

# Evidence-Based Programs for Your Community

Wisconsin Institute for Healthy Aging



# Overview

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# About WIHA

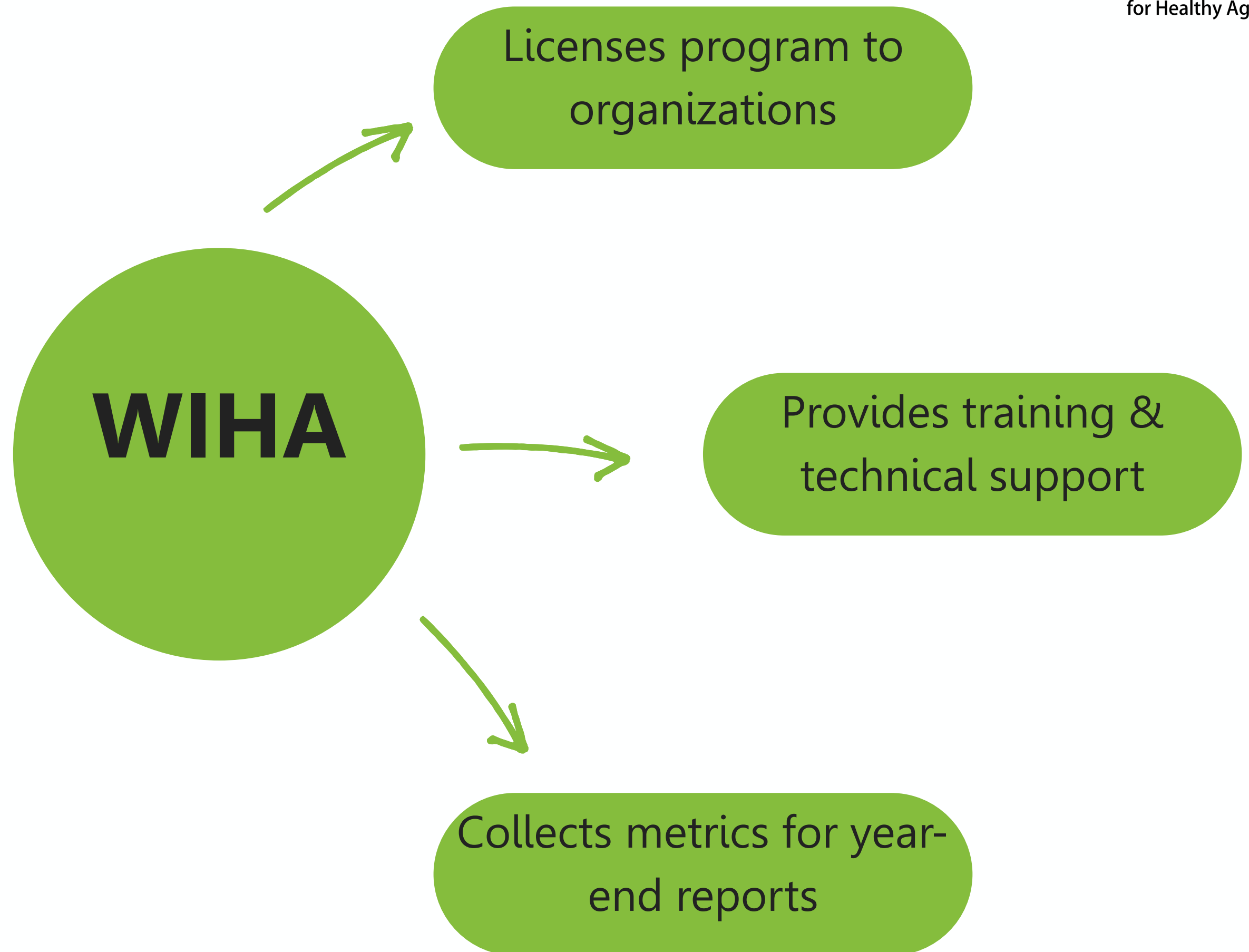


## Mission

The mission of the Wisconsin Institute for Healthy Aging is to improve the health and well-being of all people as they age. We do this by disseminating evidence-based programs and practices and by engaging in collaborative public health strategies in Wisconsin and beyond.

