

Wisconsin Institute for Healthy Aging (WIHA)

Taking healthy aging from **research**, to **practice**, to **people**

Who we are

A 501(c)(3) non-profit organization, WIHA is a Wisconsin-based partnership between public and private organizations working together to encourage healthy living among older adults through evidence-based programs.

What we do

We're a clearinghouse for information and training on evidence-based prevention programs that promote healthy aging and wellness in Wisconsin.

We train program leaders, work with local organizations to bring programs to their communities, and provide tools and assistance to help them run programs locally.

Current Programs

Chronic Conditions:

Living Well (and Spanish-language version – **Tomando Control de su Salud**) is a six-week workshop that provides information and support to people with chronic health problems such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, and others.

Healthy Living with Diabetes (and Spanish version – **Vivir Saludable con Diabetes**) is an adaptation of the Living Well program and is specifically designed for people with diabetes. Research confirms that participants in all of these self-management programs experience significant, measurable health improvements and quality of life.

Falls Prevention:

Stepping On (and Spanish version – **Pisando Fuerte**) is a seven-week workshop proven to reduce falls. Workshops are facilitated by trained leaders and provide a safe and positive learning experience focused on improving balance and strength, home and environmental safety, vision, and a medication review. Research shows a 50% reduced risk of falls for Stepping On participants in Wisconsin.

Caregiver Support:

Powerful Tools for Caregivers (and **Powerful Tools for Caregivers of Children with Special Needs**) is a six-week workshop that helps family caregivers improve self-care behaviors (e.g., increased exercise, relaxation, medical check-ups), better manage feelings and emotions related to caregiving, increase confidence in coping with caregiving demands, and increase the use of local services.



What are Evidence-Based Programs?

An evidence-based program is one that has been researched and scientifically-proven to work. All of the programs WIHA offers have been proven to help older people prevent the onset or progression of disease, chronic conditions, or other health problems.



“I had a fall several years ago and was afraid it would happen again. Taking Stepping On changed my life. I feel so much more confident in my ability to get around.”



“When I was diagnosed with diabetes, I felt like I’d never be able to do the things I wanted to do anymore.

Healthy Living with Diabetes gave me the tools I needed to take good care of myself.”



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for Healthy Aging

95% Percentage of health care dollars spent due to chronic conditions in older adults

90% Percentage of fall-related deaths involving people aged 65 or older

1.7 million Number of Americans that die of a chronic condition every year



Healthy Aging Research

WIHA is a leader in healthy aging research through the Community-Academic Aging Research Network (CAARN) – the component of WIHA that develops relationships between university researchers and community groups to create, identify, and test programs or practices that are proven to help older people lead healthier, more active lives.

CAARN provides training programs, venues for networking, and resources to facilitate engagement in aging research.

Our goal is to expand the number of partnerships in aging research, increase the number of community-based aging research proposals funded, and ultimately, produce and disseminate high-level, evidence-based programs that improve the health of older adults in Wisconsin.

Partnerships

WIHA's success is due in great part to the strength of its partners which include:

Wisconsin's County & Tribal Aging Offices

Wisconsin Health Care Providers and Insurers

Wisconsin's Area Agencies on Aging:

- ◆ Area Agency on Aging of Dane County
- ◆ Greater Wisconsin Agency on Aging Resources, Inc.
- ◆ Milwaukee County Department on Aging

Wisconsin Department of Health Services:

- ◆ Division of Public Health–Bureau of Community Health Promotion
- ◆ Division of Long-Term Care–Bureau of Aging & Disability Resources

University of Wisconsin - Madison

“The Living Well workshop gave me more of an ‘I can do it’ attitude. I am now on a fitness program and even started writing again.

The experience was just fantastic!”

Wisconsin Institute for Healthy Aging

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