edu/programs/asmp.html</p>	<ul style="list-style-type: none"> ▪ Enable participants to build self-confidence to take part in maintaining their health and managing their rheumatic diseases. People with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, lupus, and others, attend together ▪ Target Audience: Adults with rheumatic diseases 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2 hours per week 	<ul style="list-style-type: none"> ▪ Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals who have arthritis 	<ul style="list-style-type: none"> ▪ 4.5 days of facilitator training and certification at Stanford ▪ All ASMP leaders must first take CDSMP leader training and then a cross-over training that will be offered by webinar. Cross-trainings are held online in a web-based environment. ▪ Web-based update training is also available for active certified ASMP leaders 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with arthritis - 1 day cross-training: \$4,200 (\$3,000 to Stanford, \$1,200 for two trainers) - Web-based cross-training available: \$350.00. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Participant Materials Cost: - Arthritis Book: \$18.95 - Audio relaxation tape/CD: \$12 	<ul style="list-style-type: none"> ▪ arthritis ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Better Choices, Better Health – Arthritis (online Arthritis Self-Management Program)</p>	<p>http://www.ncoa.org/improve-health/chronic-conditions/better-choices-better-health.html</p>	<ul style="list-style-type: none"> ▪ Teaches the skills needed in the self-management of arthritis ▪ Maintain and/or increase life’s activities, including reducing pain, easing fear/worry about arthritis and improving ability and confidence to manage arthritis ▪ Target Audience: Adults with rheumatic diseases who are comfortable using a computer 	<ul style="list-style-type: none"> ▪ On-line interactive version of the Arthritis Self-Management Program (ASMP) ▪ 2 hours per week for 6 weeks ▪ Participants log on at their convenience 2-3 times per week for a total of about 2 hours per week. Participants do not need to log on at the same time. ▪ Program is offered on a dedicated website utilizing bulletin boards for discussion ▪ Approximately 25 people per workshop. All interactions between moderators and participants take place online ▪ All information is private and anonymous 	<ul style="list-style-type: none"> ▪ Two trained peer moderators per workshop ▪ Moderators follow a script and assist participants by modeling action planning and problem solving, offering encouragement, and posting to the bulletin boards ▪ Moderators do not deliver content, which differs from the small-group program 	<ul style="list-style-type: none"> ▪ Moderators are trained online by first participating in a workshop and then co-leading the workshop with a previously trained moderator. ▪ There is a detailed online and downloadable moderators’ manual that gives daily and weekly instructions as to moderator duties 	<ul style="list-style-type: none"> ▪ “Dedicated Workshop Implementation” Option: - For single organization - One-time set-up fee: \$5000 - Total Per Workshop Fee, assuming all outsourced staff: \$5,750 (<i>Workshop license fee: \$3,000; Staffing fee-administrator: \$500; Staffing fee-facilitators: \$750; Staffing fee-mentor: \$1,500</i>) - Companion workbook included OR ▪ “Shared Workshop Implementation” Option: - Participants are pooled from multiple organizations - Organization must target 65 completers within a 12 month period OR support at least 100 participants - One-time set-up fee: \$3000 - Total Per Participant Fee: per completer fee \$300 OR per participant fee \$200 - License, workshop staff and companion workbook included 	<ul style="list-style-type: none"> ▪ arthritis ▪ chronic condition ▪ online setting ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Programa de Manejo Personal de la Arthritis (Spanish Arthritis Self-Management Program)</p>	<p>http://patienteducation.stanford.edu/programs_spanish/asmpe_sp.html</p>	<ul style="list-style-type: none"> ▪ Culturally appropriate rheumatic disease self-management program for Spanish speakers. Participants do not need to read Spanish. ▪ Target Audience: Spanish-speaking adults with rheumatic diseases 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2 hours per week ▪ Spanish-speaking people with different kinds of arthritis and other rheumatic diseases attend together 	<ul style="list-style-type: none"> ▪ Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with arthritis or other rheumatic disease ▪ All workshops are given in Spanish without translators 	<ul style="list-style-type: none"> ▪ No regular training – contact self-management@stanford.edu for additional info 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - Contact Stanford: self-management@stanford.edu ▪ Participant Materials Cost - All in Spanish - Book: \$16.95 (bulk pricing is available) - Audio