

KING COUNTY  
WASHINGTON STATE



# Evidence-Based Health Self-Management Program

## 「自在生活」實證課程



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## Dear Friends,

Many of us either have or know someone with conditions such as hypertension, heart problems, and diabetes, which we typically call chronic health conditions.

According to the National Council on Aging, “In the U.S., about 80% of older adults have at least one chronic disease, and 77% have at least two. It has been estimated that about 27% of Americans age 65 and older have diabetes. Chronic diseases account for 75% of the money our country spends on health care. These are more than just numbers for intellectual discussion. Chronic conditions, especially when not properly managed, can lower quality of life older adults and contribute to the leading cause of death.”

Managing chronic health conditions effectively can help us to gain a sense of control and improve our quality of life.

This brochure intends to introduce you to some of the evidence-based health self-management programs offered in King County, Washington. We hope that you will find them useful and take steps to take advantage of the programs.

## 親愛的朋友，

我們很多人都患有或認識患有如高血壓、心臟病和糖尿病等通稱為慢性健康狀況的人。

根據全國老齡委員會：「美國約80%的老年人患有至少一種慢性疾病，而77%的老年人患有至少兩種慢性疾病。65歲以上的美國人估計約有27%患有糖尿病，慢性疾病占我國醫療保健支出的75%。這些不僅是供研究討論的數字，慢性疾病會降低老年人的生活品質，並成為死亡的主要原因，尤其是管理不當時」。

適當地管理慢性健康狀況能改善我們的生活品質，並增加我們能夠做自己想做和喜歡做的事情的機會。

本手冊旨在向您介紹一些華盛頓州金縣內有提供的實證健康自我管理課程。我們希望您將找到一些感興趣的課程，並採取行動參與。

# Evidence-Based Health Self-Management Program

What are Evidence-Based Health Self-Management Programs?

“They are programs that have rigorously tested scientifically, proven to be effective and being offered in the community. Their potential benefits to the participants include improved quality of life, increased self-efficacy in managing one’s health, increased or maintained independence, positive health behaviors or mobility, reduced disability (fewer falls, later onset or fewer years of disability, etc.), reduced pain, improved mental health (including delays in loss of cognitive function and positive effects on depressive symptoms).”

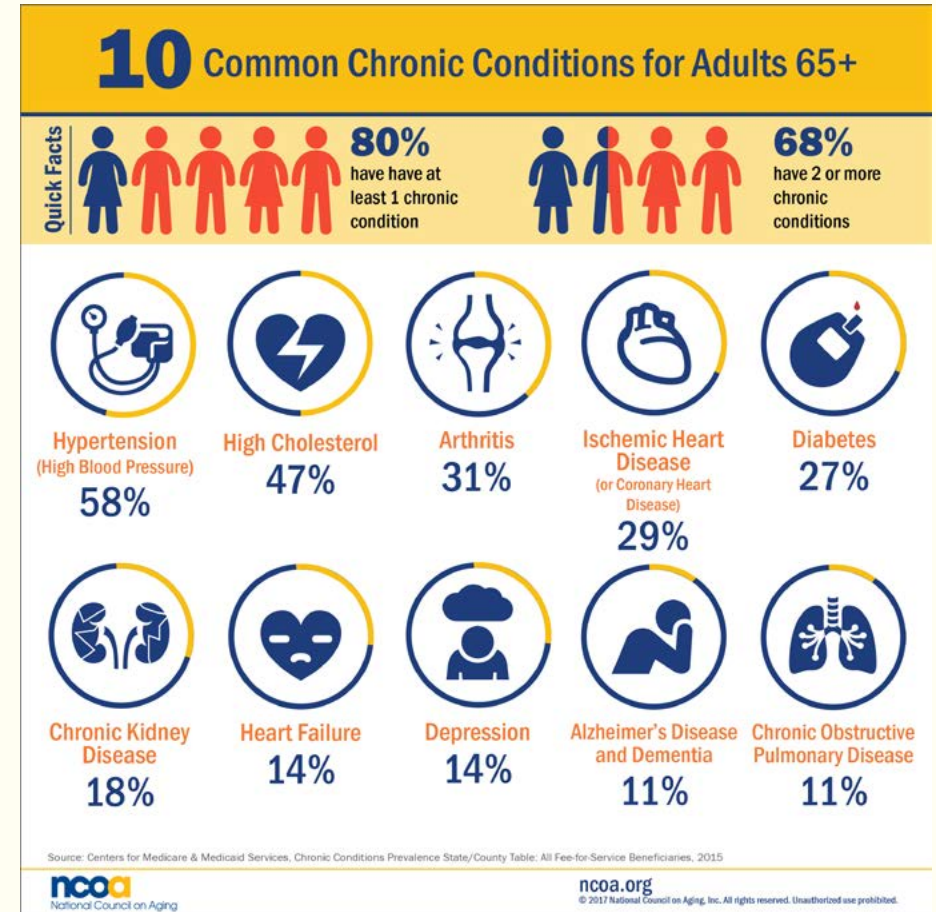
As you continue to read, you will discover some of the evidence-based health self-management programs available in King County. Please feel free to contact us or the agencies listed on this booklet if you have questions on any of the programs.

