

# *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<sup>nd</sup> year of program

# Questions?

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