

# **Older Americans Act Review— Evidence Based Wellness**

**March 2026 Advisory Council Meeting**



# Area Agency on Aging

- Title III of the Act authorizes federal funds to provide the following services:
  - Supportive services (socialization, social supports, senior centers, transportation)
  - Nutrition services (congregate and home-delivered)
  - Evidence-based disease prevention and health promotion services
  - Family caregiver support services
- Title II of the Act authorizes federal funds to provide:
  - Advocacy
  - Administration



# Evidence-based Wellness in the OAA

- Title 3D: (a) Evidence-based disease prevention and health promotion services programs are community-based interventions as set forth in Title III, Part D of the Act, that have been proven to improve health and well-being and/or reduce risk of injury, disease, or disability among older adults. All programs provided using these funds must be evidence-based and must meet the Act's requirements and guidance as set forth by the Assistant Secretary for Aging.
- Lowest funded portion of the Act historically.
- Only certain programs receive certification to be offered using funds from this Title Area.



# ACL Definition of Evidence-Based Programs

- Demonstrated through evaluation to be effective for improving the health and well-being or reducing disease, disability and/or injury among older adults; *and*
- Proven effective with older adult population, using Experimental or Quasi-Experimental Design; *and*
- Research results published in a peer-review journal; *and*
- Fully translated in one or more community site(s); *and*
- Includes developed dissemination products that are available to the public.
- ACL partners with the National Council on Aging to maintain [list of approved programs](#).



# Evidence Based Wellness Programs

Evidence-based prevention programs offered throughout the county to promote healthy living, independence and improved well-being. Specific workshop details and schedules can be found on our website.

- Boost Your Brain and Memory
- Healthy Living with Chronic Pain
- Healthy Living with Diabetes- *also available in Spanish*
- Living Well with Chronic Conditions- *also available in Spanish*
- Mind Over Matter: Healthy Bowels, Healthy Bladder
- Powerful Tools for Caregivers- *also available in Spanish*
- Savvy Caregiver
- Stand Up For Your Health
- Stepping On (Falls Prevention)- *also available in Spanish*
- Walk With Ease
- Strong Bodies (Strength Training)- *also available in Spanish*



## Wellness Leaders Wanted

Help your community to better health by becoming a facilitator for Milwaukee County's Evidence-Based Health and Wellness Programs.

### Become a Program Facilitator to:

- Motivate participants to take control of their lives by:
  - Preventing falls
  - increasing physical activity
  - Learning caregiver strategies
  - Managing chronic conditions (e.g., chronic pain, diabetes, high blood pressure)
- Foster a healthier community



### As a facilitator, you will receive:

- Training and support to deliver programs
- Free program supplies & materials
- Stipends if you are volunteering your time

Training will require 8-30 hours of your time, depending on the program you are interested in facilitating. Once training is complete, you will be required to facilitate at least one program per year. Programs are typically held weekly for 1-2 months.

# Facilitator Trainings

Milwaukee County AAA recruits facilitators for our Evidence Based Wellness programs.

Training costs covered for volunteers to become community-based facilitators in any of the programs.

AAA provides materials to support Evidence Based Wellness Programs classes, as well as stipends for volunteer leaders.

For more information on becoming an Evidence-Based Program Facilitator contact us at:

**(414) 289-6352** or  
**evidencebasedprograms@milwaukeecountywi.gov**



# Milwaukee County Falls Prevention Coalition

**Mission:** Reduce falls and fall risk among adults through access, awareness, and collaboration.



- **Who We Are:**
- Co-chaired by Milwaukee County AAA
- Coalition of health systems, government agencies, community organizations, businesses, and residents
- Committed to connecting community members with resources and education



## 2025-2027 Goal

## SMART Measure

Increase the number of workshops and participation in evidence-based programs that focus on physical activity and exercise.

Provide five community, physical activity-based EBPP programs (Walk with Ease, Strong Bodies, Gente Fuerte, or other) in the first year, adding one additional program per year in subsequent years.

Enhance blood pressure monitoring program and heart health education to all Milwaukee County-owned senior centers.

Expand the blood pressure hubs to all five Milwaukee County-owned senior centers by 2027. Provide two heart health-focused programming opportunities per site per year that each hub is in operation.

Increase collaborative efforts to expand the network of organizations hosting EBP programs and recruiting new facilitators in communities of color.

Identify and engage six agencies or organizations by 2027 within communities of color to recruit facilitators for the evidence-based prevention programs and/or host EBP workshops. Utilize findings from Impower's final report and participant quality surveys to develop new methods/materials to recruit new facilitators and host sites.

Conduct evidence-based wellness assessments with discreet minority demographic groups to understand how services and supports can meet particular needs in accord with the US DHHS Cultural and Linguistically Appropriate Standards for healthcare.

By 2025, determine which groups to include in the analysis and develop a process for surveying needs aligned with the CLAS standards. By 2027, conduct assessment process, analyze results, and prepare a report with recommendations for programming and process improvements to better serve these populations.