

Evidence-based Health Promotion Programs

What do you do when your patient . . .

- has complex social issues?
- needs more time than you can give?
- needs a structured program to continue after therapy?

Did you know community-based organizations offer evidence-based programs to address these highly prevalent challenges facing older adults?

Prevalence in the 65+ Demographic and Examples of Evidence-based Programs in Your Community



What is an evidence-based health promotion program?

A program delivered in the community (i.e., not by clinicians), designed to empower participants to change health behaviors. Based on rigorous research, programs provide documented health benefits and ensure standardized delivery. Many programs are translated into several languages and culturally appropriate for diverse populations.

Evidence-based Programs have the following components:

- Target Population
- Measurable Goals
- Rationale & Benefit
- Structure & Time Frame
- Evaluation

Physical therapists and assistants are strategically positioned to add value to their practice by referring patients to community partners who offer evidence-based programs.

Community partnerships create value for our patients by providing opportunities to set and achieve health and wellness goals beyond an episode of care.

Clinical-Community Partnership Start-Up Guide

1. Access national resources at the National Council on Aging
2. Identify your local aging organizations (i.e., Aging Services Network, YMCA)
3. Pick up your phone and connect with people in your community offering programs
4. Launch your continuum!