Title III-D Evidence Based Health Services Definition

Program Purpose:
To support the health, independence, and quality of life of older adults by providing evidence-based health promotion and disease prevention programs. These services help individuals manage chronic conditions, reduce fall risks, enhance mental well-being, and adopt healthy behaviors that delay or prevent the onset of disability.

Funding Sources:
- Title III-D of the Older Americans Act (OAA)

Population Served:
- Age 60 and older
- Individuals who are at risk of chronic disease or injury, or who wish to improve their health and wellness through preventive programs
- Caregivers may participate as allowed by specific program guidelines but are not the primary target population under Title IIID

Service Description:
- Deliver group or individual health promotion programs that are evidence-based and approved under Title IIID guidelines
- Facilitate participant engagement through culturally competent and accessible education
- Focus on prevention, management of chronic conditions, reduction of health risks, and promotion of healthy aging
- Provide services in person, virtually, or in a hybrid model when appropriate
- Collect and report required outcome data to demonstrate program impact

Program Standards:
All Title IIID programs must meet the highest-level criteria for evidence-based programming as outlined by the Administration for Community Living (ACL):
1. Demonstrated through rigorous evaluation to improve health or reduce disease/disability among older adults
2. Published in peer-reviewed journals
3. Proven effective with older adult populations
4. Implemented with fidelity to the original program model
5. Linked to measurable participant outcomes
6. Services must be provided in an inclusive, accessible manner, accommodating disabilities, language preferences, and cultural needs
7. Providers must have certified trainers who have completed the required licensing and training for each specific program.

Outcome Measures:
Programs should aim to demonstrate improvements in:
- Chronic disease management confidence
- Reduced Fall Risk
- Increased physical activity
- Improved mood and mental well-being
- Medication self-management
- Healthy behavior adoption

Allowable Services:

- Health education classes or workshops
- Fall prevention interventions
- Physical activity promotion (e.g., strength, balance, flexibility)
- Chronic disease self-management programs
- Behavioral health promotion (e.g., depression management, stress reduction)
- Nutrition education for disease prevention
- Memory and brain health programs

Non-Allowable Services:

- Programs without evidence-based designation
- General health fairs or one-time screenings
- Services focused solely on treatment or rehabilitation

Approved Evidence-Based Programs for Title IIID - (As of 2025, ACL and NCOA Approved List)

Chronic Disease Self-Management & Behavior Change

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Chronic Pain Self-Management Program
- Cancer: Thriving and Surviving

Physical Activity & Fall Prevention

- Matter of Balance
- Tai Chi for Arthritis (TCA) and Tai Chi for Arthritis for Fall Prevention (TCAFP)
- Stay Active and Independent for Life (SAIL)
- Otago Exercise Program
- Bingocize®
- EnhanceFitness®

Mental Health Promotion

- Program to Encourage Active, Rewarding Lives (PEARLS)
- Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)

Nutrition & Weight Management

- Fit & Strong!
- Walk With Ease (Group and Self-Directed)
- HomeMeds Medication Review Program

Memory & Cognitive Health

- Savvy Caregiver Program (when offered to individuals with early-stage dementia and caregivers as a dyad)
- Brain Health: It's a New Day (state-approved in some areas but check for local ACL acceptance)

Data Collection & Reporting

- Collect pre- and post-program outcome data as required by ACL and CoAction
- Submit attendance logs, participant demographic data, and satisfaction surveys

Providers must maintain:

- Participant enrollment forms and consent
- Attendance logs
- Pre/Post assessments or surveys
- Fidelity checklists (as required by the specific program)
- Incident reports (e.g., participant injury during session)
- Quarterly program reports submitted to CoAction

Unit of Service
One unit = one service interaction (e.g., one counseling session, one support group session, etc.).

Monitoring and Quality Assurance
CoAction will provide:

- Annual provider reviews
- Fidelity monitoring
- Technical assistance and training updates
- Compliance audits

Funding and Matching

- Title IIID funding covers program delivery, materials, instructor costs, and reasonable administrative expenses related to program implementation.
- All services must be free of charge to participants, though voluntary contributions may be accepted.