



## Self-Management Program “Speed Dating” Session St. Helens Ballroom & Foyer



Participants **select three** from the following eight programs to hear a 10 minute overview presentation

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### ***Arthritis Foundation Exercise Program*** – Cindy Bishop, Arthritis Foundation Great West Chapter

Led by a certified instructor, the classes may be taken either standing or sitting. The simple routines are easy to replicate at home. Classes meet for one hour, two to three times per week for eight weeks and are designed to be relaxing and enjoyable. Developed by the Arthritis Foundation, the Exercise Program uses movements created by physical therapists that address pain and fatigue while increasing strength. Studies show individuals attending the classes have experienced: less pain; more confidence in their ability to continue activities; increased social activity; fewer doctor and emergency room visits

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### ***STEADI (stopping elderly accidents, deaths, and injuries)*** – Lisa Shields, Oregon Health Authority

The STEADI toolkit is a comprehensive and easy-to-use resource designed to help healthcare providers incorporate fall risk assessment and proven interventions into their clinical practice. The toolkit contains provider resources including:

- Fact sheets
- Training materials such as case studies
- A chart to help different types of practices incorporate falls prevention
- Suggestions about how to talk with patients about falls
- Assessment tools for three gait and balance tests
- Patient education brochures
- Pocket guide for providers which includes a flowchart outlining the most important steps in assessing and managing fall risk in older patients.

***Diabetes Prevention Program*** – Don Kain, Oregon Health and Sciences University

The National Diabetes Prevention Program was designed to bring to communities evidence-based lifestyle change programs for preventing type 2 diabetes. It is based on the Diabetes Prevention Program research study led by the National Institutes of Health and supported by Centers for Disease Control and Prevention. Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes 16 core sessions (usually 1 per week) and 6 post-core sessions (1 per month).

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***Quit Line/tobacco cessation services*** – Maria Martin, Alere Wellbeing

The Oregon Tobacco Quit Line is a telephone and web-based program that helps Oregon residents quit tobacco. It offers free, confidential, evidence-based coaching, a Quit Guide to make quitting easier, information about community resources and specialized coaching services for teenagers. Participants may also be eligible for nicotine patches or gum. The Quit Line accepts referrals from clinics and providers.

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***American Lung Association Programs*** – Tiffany Belser, American Lung Association

The American Lung Association provides several resources for individuals with tobacco addiction and/or chronic lung disease. The ALA's gold standard tobacco cessation program, *Freedom From Smoking*, is offered in face-to-face clinics, online, telephonically and through a self-help guide. Adults with asthma benefit from *Breathe Well, Live Well*, ALA's adult asthma management program. Additionally, ALA coordinates 18 *Better Breathers Clubs* across Oregon. Support groups for individuals with COPD are listed in the GOLD guidelines as best practice. Finally, the *Lung HelpLine* is a free telephonic program, available in 200 languages, to answer all questions about lung health or lung disease.

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***Powerful Tools for Caregivers*** – Kathy Shannon

In the six weekly classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions. Class participants also receive a copy of *The Caregiver Helpbook*, developed specifically for the class.

***Tai Chi Moving for Better Balance*** – Jim Dalton

Tai Chi: Moving for Better Balance is a simplified version of Tai Chi developed by a team of researchers at Oregon Research Institute. This 8-form program emphasizes weight shifting, postural alignment, and coordinated movements, to help older adults improve their balance and reduce the likelihood of falling.

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***Walk With Ease*** – Megan Mackeye, Oregon State University

Walk With Ease is a 6-week self-education and physical activity walking program. Participants meet three times a week in groups of up to 30 participants under the supervision of a walking leader trained in an online training through the Arthritis Foundation. Each session includes a pre-walk discussion covering a specified topic related to exercise and/or arthritis, followed by a 10–40 minute walk that includes a warm-up and cool-down as described in the *Walk With Ease* leader's guide.



Oregon Living Well Program  
[www.healthoregon.org/takecontrol](http://www.healthoregon.org/takecontrol)