

Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

MO DDD & You: Managing Your Health and Wellness

Information for Individuals & Families

Presented by:

Lisa Nothaus, Supporting Families Lead, Division of DD
Erika Saleski, Project Director, MA4 Network
Amber Vaughn, Project Coordinator, MA4 Network
Tane Lewis, Mid-America Regional Council (MARC)



Tuesday, February 22, 2022

MA4 Network

Community-based classes to help you improve health and wellness

Erika Saleski, Project Director
Amber Vaughn, Project Coordinator



What is the MA4 Network?

MO Statewide network of Area Agencies on Aging

- AAAs are organized by region & provide array of services for older adults & adults with disabilities
- Mid-America Regional Council provides central administration and enrollment support

Provides statewide, coordinated network of Evidence-Based Programming

Free courses for those enrolled in Missouri home & community-based (HCBS) programs & their caregivers



This project was funded in part by an award to the Mid-America Regional Council (MARC) through prevention and Public Health Fund grant no.90CSSG0043-01-00 by the US Department of Health and Human Services, Administration for Community Living.

What are Evidence-Based Programs?

Health promotion classes

- Small group workshops, meet once a week for 6 weeks (virtual, in-person or telephone options)

Proven through research to provide documented health benefits

Teaches participants tools for:

- Improving health & well-being
- Managing chronic health conditions
- Reducing disease & injury
- Achieving goals for healthy living



What are Evidence-Based Programs?



Programs focus on:

- Goal setting & action planning to make sustained improvements in daily life
- Problem solving
- Communication Strategies
- Relationship building & social support
- Proper nutrition & exercise

Who Can Take Evidence-Based Programs?

- Adults
- Caregivers
- People living with chronic disease
- People wanting to take better control of their health

MA4 Network can also connect participants with needed community resources, such as transportation, housing or food assistance, to support improvements in health



Why Evidence-Based Programs?

Studies show participants benefit from:

- Better health & improved quality of life
- Increased self-efficacy in managing one's health
- Increased or maintained independence & mobility
- More energy; less fatigue & less pain
- Improved communication with doctors & caregivers
- Reduced hospitalizations & emergency department visits
- Improved mental health (including delays in loss of cognitive function & positive effects on depressive symptoms)



National Council on Aging: [ncoa.org/article/about-evidence-based-programs](https://www.ncoa.org/article/about-evidence-based-programs)

Self-Management Resource Center: selfmanagementresource.com/resources/bibliography

Why Evidence-Based Programs?



Ben, 51

- Dealing with grief & family issues
- Feeling depressed & stuck
- Lonely, not socializing
- Reported contemplating suicide

- Attended all classes
- Started taking walks with a new friend from class
- Continued exercise plan & meeting with friend

Why Evidence-Based Programs?

Pam, 60

- Diabetic, with high blood pressure
- Using wheelchair due to severe leg pain & lack of strength
- Clinically overweight
- Taking several medications

- Lost weight
- Blood pressure in normal range
- Walking
- Off insulin & managing blood glucose levels with diet & exercise



Evidence-Based Programs



Steps to Healthier Living

- Learn skills and tools for living with the challenges that come with chronic illness
- Diabetes Edition
- Chronic Pain Edition
- Workplace Edition
- Spanish Edition: Tomando Control de su Salud

Evidence-Based Programs

Building Better Caregivers

- Teaches family caregivers a variety of skills, including tools for managing time & stress, tips for healthy eating & exercise, & how to deal with difficult emotions related to caregiving duties

Walk With Ease

- Helps people with arthritis or other related conditions reduce pain, increase balance, strength & walking pace, & improve overall health



Learn more & enroll today



www.marc.org/msnclasses

Free with code “MSNHealth”



Questions?

Erika Saleski

erika@esadvisorsllc.com

Amber Vaughn

amberv@marc.org



Mark your calendar!

The next “MO DDD & You” webinar is
scheduled for

March 22, 2022
12:30pm – 1:00pm



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

Thank You