# Program Purveyor

An organization that  
distributes and licenses  
a program.



# STEPPING ON

Stepping On is a high-level evidence-based program designed to reduce falls in older adults. This program brings together the life experience of its participants and the expertise of community professionals. The multi-factorial program covers many causes of falls including balance and strength, vision, home environment, medications, and more.

# Program Overview



Delivery virtual or  
in-person (in-  
person preferred)



2-hour sessions  
every week for 7  
weeks.



2 facilitators



Designed for older  
adults





# Weekly Overview

01

Program Overview  
Balance & Strength Exercises  
Falls Risk Appraisals

02

Benefits of Exercises  
Moving About Safely  
Getting Up from a Fall

03

Home Fall Hazards  
Pets

04

Vision  
Footwear

05

Medications  
Sleep  
Calcium & Vitamin D

06

Travel  
Inclement Weather

07

Community Safety  
Safety Strategies  
Talking with HCP

3M Booster

Coping with Fall Stories  
Review

# Outcomes



- 31% reduction in falls
- Increased self-efficacy for behavior change
- Reduction in hospital readmissions due to a fall
- Net benefit \$125.27/participant and ROI of 59%  
(2015)

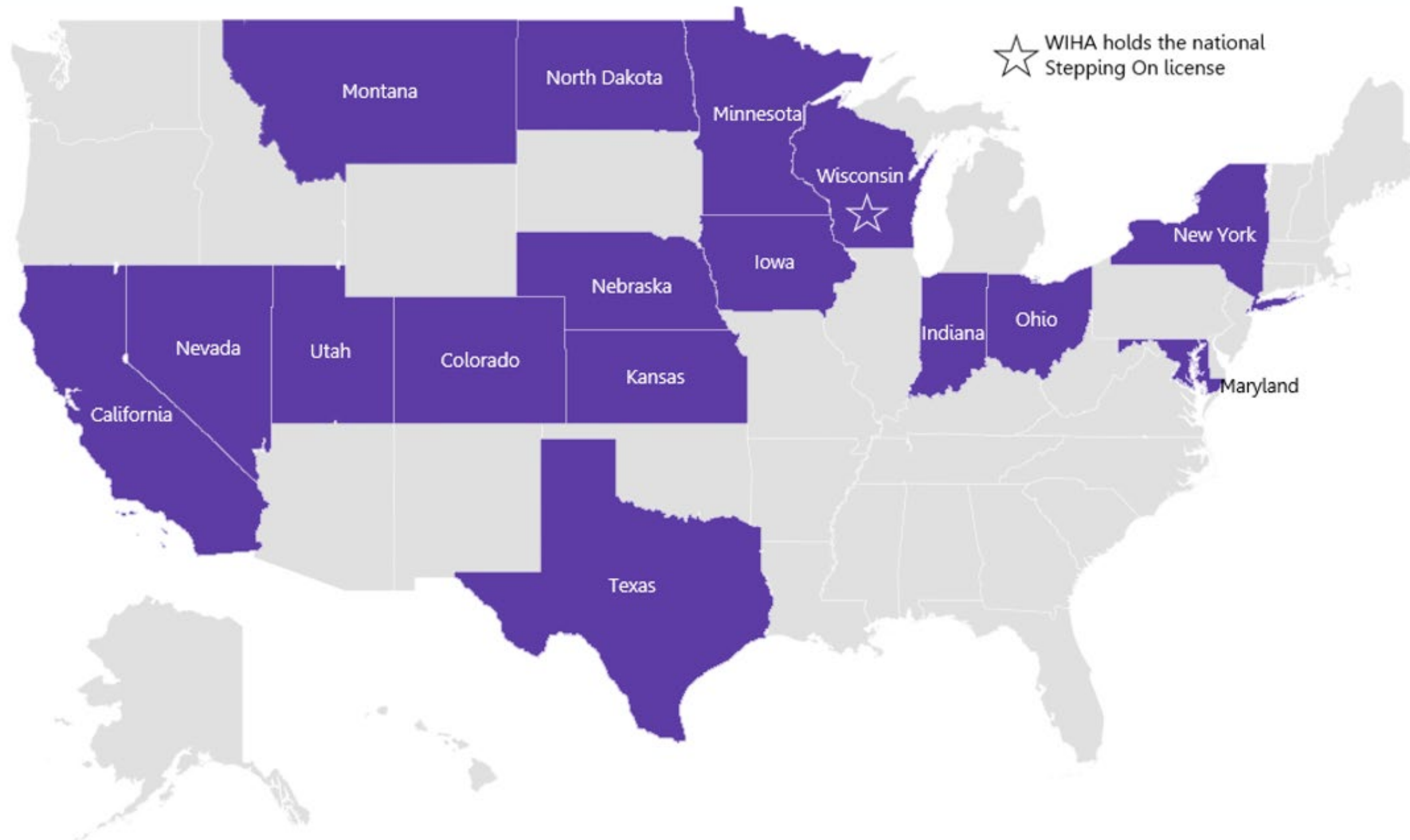


# Facilitator Requirements



- Current or retired healthcare professional (e.g., RN, NP, PA, OT, PT), social worker, **aging network professional**, health educator or fitness expert with knowledge of falls prevention
- Has experience working with older adults
- Ability to demonstrate exercises, modify, and advance

# Current License Holders



# PISANDO FUERTE

Pisando Fuerte is a high-level evidence-based program designed to reduce falls among Hispanic older adults. The culturally and linguistically adapted version of Stepping On, this program brings together the life experience of its participants and the expertise of community professionals. The multi-factorial program covers many causes of falls including balance and strength, vision, home environment, medications, and more.

