

Title III Service Definitions
Title B - D
Available for funding
January 1, 2022 thru December 31, 2022

Title III-B – Supportive Services

1. **Chore** (One hour) – REGISTERED
 - a. Performance of heavy household tasks (including but not limited to washing floors, windows, and walls; basic home maintenance; or moving or removal of large household furnishings and heavy appliances) provided in a person's home and possibly other community settings. Tasks may include yard work or sidewalk maintenance in addition to heavy housework.

2. **Homemaker** (One hour) – REGISTERED
 - a. Performance of light housekeeping tasks provided in a person's home and possibly other community settings. Task may include assistance such as preparing meals, shopping for food and other personal items, managing money, answering, or making telephone calls /other electronic communication or doing light housework (including but not limited to laundry).

3. **Assisted Transportation** (One one-way trip) – REGISTERED
 - a. Services or activities that provide or arrange for the travel, including travel costs, of individuals from one location to another. This service includes escort or other appropriate assistance for a person who has difficulties (physical or cognitive) using regular vehicular transportation. Provides a gentle arm for assistance from the first door of the rider's residence to any type of vehicle and from the vehicle to the first door of the destination. Assistance with mobility devices and other types of assistance to ensure the older individual is supported within this service delivery.

4. **Visiting** (One visit) – UNREGISTERED
 - a. Providing regular visits to isolated, homebound, or institutionalized elderly to reduce their isolation and loneliness. Letter writing, reading letters and conversation and typical activities of friendly visitors.

5. **Telephone Reassurance** (One call) – UNREGISTERED
 - a. Regular telephone contacts w/isolated older persons or family caregivers to ensure continued well-being of the individual and to provide social contact.

Title III-D - Evidence Based Program Opportunities

1. Chronic Disease Self-Management Program (CDSMP) - “Living Well with Chronic Conditions”

Chronic Pain Self-Management (CPSMP) – “Living Well with Chronic Pain”

Diabetes Self-Management Program (DSMP) – “Living Well with Diabetes”

*(*this course is designed for participants who have Type 2 diabetes)*

Program Goals: Increase self-management through building skills in goal setting, problem solving, communication, working effectively with family & healthcare professionals regarding condition and treatment management.

Leader Training: 4 days of training required (once a 4-day training in CDSMP is completed and you are an active current leader, there is a 2-day cross training available for CPSMP or a 1-day cross training for DSMP). Regionally located based on need and interest level. Contact Land of the Dancing Sky Area Agency on Aging for training opportunities and questions and more clarification on leader training requirements.

Description: Trained leaders provide an interactive skill-building program to improve the abilities of participants to manage chronic illness (such as arthritis, diabetes, depression, pain, etc.).

Class Size: 8-15

Length/Timeframe: 2.5 hr. session / Once per week for 6 weeks

Target Population: Adults 60+ with chronic conditions who are able to participate in goal setting and problem-solving activities. (While the target population is 60+, there is no age limit for this class and needs to be offered to ALL age appropriate participants.) Caregivers or someone living with someone with a chronic condition may also take the workshop.

License Fee: Program can be implemented under the MN statewide license for all the AAAs in which LDSAAA is part of. Leaders must be trained by certified Master Trainers.

Materials: Easel, easel pad & markers
Living a Healthy Life with Chronic Conditions book & Relaxation CD (not required)
Leader Manual provided at training

Facilitators: Professional and/or peer leaders, 2 per workshop. Ideally one of the leaders will have a chronic condition. Leaders must be trained to facilitate the program by certified Master Trainers.

Facilities: Tables in U-shape or circle, chairs, ADA accessible

Data Collection: Juniper entries including evaluations, attendance and survey forms will be available and required by LDSAAA.

Program Support: LDSAAA will provide program and technical assistance support.

2. Matter of Balance (MOB)

Program Goals: Reduce fear of falling while increasing self-management skills in preventing falls including goal setting, problem solving and increasing balance, flexibility and lower body strength.