## 實證健康自我管理課程

什麼是「實證健康自我管理課程」呢？

實證課程是經過嚴格科學測試，證明能在社區內提供且有效的課程。參與實證課程可能的好處包括：改善生活品質；提高管理自我健康的個人能力；增強或維持獨立自理能力、積極的健康行為或行動能力；減少失能（減少跌倒次數、延後發生或減少失能時間等）；減輕疼痛；改善心理健康（包括延後喪失認知功能和對抑鬱症狀有正面影響）。

當您繼續閱讀，您會發現一些金縣內可參加的實證健康自我管理課程。如果您對任何課程有疑問，請隨時與我們或本手冊中列出的機構聯繫。



## Chronic Disease Self-Management Program (CDSMP)

CDSMP was developed collaboratively by Stanford University and Kaiser Permanente. This self-management education workshop is for individuals who experience various chronic health conditions. Its main goal is to help participants develop skills and self-confidence in managing their health and living a vibrant and active life.

### Content/Format

Participants attend weekly 2.5-hour interactive workshops for six weeks to learn about problem-solving, decision-making, communication, maintaining a healthy diet, and other skills related to managing common issues people with chronic conditions experience.

### Potential Benefits

There is strong evidence suggesting the workshop can increase participants' overall quality of life, decrease stress and health distress, increase energy levels, reduce depressive symptoms and improve confidence in managing one's chronic health condition.

Using a similar framework, Stanford University has also developed workshops aimed at helping those with diabetes, **Diabetes Self-Management Program (DSMP)**; chronic pain, **Chronic Pain Self-Management Program (CPSMP)**; cancer, **Thriving and Surviving (CTS) Program** and HIV, **Positive Self-Management Program (PSMP)**.

## 慢性疾病 自我管理 課程



慢性疾病自我管理課程是由史丹福大學與 Kaiser Permanente 合作研發。這個自我管理的教育工作坊專為經歷各種慢性健康狀況的個人所設計，其主要目標是幫助參與者發展管理自我健康的技能與信心，以過著活躍和積極的生活。

### 形式

參與者參加為期六週、每週2.5小時、互相交流的工作坊，以學習解決問題、做出決定、溝通、維持健康飲食和其他相關方法來管理有慢性健康狀況的人常遇到的問題。

### 可能的好處

有充分的證據顯示此工作坊能夠提高參與者的整體生活品質、減輕壓力與健康困擾、增強精力、更加活躍、減少抑鬱和增加管理個人慢性健康狀況的信心。

利用類似的課程架構，史丹福大學還研發針對糖尿病的**糖尿病自我管理課程**、針對慢性疼痛的**慢性疼痛自我管理計劃**、針對癌症的**茁壯與生存課程**和針對愛滋病毒的**積極自我管理課程**。



# EnhanceFitness

## Content/Format

EnhanceFitness, a low-cost, evidence-based group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

The class atmosphere is relaxed and runs about an hour. It is facilitated by a certified instructor who helps the participants maintain their health and functions through a series of dynamic cardiovascular, strength, balance, and flexibility exercises.

There is a lot of opportunities for participants to make new friends. Each class may include up to 25 participants, from the frail to the more fit adult.

## Potential Benefits

- Improve physical function
- Decrease depression
- Protect against falls and fall injury
- Provide a social benefit
- Promote a physically active lifestyle
- Reduce medical care utilization costs
- Decrease unplanned hospitalizations
- Decrease mortality rates



## 形式

EnhanceFitness(EF)是一項低費用、實證的團體運動和預防跌倒課程，可幫助所有健康水平的老年人變得更加活躍、更有活力和被賦能，以維持獨立自理生活。

課堂氣氛輕鬆，大約持續一個小時。此課程由一位經認證的教練指導，藉由一系列有活力的有氧、肌力、平衡和柔韌性運動，來幫助參與者保持健康與機能。

參與者有許多機會結識新朋友。每堂課最多能有25名參與者，從體弱到更健康的成年人人都可以參加。

## 可能的好處

- 改善身體機能
- 減少抑鬱
- 預防跌倒和跌倒傷害
- 提供社交機會
- 促進積極運動的生活方式
- 降低醫療使用成本
- 減少意外住院
- 降低死亡率

# EnhanceWellness

## Content/Format

Enhance®Wellness (EW) is an evidence-based program that connects participants with a personal health and wellness coach to improve physical, emotional and social well-being. Participants will have the opportunity to formulate their own health action plan supported by their EnhanceWellness coach.

## Potential Benefits

Participants use skills related to problem-solving, goal clarification, and participating in activity to help them work towards their own health-related behavioral change.



## 形式

EnhanceWellness (EW)是一項實證課程，參與者將與一位個人健康和健身教練合作，來改善生理、心理和社會健康。參與者可以在其EW教練的指引下制定自己的健康行動計劃。

## 可能的好處

藉著使用解決問題、澄清目標等技巧，配合活動幫助學員建立增進健康的生活模式。



# Active Living for Every Day (ALED)

Active Living Every Day (ALED) is a behavior change program that offers different options to traditional exercise programs to help participants overcome their barriers to physical activity.

