

These programs offer proven ways to promote health and prevent disease among older adults.

Older adults who participate in these programs can lower their risk of chronic diseases and falls—or reduce long-term effects of chronic diseases or falls. These programs also include support for caregivers. Classes range from 6 weeks to 10 months.



Ready?



Tier III - Approved Evidence-Based Programs

Coordination and logistics

Participant outreach, recruitment and retention

Engagement with network of local providers

Trained and certified program leaders

Fidelity monitoring

Online system for tracking

Understanding, sharing, and implementing best practices

Stanford Suite of Chronic Disease Self-Management Programs (6 weeks)

Diabetes Prevention Program (10 months)

Tai Chi (24 weeks)

Walk with Ease (6 or 9 weeks)

Powerful Tools for Caregivers (6 weeks)

Savvy Caregiver (9 weeks)

Health Promotion and Chronic Disease Prevention