



## Healthy Aging Programs in North Carolina

✧ \*Evidence-based Disease Prevention Programs Approved by  
AoA - Administration on Aging and/or CDC - Centers for Disease Control ✧

### A Matter of Balance

Falls Management Program for Older Adults. The program's goal is to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among community-dwelling older adults. ✧ Approved by AoA ✧

#### Contact Information

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Partnership for Healthy Aging  
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[www.mainehealth.org/pfha](http://www.mainehealth.org/pfha)



### Chronic Disease Self-Management Program (CDSMP)

(In North Carolina, the program is called *Living Healthy*)

CDSMP helps individuals with chronic conditions learn how to manage and improve their own health. The program focuses on problems that are common to individuals suffering from any chronic condition, such as pain management, nutrition, exercise, medication use, emotions, and communicating with doctors.

✧ Approved by AoA and CDC ✧

#### Contact Information

Audrey Edmisten  
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[Audrey.edmisten@dhhs.nc.gov](mailto:Audrey.edmisten@dhhs.nc.gov)  
<http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm>  
<http://patienteducation.stanford.edu/programs/cdsmp.html>



### Diabetes Self-Management Program (DSMP)

(In North Carolina, the program is called *Living Healthy with Diabetes*)

DSMP helps individuals with diabetes learn how to manage and improve their own health. The program focuses on problems that are common to individuals suffering from diabetes, such as pain management, nutrition, exercise, medication use, emotions, and communicating with doctors.

✧ Approved by AoA and CDC ✧

#### Contact Information

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<http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm>  
<http://patienteducation.stanford.edu/programs/diabeteseng.html>



## Arthritis Foundation Exercise Program

A course that promotes self-management of arthritis through exercise.

✧ Approved by CDC ✧

### *Contact Information*

Candy Fuller

Community Development Coordinator

Arthritis Foundation Carolinas Chapter

919-250-0433

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[www.arthritis.org/af-exercise-program.php](http://www.arthritis.org/af-exercise-program.php)



## Arthritis Foundation Aquatics Program

A course that promotes self-management of arthritis through water-based exercise.

✧ Approved by CDC ✧

### *Contact Information*

Candy Fuller

Community Development Coordinator

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[www.arthritis.org/af-exercise-program.php](http://www.arthritis.org/af-exercise-program.php)



## Arthritis Foundation Tai Chi Program

A course that promotes self-management of arthritis through Tai Chi, an ancient practice proven to reduce pain and improve mental and physical well-being. ✧ Approved by CDC ✧

### *Contact Information*

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<http://www.arthritis.org/tai-chi.php>



## Walk With Ease

Walking program targeting arthritis; group-assisted and self-directed options. ✧ Approved by CDC ✧

### *Contact Information*

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[www.arthritis.org/af-exercise-program.php](http://www.arthritis.org/af-exercise-program.php)



## Fit and Strong!

Physical activity/behavior change program for people with lower body osteoarthritis designed to facilitate arthritis symptom management, confidence in ability to exercise safely with arthritis, and commitment to lifestyle change. ✧ Approved by CDC ✧

### *Contact information*

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[www.fitandstrong.org/](http://www.fitandstrong.org/)



## 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 components into the ongoing service delivery of care/case management or social service programs serving older individuals in the home environment over several months. ✧ Approved by AoA ✧

### *Contact Information*

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<http://www.careforelders.org/healthyideas>

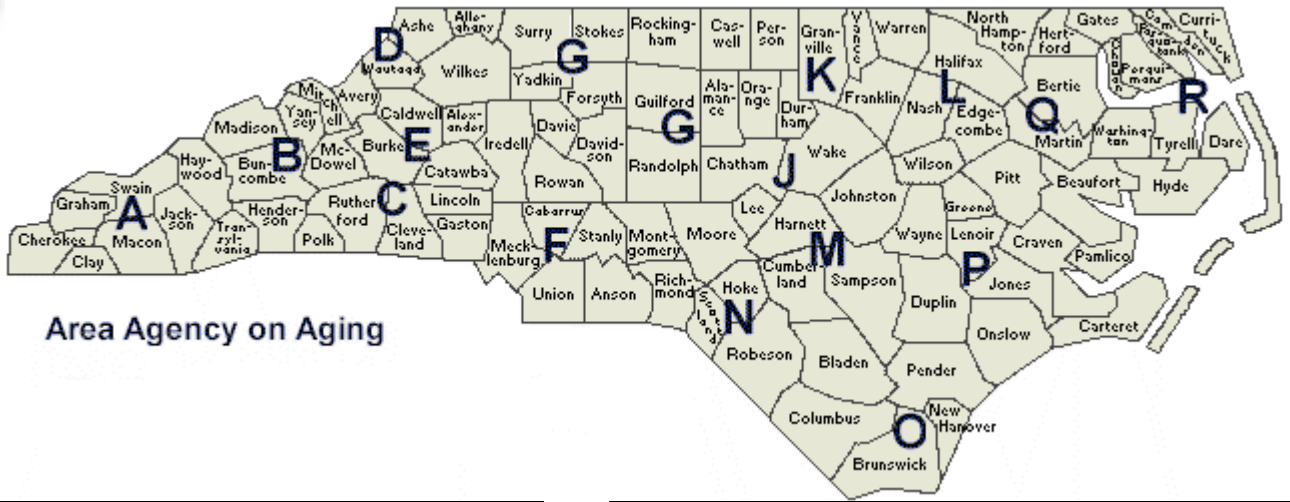


For more information, please contact Audrey Edmisten at (919) 733-0440 or [audrey.edmisten@dhhs.nc.gov](mailto:audrey.edmisten@dhhs.nc.gov)



# North Carolina Healthy Aging Programs Map

Healthy Aging Programs take place in all 16 AAAs



Area Agency on Aging

| Region | Coordinator      | Contact Info   |
|--------|------------------|--|
| A      | Jeanne Matthews  | Southwestern Commission<br>(828) 586-1962, Ext. 217<br><a href="mailto:jeanne@regiona.org">jeanne@regiona.org</a>                |
| B      | Rebecca Chaplin  | Land-of-Sky Regional Council<br>(828) 251-6622, Ext. 117<br><a href="mailto:Rebecca@landofsky.org">Rebecca@landofsky.org</a>     |
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| Region | Coordinator                         | Contact Info  |
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COG = Council of Governments