



Healthy Aging

Community-Based Chronic Disease Self- Management Education

Help Yourself
to **Better Health**

wiha
Wisconsin Institute
for Healthy Aging

What does “Healthy Aging” mean for you?

What if you have a Chronic Condition... can you
still age healthfully?

Healthy Aging = HAPPY Aging

- Adults who have high levels of wellness (regardless of chronic conditions) have one thing in common...

a positive view of Aging!

- 7.5 years statistic (quantity & quality)
- Increased engagement in healthy behaviors
- Increased self-efficacy

Fight against AGEISM!



About WIHA . . .

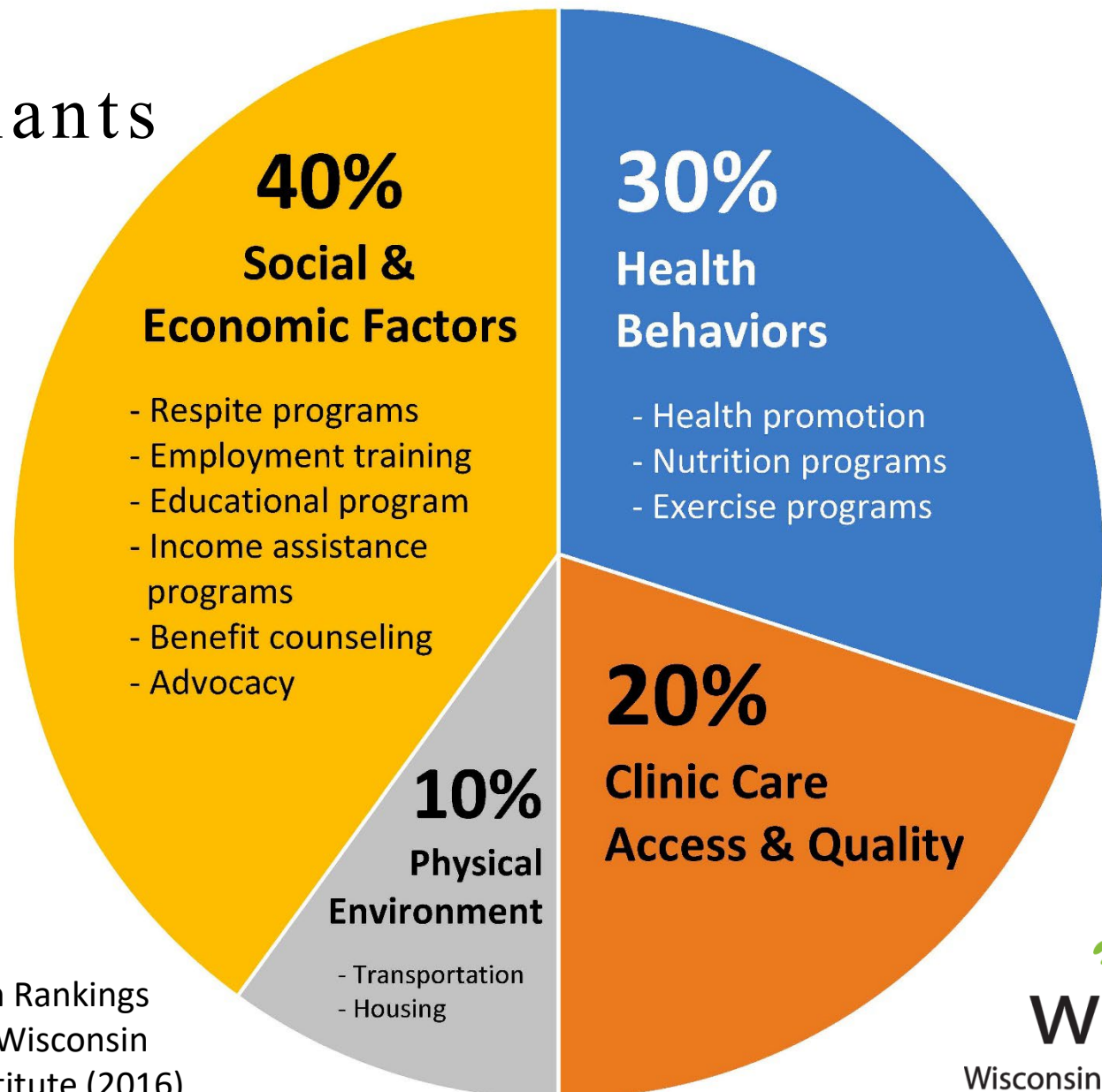
Non-profit administrator of evidence-based healthy aging programs in Wisconsin