# Program Overview



Delivery virtual or  
in-person (in-  
person preferred)



2-hour sessions  
every week for **8**  
weeks.



2 facilitators



Designed for older  
adults





# Weekly Overview

01

Program Overview  
Balance & Strength Exercises  
Falls Risk Appraisals

02

Benefits of Exercises  
Moving About Safely  
Getting Up from a Fall

03

Home Fall Hazards  
Clothing

04

Vision  
Footwear

05

Medications  
Calcium & Vitamin D

06

Safety Strategies

07

Community Safety  
Sleep  
Talking with HCP

08

Travel  
Inclement Weather

3M Booster

Coping with Fall Stories  
Review

# Outcomes

- (Similar to Stepping On)
- 31% reduction in falls
- Increased self-efficacy for behavior change
- Reduction in hospital readmissions due to a fall



# Facilitator Requirements



- Current or retired healthcare professional (e.g., RN, NP, PA, OT, PT), social worker, aging network professional, health educator, fitness expert with knowledge of falls prevention, **Community Health Workers or others who work with Hispanic/Latino older adults**
- Has experience working with older adults
- Ability to demonstrate exercises, modify, and advance
- Must be fluent in Spanish

# Current License Holders

Started licensing in 2024

Iowa





# MIND OVER MATTER

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a high-level evidence-based program for women who have or want to prevent bowel and/or bladder incontinence. This multi-faceted program provides tools and resources to help women understand how to prevent or manage incontinence, including fluid and fiber intake as well as kegel exercises.

# Program Overview



Delivery virtual or  
in-person



2-hour sessions  
every other week  
for 3 sessions total.



