

## **Attachment A**

### **Evidence-Based Education Programs (EBPs)**

Evidence-Based Education Programs (EBPs) educate consumers and provide them with tools to help them better manage chronic conditions (including, but not limited to, diabetes, heart disease, arthritis, HIV/AIDS, depression), and to better manage/prevent falls. EBPs promote the active engagement of consumers to undertake self-management of chronic conditions by teaching behavior management and personal goal-setting.

EBPs also provide education to caregivers to help increase caregiver knowledge, skills, self-efficacy and well-being. EBPs can also help family and friends caring for older adults with long term health conditions to develop skills to cope with the everyday demands of caregiving and improve confidence for better selfcare,

EBPs are either peer-facilitated self-management workshops that typically meet weekly for six or eight weeks or one-to-one personalized interventions with a trained coach.

EBP topics include diet, exercise, medication management, cognitive and physical symptom management, problem solving, relaxation, communication with healthcare providers, and dealing with difficult emotions. Each course requires trained facilitators who adhere to prescribed, evidence-based and validated modules for each workshop. Workshops are broken down to include training in: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) the appropriate exercise for maintaining and improving strength, flexibility, and endurance; 3) the appropriate use of medications; 4) communicating effectively with family, friends, and health professionals; 5) optimal nutrition; 6) decision making; and, 7) how to evaluate new treatments. Workshops and/or one-to-one personalized trainings are highly interactive, where mutual support and success build consumer confidence in their ability to manage their health and maintain active and fulfilling lives.

Transportation may be authorized and provided as a separate purchased service to assist with a consumer's access to EBPs.

In SAMS, the service unit type is per session which is defined as an individual workshop. Participants may enroll in no more than two EBPs per calendar year. A completer of an education program is defined as a participant who attends 4 of the 6 sessions or 5 of the 8 sessions.

EBPs may include, but are not limited to:

- Arthritis Self-Management Program (English and Spanish)
- Better Choices, Better Health
- Cancer: Thriving and Surviving Program
- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program
- Cuidando Con Respeto (Spanish Savvy Caregiver Program)
- Diabetes Self-Management Program
- Enhance Wellness
- Fit for Your Life
- Healthy Eating for Successful Living

- Healthy Ideas (identifying depression empowering activities for seniors)
- Living La Vida Dulce (Spanish Diabetes Self-Management Program)
- Matter of Balance (falls prevention)
- Positive Self-Management Program (HIV/AIDS)
- Powerful Tools for Caregivers
- Savvy Caregiver
- Tai Chi for Healthy Aging
- Tomando Control de su Salud (Spanish CDSMP)

A provider agencies' EBP facilitator must be trained and certified by the Healthy Living Center of Excellence or by the Self-Management Resource Center. Facilitators must possess a Certificate of good standing from the Healthy Living Center of Excellence or the Self-Management Resource Center.