relaxation tape/CD: \$9.60-\$12 each (bulk pricing available) - Audio exercise tape/CD: \$9.60-\$12 each (bulk pricing available) 	<ul style="list-style-type: none"> ▪ arthritis ▪ chronic condition ▪ group setting ▪ Spanish-speaking only ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Chronic Pain Self-Management Program (CPSMP)</p>	<p>http://patienteducation.stanford.edu/programs/cpsmp.html</p> <p>Email Contact: info@cpsmp.com</p>	<ul style="list-style-type: none"> ▪ Provides information and teaches practical skills for managing the challenges of living with chronic pain. ▪ Target Audience: Adults with chronic pain 	<ul style="list-style-type: none"> ▪ 6 weeks ▪ 2.5 hours once a week ▪ 10-16 participants per group ▪ Program is for people who have a primary or secondary diagnosis of chronic pain. Pain is defined as being chronic or long term when it lasts for longer than 3 to 6 months, or beyond the normal healing time of an injury. ▪ People with all types of non-cancer chronic pain conditions are welcomed. If people have pain due to arthritis, diabetes or HIV/AIDS, it is recommended that they take the program specific to their condition before CPSMP. 	<ul style="list-style-type: none"> ▪ Highly interactive and participative workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic pain 	<ul style="list-style-type: none"> ▪ 4 days of on-site facilitator training and certification in Toronto, Canada ▪ 1.5 day cross-training for Chronic Pain Self-Management (CPSMP) is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Prerequisite: in-person CSMP training 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site training by LeFort Cardas & Associates, Toronto, Canada (4 days, includes all materials, snacks and lunch): \$1,600 per health professional; \$900 for a lay person with chronic pain - On-site 1.5 day cross training by LeFort Cardas & Associates in Toronto, Canada is also available: \$700 per participant. - Web-based cross-training conducted over 2 weeks (includes viewing on-line videos of 10 CPSMP activities, homework assignments, and participation in 2 webinars): \$450.00. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training. - <i>Note: Both on-site full and cross training can be arranged to be delivered at various</i> 	<ul style="list-style-type: none"> ▪ chronic pain ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<p>Positive Self-Management Program for HIV (PSMP)</p>	<p>http://patienteducation.stanford.edu/programs/psmp.html</p>	<ul style="list-style-type: none"> ▪ Help individuals actively participate in their HIV disease and symptom management ▪ Target Audience: Adults living with HIV 	<ul style="list-style-type: none"> ▪ 7 weeks ▪ 2.5 hours once a week ▪ Interactive, group program provides skills and techniques to improve and maintain physical and mental health for individuals with HIV 	<ul style="list-style-type: none"> ▪ Facilitated by two trained leaders, one or both of whom are non-health professionals with HIV 	<ul style="list-style-type: none"> ▪ 4.5 days of facilitator training and certification, either at Stanford or off-site ▪ Cross-training for PSMP (HIV) is available for those who have previously completed the full on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Cross-training is available for other programs once trained as Master Trainers for CDSMP or Tomando Control de su Salud ▪ Web-based cross training available. Prerequisite: in-person CSMP training ▪ Bilingual trainees may attend the English cross-training and purchase a license for the Spanish or Japanese versions. The Spanish and Japanese versions are translations that are so similar to the English PSMP that additional training is not required. 	<ul style="list-style-type: none"> ▪ Licensing Cost (3-year): - Single Program License Cost: If offer only one Stanford Program in one language: \$500.00 for offering 30 or fewer workshops and 6 Leader trainings; \$1,000 for offering 90 or fewer workshop and 12 Leader trainers - Multiple Program License Cost: \$1,000.00 for offering up to 75 total (all programs combined) workshops and 6 Leaders trainings; \$1,500.00 for offering up to 120 total (all programs combined) workshops and 12 Leaders trainings - Custom agreements: min of additional \$1,000 ▪ Training Cost : - On-site Stanford University training (4.5 days, includes all materials): \$1,600 per health professional; \$900 for a lay person with HIV - Off-site training: \$16,000, excludes additional costs such as materials, transportation for two trainers - 1 day cross-training: \$4,200 (\$3,000 to Stanford, \$1,200 for two trainers) - Web-based cross-training available: \$350.00. Must have first completed on-site Chronic Disease Self-Management Program (CDSMP) training ▪ Participant Materials Cost - Book: \$18.95 (bulk pricing is available) - Audio relaxation tape/CD: \$12 	<ul style="list-style-type: none"> ▪ HIV ▪ chronic condition ▪ group setting ▪ self-management ▪ health promotion