1 facilitators



Older adult women  
with incontinence  
or those that want  
to prevent

# Weekly Overview



01

Overview of Bladder & Bowel  
Control  
Pelvic Floor Muscles &  
Exercises  
Fiber & Stool Consistency  
Problem Solving with Fiber  
Goal Setting

02

Urinary Leakage & Strategies  
Pelvic Floor Exercises  
Problem Solving with Fluid  
Intake  
Goal Setting

03

Maintenance  
Planning  
Pelvic Floor Exercises  
Talking with HCP  
Goal Setting

# Outcomes



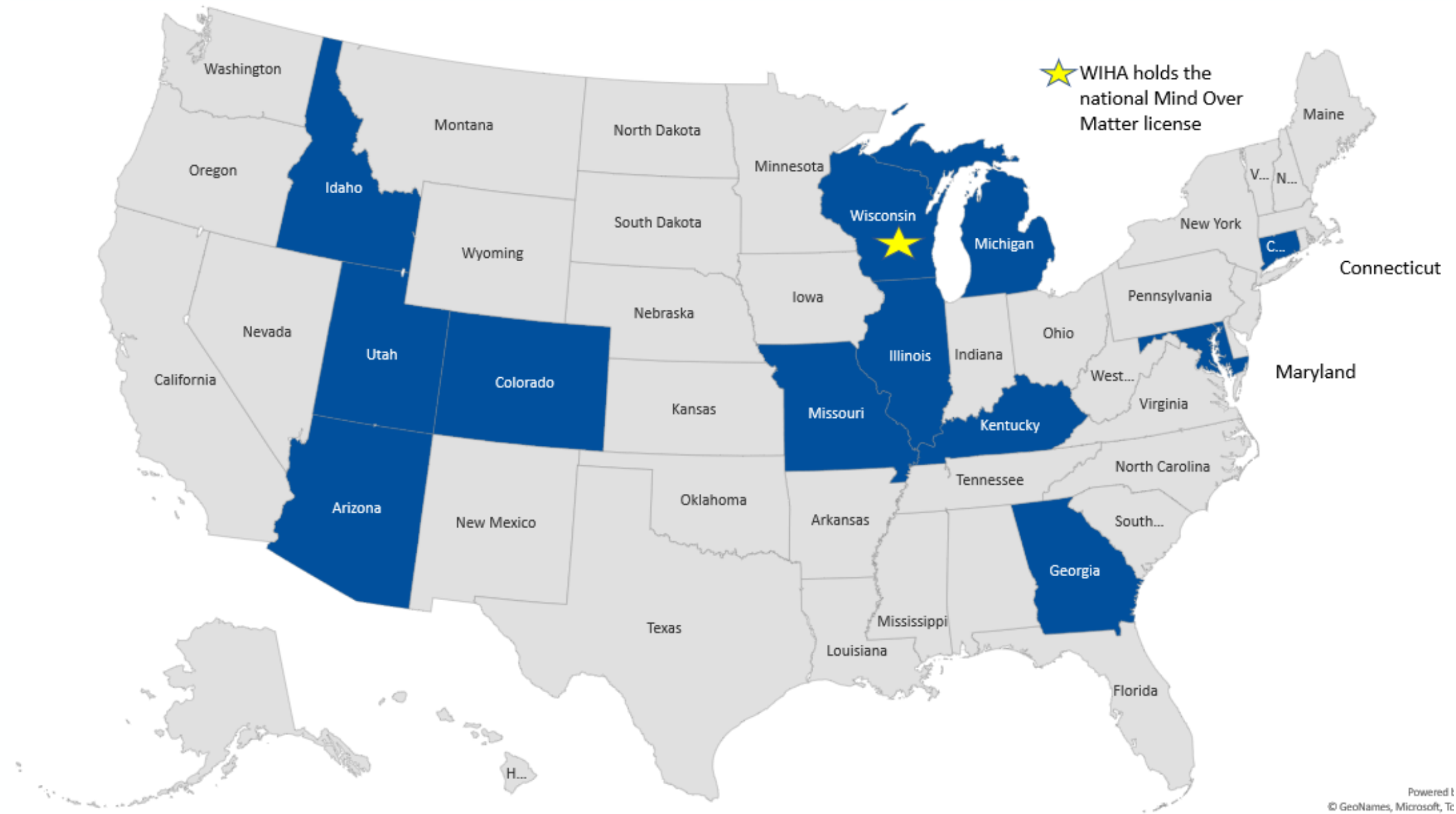
- Improvement in urinary incontinence among 71% of participants
- Improvement in bowel incontinence among 51% of participants

