Healthy Aging in Colorado
The Usual Suspects

- Fall prevention – *A Matter of Balance*
- Chronic disease self-management – Stanford’s disease management series *Be Well, Colorado*
- Physical activity programs
- Nutrition programs
Resources & Partners

• Senior Source
• Colorado Commission on Aging
• ADRC – Aging & Disability Resource Center
  – Known in Colorado as ARCH – Access to Resources for Care and Help
Outside the Box

Healthy Moves for Aging Well

About the Program

• Implemented in Meals on Wheels program
• Evidence-based program
• Frail older adults – homebound
• Physical activity

Program Outcomes

• Increased activity levels
• Decreased falls and fear of falling
• Decreased levels of pain
• Decreased depression
Physical Activity

• Low-intensity strength training
  – Arm curls
  – Seated step in place
  – Ankle point and flex
• Motivation “Coaches”
• Assessed before participating
• Assessed after 3-months of participation
What We’re Finding

• Improvements in the modified Senior Fitness Test

• Participants report:
  – Having a better mood
  – Feeling stronger
  – Everyday activities seem easier
How Colorado Implemented

• Denver Regional Council of Governments – Area Agency on Aging
• Volunteers of America – Meals on Wheels
• Meals on Wheels clients
• 2\textsuperscript{nd} year of program
Questions?

For additional information please contact:

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