Mission: To bring evidence-based programs to communities throughout Wisconsin to encourage healthy living and healthy aging



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Determinants of Health



Source: County Health Rankings model - University of Wisconsin Population Health Institute (2016)

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WIHA Partnerships

From Research, to Practice, to People

Academic Researchers



From the University of Wisconsin School of Medicine & Public Health, Pharmacy, Nursing, Psychology, Engineering, and other disciplines

Wisconsin State Public Health & Aging Policy Agencies



Wisconsin Division of Public Health's Bureau of Aging and Disability Resources and the Bureau of Community Health Promotion

Community Organizations



Local aging offices and Aging & Disability Resource Centers (ADRCs), senior service providers, public health agencies, senior centers, senior dining programs, senior housing facilities, fitness centers, culture-focused groups, disability agencies, faith-based organizations, and more.

Health Care and Related Organizations



Health care providers and payers including hospitals, clinics, health systems, and health insurers

WIHA's Evidence-Based Health Promotion Programs



Living Well with Chronic Conditions

(English & Spanish)

Healthy Living with Diabetes

(English & Spanish)

Healthy Living with Chronic Pain

Walk With Ease

Powerful Tools for Caregivers

PALS - Physical Activity for Lifelong Success

Stepping On falls prevention program

(English & Spanish)

NEW!
Stand Up Move More

Mind Over Matter: Healthy Bowels, Healthy Bladder

Enhancing & Complimenting Clinical-Based Education & Treatment Plans

Programs increase patient self-efficacy in carrying out the treatment plan from their health care provider. Effective behavior change occurs.

Gives participants an understanding of tools to better their health on a daily basis and motivation to use those tools. Health information is basic. Skills developed.

Fosters a great linkage between community-based education and the clinical-based education.

For personal medical questions, participants are referred to their health care team. If the content of the workshop conflicts with instructions they receive elsewhere, they are advised to follow their physicians' orders and discuss discrepancies with the physician.

What are Wisconsin Participants Saying?

"This program changed my life!" (*Living Well with Chronic Conditions*)

"I never knew how much my emotions affected my physical health. *Healthy Living with Diabetes* helped me recognize my stress signals and I pay attention!"

"*Healthy Living with Chronic Pain* helped me to realize that circumstances cannot always be chosen, but reactions to them can be. And I got as much out of this 6-week workshop as I got out of the 18 months I was in a pain-management group."



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Living Well with Chronic Conditions



6-week (once-a-week)
intervention



Delivered in a group
workshop setting

Formats: in-person,
virtual, or telephone



2 trained program
leaders

Peer facilitation

Support persons
encouraged to attend



English and Spanish
language



Researched & Proven



Developed by
Dr. Kate Lorig at
Stanford
University

Evidence-based
for adults with
one or more
chronic
conditions (&
support person
welcome to join)

- **28% reduction in average emergency department (ED) visits** and 22% reduction in the average hospitalizations in the first six months following the intervention
- Total average health care costs averted (ED & hospital visits) per participant: **\$714**
- Currently, **150** program leaders; over **11,000** participants in WI



Topics Covered:

Action Plans & Problem Solving

Mind-Body Connection, Sleep, Dealing with Difficult Emotions

Making Decisions, Pain, Fatigue, Exercise, Relaxation

Better Breathing, Healthy Eating, Communication

Healthy Food Choices, Medication Usage, Informed Treatment Decisions, Positive Thinking

Working with Health Care Professionals and Organizations, Weight Management



Techniques Used to Increase Self-Efficacy

- **Brainstorms**
 - Quickly generate many group ideas
 - Non-judgmental
 - Everyone is encouraged to participate
- **Problem Solving and Decision Making**
 - Work together toward a solution
 - Find the solution that works best for you
 - Helping others
- **Action Plan**
 - Accomplish weekly short-term goals
- **Facilitator/Peer Modeling**



Sample Action Plan

- Something YOU want or decide to do
- Action Specific
- Achievable within the week
- Answer the questions:
 - What? (your action)
 - How much? (portion, time, distance)
 - When? (day of the week / time of day)
 - How often? (number of days or instances this will occur)
- Confidence level 7 or more (on a scale of 0 – 10)

THEN → Problem Solving!



Celebrate Success!

Participants who complete the 6-week workshop experience...

- ↑ Improved their healthful behaviors
- ↑ Improved their health status
- ↑ Improved coping skills, education,
and overall quality of life

- ↓ Decreased days in hospital
- ↓ Decreased ED visits

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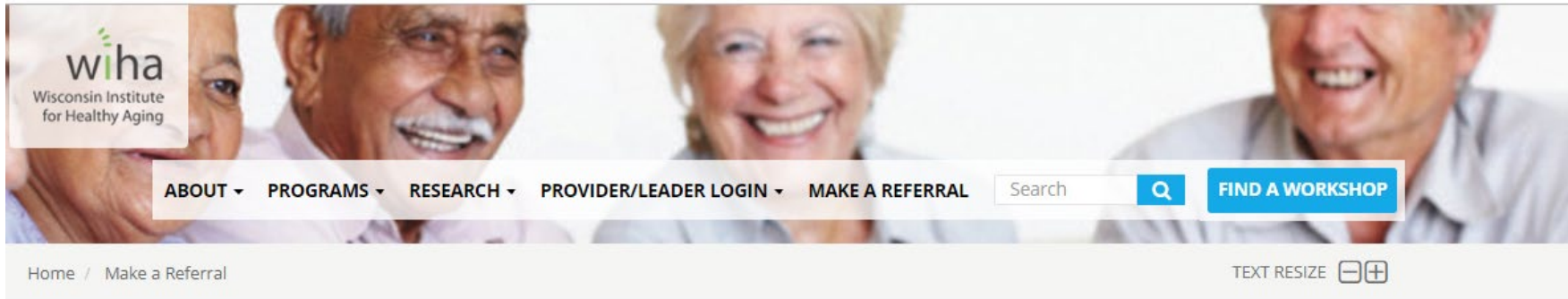
Partnering with WIHA for Better Health Outcomes

1. Make Referrals

2. Become a Program Provider to assist in Providing Programs to Your Patients/Community

Your agency or clinic can become a provider of these programs in your community. Contact Jill Renken to learn more.

Referring to a Program



Make a Program Referral

<https://wihahealthyaging.org/stepping-on-leader-training>

Finding a program for yourself or referring someone else is simple. Simply click on the appropriate option below and take the first steps toward managing your health and life.

[I Want to Find a Workshop for Myself](#)

[I Want to Refer a Friend or Family Member](#)

[Referrals From Professionals](#)