# Facilitator Requirements



- Female
- Comfortable discussing bladder & bowel function

# Current License Holders



# STAND UP FOR YOUR

Stand Up for Your Health (Stand Up) is an evidence-based program designed to help older adults reduce sitting time by standing up and moving more. Participants identify barriers to standing and discuss strategies to increase their standing time. Stand Up has been shown to reduce pain interference and intensity and improve functional performance, vitality, and general overall health.

# Program Overview



Delivery virtual or  
in-person



2-hour sessions  
every week for 4 +  
Refresher Session  
on Week 8



1 facilitators



Older adult who sit  
>6 hours/day







# Weekly Overview

01

Define Sedentary Behavior  
Why We Sit  
Strategies for Stand Up and  
Moving More  
Goal Setting

02

Benefits of Sitting Less  
Factors that Influence Sitting  
Time  
Problem-Solving  
Goal Setting

03

Importance of  
Posture  
Overcoming Barriers  
Confidence Building  
Goal Setting

04

Cognitive Reframing  
Staying Active in the  
Community  
Goal Setting

Refresher

Reflection  
Monitoring Progress  
Goal Setting

# Outcomes

- Reduce sedentary behavior by 68 mins/day
- Reduce problems performing daily activities
- Reduce pain interference and intensity
- Improve functional performance
- Improve vitality
- Improve general overall health