Leader Training: 8 hours of training required. Regionally located based on need and interest level. Contact Land of the Dancing Sky Area Agency on Aging for training opportunities and questions.

Description: Trained leaders provide an interactive skill-building program to improve the abilities of seniors to prevent falls.

Class Size: 8-15

Length/Timeframe: 2 hr. session / Once per week for 8 weeks or twice a week for 4 weeks

Target Population: Adults 60+ with a history of falls or at risk of falls who are able to participate in goal setting and problem-solving activities.

License Fee: License is required, but programs can be implemented under the license held by LDSAAA. Leaders must be trained by certified Master Trainers.

Materials: Contact LDSAAA to check on availability of a Trainer's Kit

Facilitators: Professional and/or peer leaders, 2 per workshop. Leaders must be trained to facilitate the program by certified Master Trainers.

Facilities: Tables in U-shape or circle, chairs, ADA accessible.

Data Collection: Juniper entries including evaluations, attendance and survey forms will be available and required by LDSAAA.

Program Support: LDSAAA will provide program and technical assistance support.

3. Tai Ji Quan – Moving for Better Balance

Program Goals: Moving for Better Balance is an evidence-based community fall prevention program for older adults meant to improve postural stability, control of body positioning, gait initiation, movement symmetry and coordination, and to build lower-extremity strength.

- Leader Training:** 16 hours of training required. Regionally located based on need and interest level. Contact Land of the Dancing Sky Area Agency on Aging for training opportunities and questions.
- Description:** Trained leaders provide classes involving a set of simple, continuous, rhythmic and functional Tai Ji Quan-based actions, representing a significant enhancement of traditional Tai Ji Quan by transforming the movements into therapeutic training for balance and daily functioning.
- Class Size:** 8-10
- Length/Timeframe:** Duration: 60 min. per session / 2-3 times per week / 4 months or longer
- Target Population:** The program is intended for community dwelling older adults, age 60 and older, who can walk easily with or without assistive devices (cane, walker, etc.)
- License Fee:** License is required, but programs can be implemented under the license held by LDSAAA. Leaders must be trained by certified Master Trainers.
- Materials:** 2 Tai Ji Quan DVDs
- Facilitators:** Professional and/or volunteer leaders, 1 – 2 per workshop. Leaders must be trained to facilitate the program by Dr. Li of Oregon Research Institute. Leaders must be trained to facilitate the program by certified Master Trainers.
- Facilities:** Open space room with chairs available as needed, ADA accessible.
- Data Collection:** Juniper entries including evaluations, attendance and survey forms will be available and required by LDSAAA.
- Program Support:** LDSAAA will provide program and technical assistance support.

4. Home Meds

- Program Goals:** The Home Meds (also known as the Medication Management Improvement System) addresses medication problems among frail older adults. Agency staff members work with a consulting pharmacist to verify the accuracy and appropriateness of the client’s current medication list, identify problems that warrant re-evaluation by the physician, and follow through with the client and physician to resolve identified problems.
- Target Population:** Adults 60+
- Data Collection:** Attendance and survey forms will be available and required by LDSAAA.
- Program Support:** LDSAAA will provide program and technical assistance support. Call for more info.

5. **PEARLS** - The Program to Encourage Active, Rewarding Lives for Seniors (PEARLS) is an intervention for people 60 years and older who have minor depression or dysthymia and are receiving home-based social services from community services agencies. The program is designed to reduce symptoms of depression and improve health related quality of life. PEARLS provides eight 50-minute sessions with a trained social service worker in the client's home over 19 weeks. Counselors use three depression management techniques: (1) problem-solving treatment, in which clients are taught to recognize depressive symptoms, define problems that may contribute to depression, and devise steps to solve these problems; (2) social and physical activity planning; and (3) planning to participate in pleasant events. Counselors encourage participants to use existing community services and attend local events.

6. **Healthy IDEAS** - Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is a community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations. The program incorporates four evidence-based components into the ongoing service delivery of care/case management or social service programs serving older individuals in the home environment or other private location over several months.