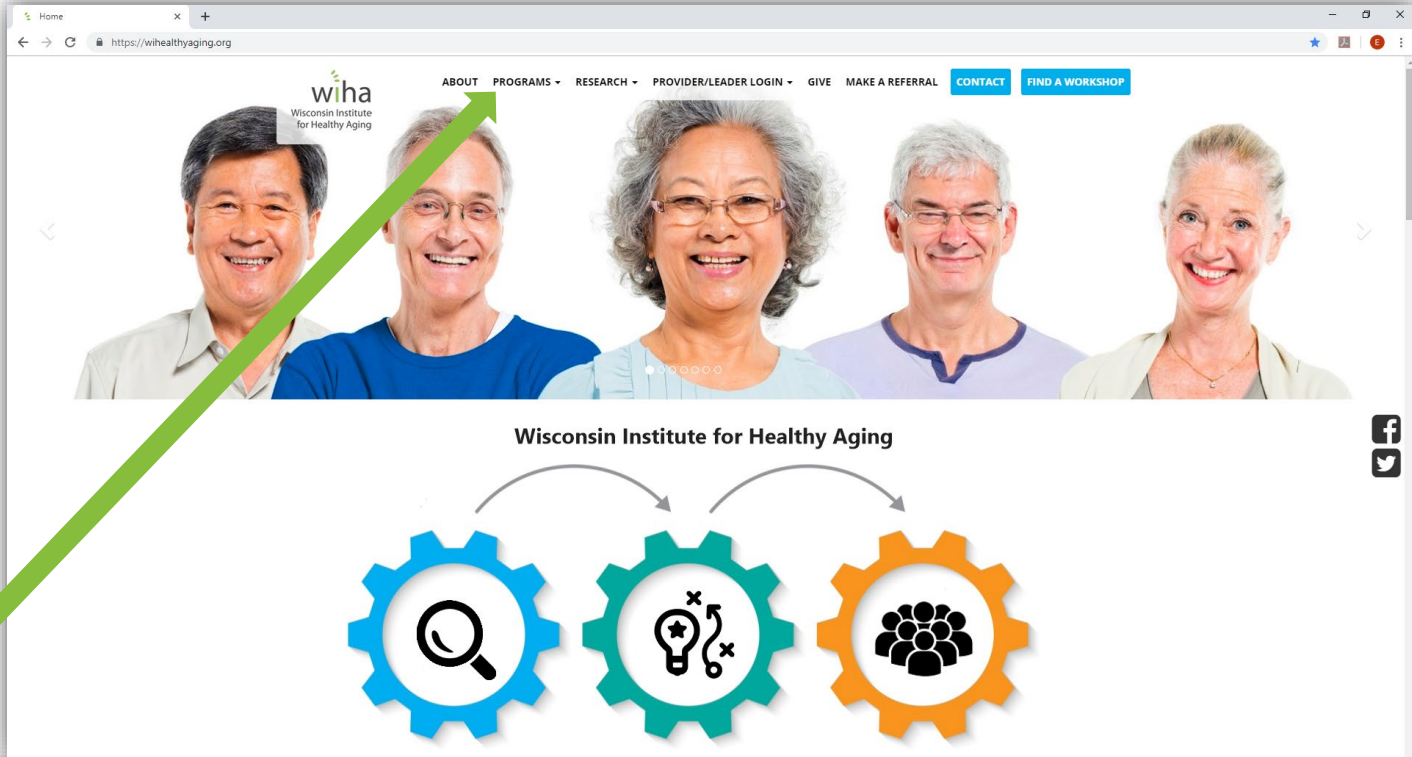


[Learn More About Our Programs](#)

Questions & Reflections

How might you engage patients into chronic disease self-management?

WEBSITE: wihealthyaging.org



PARTNER FOR CONTRACTED SERVICES

See our menu of services & request a proposal



BE A PROGRAM PROVIDER

Pick a program and launch it in your community



QUICK LINKS



Leader Training Schedule



MAKE A REFERRAL

A secure tool for recommending a program



OUR RESEARCH

The research process and what's up next



Stepping On National Licenses



WIHA EVENTS

Healthy Aging Summit, trainings, and more



HELP YOURSELF TO BETTER HEALTH

A campaign to encourage health promotion



Combat Ageism & Improve Health



Thank you!

Jill Renken, MPH, CHES

Director of Program Provider
Partnerships

Chronic Disease Self Management
Program Lead

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