# Facilitator Requirements

- Experience facilitating groups

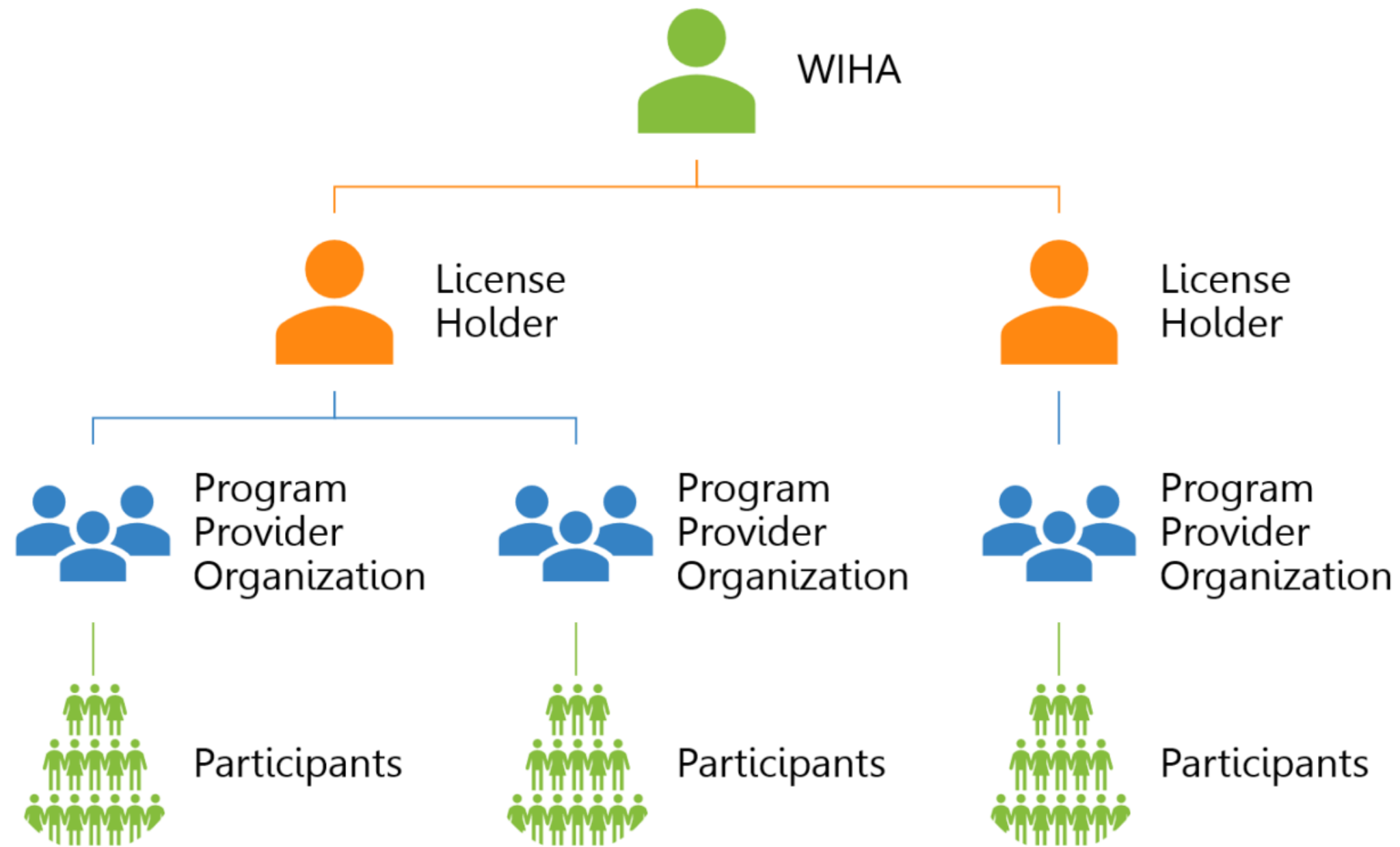


# Current License Holders

# Now Available!



# Become a License Holder



Anyone wishing to offer a program outside of Wisconsin must have an active license.

