

***Evidence Based Programs** are the result of growing body of research in the social and behavioral sciences demonstrating that certain approaches and strategies for working with youth, older adults and families can positively impact important problems such as energy, motivation, depression, falls, and management of chronic health conditions. Los Angeles has embraced these state-of-the-art approaches to staying healthy and is implementing programs citywide (specific program offerings vary by area).*

CDSMP- Healthier Living / Tomando Control de su Salud

Chronic Disease Self Management Program (CDSMP)

A program developed for people with chronic health conditions, participants learn practical skills for managing their chronic health problems such as tools to communicate effectively with family, friends, and health professionals, problem solving and relaxation techniques which result in improved health status and proper utilization of the health care system.

Tomando Control de su Salud

The Spanish version of the Chronic Disease Self-Management Program, designed in Spanish for Spanish- speakers. Though similar to the English version, it was developed to be culturally appropriate. Participants learn to self manage their chronic condition through the similar tools as the English version to obtain the same health outcomes.

Physical Activity / Fall Prevention

Active Start

Combines **Active Living Every Day** - a behavior change discussion class, and **ExerStart** - a beginning level exercise class, to help introduce physical activity into lives of seniors.

A Matter of Balance

A program for people who have fallen in the past, have a risk of falling and who may be reducing their activities due to a fear of falling. Participants learn to view falls and the fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance

Arthritis Foundation Exercise Program

Developed specifically for people with arthritis but beneficial to those without, this exercise program uses gentle activities to help increase joint flexibility and range of motion and help maintain muscle strength. Different classes are available to fit each individuals fitness level – with exercises done while sitting, standing or on the floor.

Arthritis Foundation Walk with Ease Program

A program developed to help individuals create and implement a walking plan to meet their particular needs. This program will help participants to stay motivated, manage their pain and learn to exercise safely to keep muscles strong and joints stable. Walk With Ease was created in order to help boost participant energy, reduce stress and control weight.

Caregiving / Memory

UCLA Memory Training

Memory Training course provides an innovative educational program for people with age-related memory concerns. Participants learn in small groups, through a combination of presentations with group discussions, memory quizzes, and skill-building exercises. This program focuses on teaching new skills in a low stress, fun environment.

Powerful Tools for Caregivers

A workshop for caregivers to develop self-care tools to help them manage and reduce stress, communicate their needs to family members and healthcare providers, deal with difficult emotions, and make tough caregiving decisions. This workshop has been shown to significantly improve the caregiver's emotions, including reduced anger, guilt and depression.

Savvy Caregiver

A workshop intended to train families and others for the unfamiliar role they face as Caregiver for a relative or friend with Alzheimer's disease or another form of dementia. The program focuses on helping caregivers think about their situation objectively and providing them with the knowledge, skills, and attitudes they need to manage stress and carry out the caregiving role effectively.