

**AAAPP Strategic Plan 2018-2022
Strategy 2, Priority 1**

The below matrix details the research and summarization of (4) existing and potential models to identify additional opportunities the AAAPP could adopt to better serve our community. Evidenced Based classes already saturating our community were taking into consideration, therefore, these classes would offer something where there is nothing.

Program	Program Goals	Target Audience	Sponsoring Agency
Care Transitions Intervention (CTI)	<ul style="list-style-type: none"> ▪ Promote self-identified personal goals around symptom management and functional recovery in the care transition from hospital to home ▪ Reduce hospital readmissions 	<p>Adults 65+ who are transitioning from hospital to home who meet the following criteria:</p> <ul style="list-style-type: none"> - non-psychiatric-related hospital admission - community-dwelling (i.e., not a long-term care facility) residence within a predefined radius of the hospital (thereby making a home visit feasible) - have a working telephone - have at least one of 11 diagnoses documented in their record (congestive heart failure, chronic obstructive pulmonary disease, coronary artery disease, diabetes, stroke, medical and surgical back conditions (predominantly spinal stenosis), hip fracture, peripheral vascular disease, cardiac arrhythmias, deep venous thrombosis, and pulmonary embolism) 	The Care Transitions Program
National Diabetes Prevention Program (NDPP)	<p>Prevent or delay the onset of Type 2 diabetes</p> <ul style="list-style-type: none"> ▪ Increase physical activity to 150 minutes of moderate physical activity ▪ Lose a minimum of 5% bodyweight 	<p>Adults 18+ who are at high risk for developing Type 2 diabetes based on fasting glucose or A1C or via a short risk survey. Adults 60+ automatically qualify.</p>	Centers for Disease Control and Prevention (CDC)

<p>NYU Caregiver Intervention (NYUCI)</p>	<ul style="list-style-type: none"> ▪ Provide psychosocial counseling and support to improve the well-being of spousal caregivers of people with Alzheimer's disease ▪ Delay institutional placement of the care recipient into a nursing home 	<p>Family caregivers of people with dementia</p>	<p>New York University (NYU)</p>
<p>PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)</p>	<p>Reduce symptoms of depression and improve health-related quality of life.</p>	<p>Adults 60+ who have minor depression or dysthymia and are receiving home-based social services from community services agencies.</p>	<p>University of Washington (UW)</p>