# 2024 License Fees\*

per program

## Affiliate

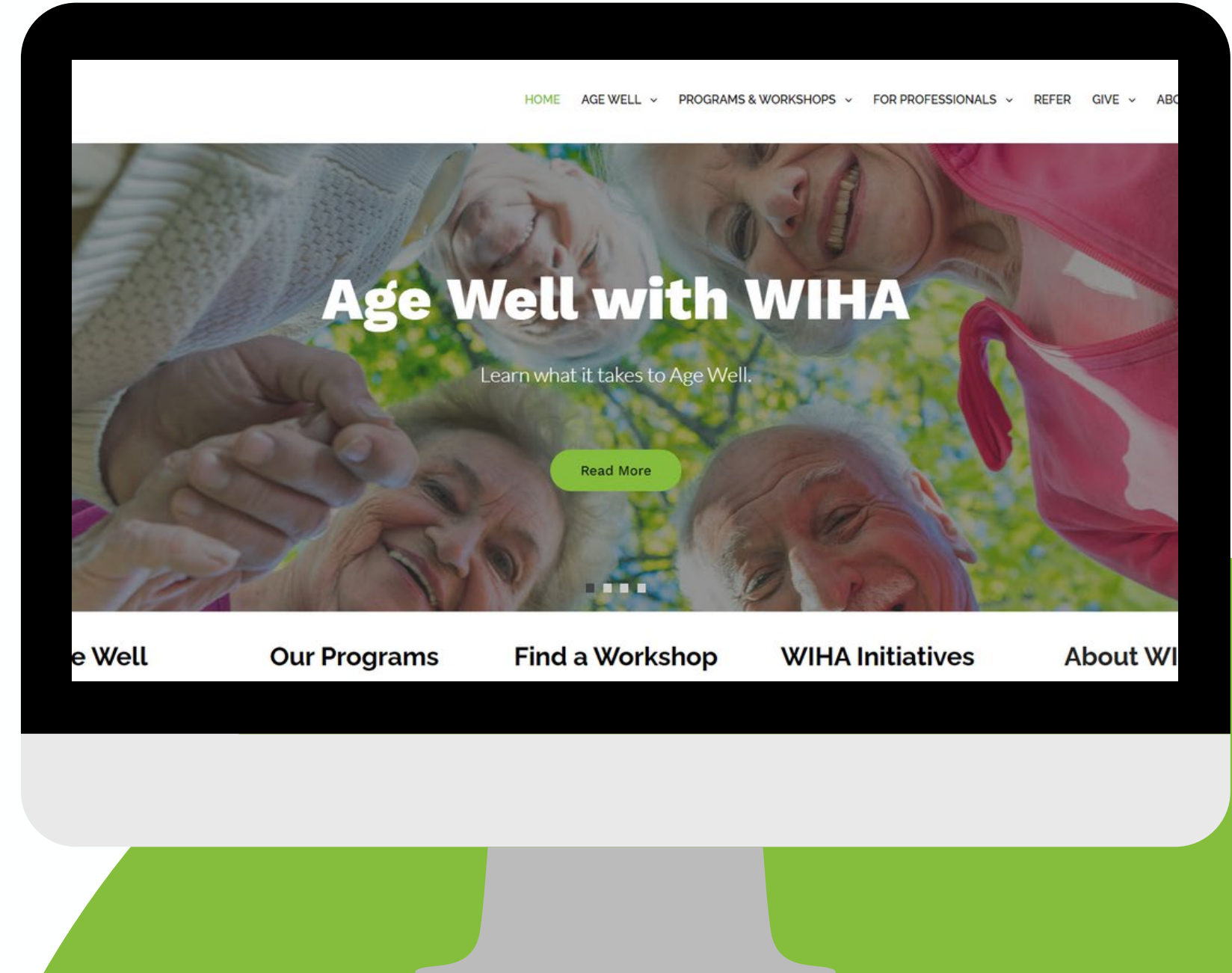
A separate organization (e.g. hospital, clinic, health system, state or county health department, AAA, tribe) in the same state as the licensee or a branch of the licensee in a different location in the same state (e.g. health system with multiple locations), which has trained workshop facilitators and provides workshops under the licensee's license.

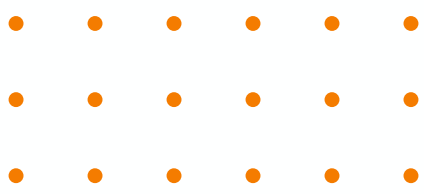
	<b>Sole Licensee</b>	<b>Affiliate Levels (License + ___ Affiliates)</b>				
		1-4 Affiliates	5-9 Affiliates	10-19 Affiliates	20-29 Affiliates	30+ Affiliates
License for <b>3 years</b>	\$ 3,250	\$ 5,450	\$ 8,650	\$ 10,800	\$ 14,000	discuss

\*License holders with master trainers are required to purchase a Basic Training license as well.

## Learn More

- Visit Our Website  
<https://wihealthyaging.org/for-professionals/become-a-license-holder/>
- Contact Us





# Team



**Jill Renken**

Executive  
Director



**Erin Eggert**

Deputy Director  
(Fiscal)



**Suzanne Morley**

Stepping On &  
Pisando Fuerte

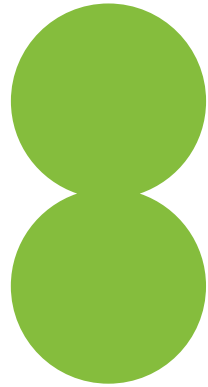


**Amie Rein**

MOM & Stand  
Up







# GOT QUESTIONS?

Reach out.



608-243-5690



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