



PSC
PUBLIC SECTOR
CONSULTANTS

Great at Any Age

Falls Prevention and Diabetes Programs
Powered by Michigan's Area Agencies on Aging

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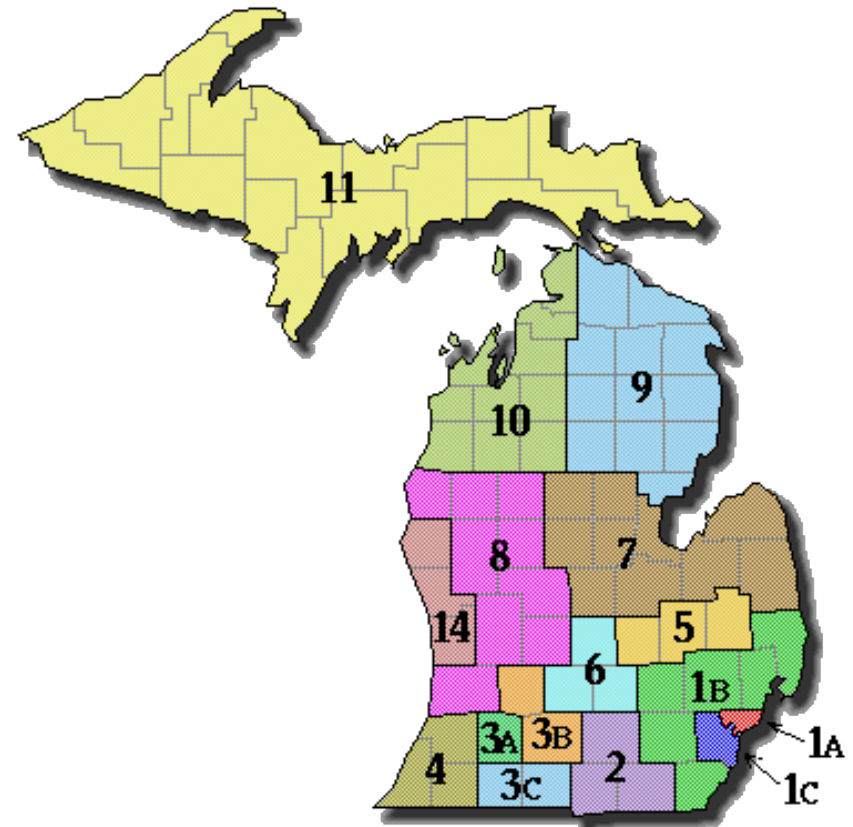
- Significantly expands two evidence-based programs:
 - A Matter of Balance
 - Diabetes Self-Management Program (D-PATH)
- Target population is individuals 60 years of age and older
- Funded by a two-year grant from the Michigan Health Endowment Fund to the Area Agencies on Aging Association of Michigan



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Funding has been allocated to 16 regional AAAs to expand capacity for both programs with support of the Aging and Adult Services Agency (AASA) and the Michigan Department of Health and Human Services



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- Free classes available in 2015 and 2016
- 500 classes available statewide for A Matter of Balance
- 500 classes available statewide for Diabetes Self-Management Program (D-PATH)



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Support from grant partners

- Michigan Hospital Association, Michigan State Medical Society & others will generate referrals
- Public Sector Consultants will evaluate and help with program management
- Martin Waymire will market programs (flyer, brochure, website, media campaign)
- Resource Link will assist with sustainability after grant period



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**Ambitious statewide goals have been set for
Great at Any Age:**

Train 4,000

older Michiganians
in Matter of Balance

Train 4,000

older Michiganians
in Diabetes-PATH



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A Matter of Balance

- 8 small group sessions of 2 hours each
- Problem-solving, skill building, assertiveness training, videos, group discussions, sharing practical solutions & exercise training
- Only falls prevention program that addresses the FEAR of falling
- Uses lay “coaches” in a peer-to-peer model
- Created by Boston University



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Evidence - A Matter of Balance

- Researched with multiple studies using experimental or quasi-experimental design
- Studies show increased levels of intended activity, greater mobility control, improved social function and improved mobility range
- Studies show reduced unplanned inpatient hospital and nursing home admissions, lower Medicare costs



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Diabetes Self-Management Program (D-PATH)

- Designed for Type 2 Diabetes. Seniors with pre-diabetes and Type 1 may also benefit
- 6 small group sessions of 2.5 hours each taught by lay leaders, many with diabetes or experience with diabetes
- Addresses physical and emotional symptoms, exercise, healthy eating, medications, working effectively with health care providers
- Seniors make weekly action plans, share experiences and help each other problem-solve
- Created by Stanford University School of Medicine



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Evidence - Diabetes Self-Management Program

- Researched with multiple studies using experimental or quasi-experimental design
- Studies show significant improvements in symptoms of hypoglycemia, healthy eating, communicating with physicians, depression, reading food labels, patient activation and self-efficacy (i.e. taking charge of your own health)
- Participants have maintained improvements 12 months after the program



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Participant Recruitment & Retention

- Providing snacks and meals
- Transportation assistance
- Holding classes where seniors already congregate
- Offering attendance and completion incentives such as pedometers, water bottles, or small gas or grocery gift cards



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MiPCT Referrals

- Refer seniors 60+ with mobility issues to A Matter of Balance
- Refer seniors with pre-diabetes or diabetes to Diabetes Self-Management Program
- Find classes using search function on project website:
www.GreatAtAnyAgeMi.com



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