

Current List of EBPS:

- **Otago Exercise Program (OEP)**
- **A Matter of Balance (AMOB)**
- **Stepping On (SO)**
- **Tai Chi for Arthritis (TCA)**

Remote EBP Suggestions:

- **Bingocize**
 - Many older adults claim that they don't enjoy traditional fall prevention programs which leads to inactivity. Bingocize is a 10-week-long EBP that combines the game of bingo and exercise to create a fun and engaged learning environment for older adults at risk of falls. Older adults are more likely to participate in game-centered, interactive, and socially engaging programs.
 - Health outcomes include:
 - Improved lower/upper body strength, gait, balance, and range of motion
 - Improved aspects of cognition (executive function),
 - Increased social engagement
 - Improved knowledge of falls risk reduction and nutrition
 - Improved patient activation
 - The program can be offered online or in person
 - Recommended class size: 8-20 people
 - Participants play Bingocize for one hour, 2 times per week for 10 weeks
 - Costs:
 - 2-year license for \$400 per organization for one county
 - \$150 per person for online training
 - Requirements
 - Class size of up to 20 participants requires one certified instructor
 - Class size greater than 20 requires two certified instructors
 - Strong wifi connection
- **Enhance Fitness (EF)**
 - This low-cost EBP focuses on low-impact cardiovascular exercise, dynamic/static balance work, strength training with weights, and stretching. Participant progress is tracked with fitness checks completed at the time an individual joins EF and then again after 4 months.

- Recommended class size for remote: 12 participants per instructor.
- Health Outcomes:
 - Strength and Physical Function: Participants showed 35% improvement in upper and lower body muscle strength and function.
 - Depression and Social Function: Participants showed a 52% decrease in depression symptoms and a 13% increase in social function.
 - Fall Prevention: 26% reduced risk of falls resulting in medical care as determined in a Health Maintenance Organization (HMO) retrospective cohort study.
 - Healthcare Cost Reduction: Estimated total medical cost savings of \$945 as determined in a Centers for Medicare & Medicaid Services (CMS) retrospective study.
- **Healthy Steps for Older Adults**
 - This is a community-based falls prevention program that is designed to improve participants' knowledge and awareness of falls, provide advice for reducing falls, improve health and well-being, and provide referrals and resources.
 - Health Outcomes:
 - Reduction in falls incidence by 18% for program participants
 - Reduction in falls-related hospitalization costs of \$840 for program participants
 - Length: Two, 2-hour workshops
 - Professionals are not required. However, instructors must complete online or in-person training.

Other noteworthy EBPs:

- **Fit & Strong**
 - This is an 8-week program that was designed for individuals with osteoarthritis. It combines tailored flexibility and low-impact aerobic and strength training to achieve the following positive health outcomes
 - Improved lower extremity strength
 - Improved mobility
 - Improved lower extremity pain and function
 - Improved anxiety and depression
 - Designed to be conducted in person, in a community setting

- **Stay Active & Independent for Life (SAIL)**

- This a EBP that focuses on improving flexibility, strength, and balance through the following exercises:
 - Warm Up: 3-5 mins
 - Aerobics: 18-20 minutes
 - Mandatory Balance Exercises: 10 mins
 - Mandatory Strenght Exercises: 15-18 mins
 - Stretching and Falls Prevention Education: 8-10 mins
- It includes 55 min class sessions conducted 2-3 times a week for as long as the organization wishes. It is recommended that the program runs in 12-week blocks to allow for increased participation.