

AoA Older Americans Month 2008 Program Champion



Project: Living Well South Carolina

Organization: Lieutenant Governor's Office on Aging
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Since August, 2006, The South Carolina Lieutenant Governor's Office on Aging (LGOA) and the South Carolina Department of Health and Environmental Control, (DHEC) and local and regional partners have collaborated to implement the Living Well South Carolina Project. The first goal is to provide proven prevention programs to increase the quality and years of life for seniors with chronic disease or fear of falling by implementing the *Chronic Disease Self-Management Program (CDSMP)* in three geographic regions; and expanding the *A Matter of Balance Fall Prevention Program (MOB)* into two regions. Fifty eighty Group Leaders have been trained to conduct these prevention programs. To date, 450 participants have participated in 43 workshops conducted around the state. The project is targeting older adults, especially underserved groups. The University of South Carolina, School of Public Health is evaluating these programs in terms of changes in behavior, health status, and health care utilization, as well as their fidelity to the original program design.

The second goal is to develop and sustain an infrastructure of partnerships to embed the *CDSMP* and the *MOB* program in state health and long-term care systems. To achieve that end, state and local healthy aging partnerships have been convened that include non-profit aging services providers, (b) area agencies on aging (AAAs), (c) health organizations, (d) the faith community, and (e) businesses, such as health care plans. The lead agencies have provided leadership, consultation, and ongoing support to local partners. Partners are now working to develop and sustain commitment of funds and resources from public and private sectors.

For more information on the project contact Crystal Strong at cstrong@aging.sc.gov or by phone at 803-734-9889.