## Content/Format

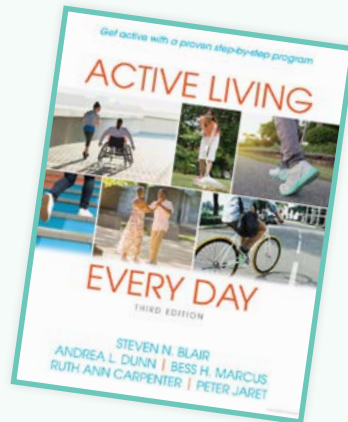
ALED is a 12-week group-based program. Each class has a short lecture and group discussion to help participants set goals, decrease barriers to exercise, and find an activity that they enjoy.

Participants choose their own activity to create an exercise plan based on their lifestyle and preferences. They work to learn lifestyle management skills and build lasting behavioral change.

*Note: No physical activity takes place during the class; participants exercise independently or outside of the class, depending on their individual goals.*

## Potential Benefits

- Increase physical activity
- Decrease stiffness
- Improve blood pressure
- To make positive changes to improve one's health and well-being



ALED是一種行為改變的課程，相較於傳統的運動課程，此課程提供不同的選擇，以幫助參與者克服從事體能活動的障礙。

## 形式

ALED是一項為期12週的團體課程，每堂課都有一個簡短的講座和小組討論，以幫助參與者設定目標、減少阻礙運動的障礙並找到自己喜歡的活動。

參與者根據自己的生活方式和喜好選擇自己的活動來制定運動計劃。參與者努力學習生活方式管理技能並建立持久的行為改變。

注意：上課期間不會進行任何體能活動；參與者根據個人目標自行或在課堂外運動。

## 可能的好處

- 增加體能活動
- 減少僵硬
- 改善血壓
- 做出正向改變以改善自己的健康



# Tai Ji Quan: Moving for Better Balance



## Content/Format

Tai Ji Quan: Moving for Better Balance™ (TJQMBB) is an evidence-based fall prevention program. It transforms martial arts movements into a therapeutic regimen to improve postural stability, awareness, and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength.

The program is delivered in two 1-hour sessions each week for 24 weeks. Each session consists of warm-up exercises, core practices, which include a mix of practice of forms, variations of forms, and mini-therapeutic movements, and brief cool-down exercises.

## Potential Benefits

- Improve strength, balance, mobility and daily functioning
- Prevent falls in older adults and individuals with balance disorders

## 形式

Tai Ji Quan: Moving for Better Balance™ (TJQMBB) 是一個實證的預防跌倒課程。將武術運動轉變為一種治療方法，旨在改善姿勢穩定度、對本體感覺的注意與留心控制、走路機能、動作對稱性和協調性、踝關節和髖關節周圍的活動範圍以及下肢肌肉力量。

此課程為期24週，每週兩次，每次一小時。每堂課包括熱身運動、核心練習（包括混合套路、變化套路和微治療運動）和簡單的緩和運動。

## 可能的好處

- 改善肌力、平衡、活動能力和日常功能
- 預防老年人和有平衡障礙的人跌倒

# The Program to Encourage Active, Rewarding Lives (PEARLS)

## Content/Format

The Program to Encourage Active, Rewarding Lives (PEARLS) is a national evidence-based program for late-life depression.

## Potential Benefits

PEARLS counselors empower individuals to take action and make lasting changes so they can lead more active and rewarding lives. The program aims at improving the quality of life and reducing depressive symptoms of the participants. It is well-suited for individuals with chronic illness, including people with epilepsy.



## 形式

PEARLS代表鼓勵積極、有意義生活的課程，是一項針對老年抑鬱症的全國性實證課程。

## 可能的好處

PEARLS諮商師讓參與者能夠採取行動並做出持久的改變，使他們能通往更加積極和有意義的生活。課程旨在改善生活品質並減輕抑鬱症狀，並且非常適合慢性病患者，包括癲癇患者。





# Health Coaches for Hypertension Control

## Content/Format

HCHC consists of eight weekly 1.5-hour workshop sessions covering health risk appraisal, basics of hypertension, nutrition, tobacco use cessation, physical activity, medication management, stress management, and developing an individual action plan.

## Potential Benefits

The program intends to help participants develop skills and foster behavioral and attitudinal changes to manage their hypertensive condition more effectively.



## 形式

Health Coaches for Hypertension課程為期八週，每次1.5小時，工作坊內容包括健康風險評估、高血壓基本知識、營養學、如何戒菸、體能活動、藥物管理、壓力管理以及製定個人行動計劃等課題。

## 可能的好處

課程旨在幫助參與者發展技能並促使行為與態度的改變，進而使他們可以更有效地管理自己的高血壓。

# Stay Active and Independent for Life (SAIL)

## Content/Format

SAIL is a strength, balance and fitness program for adults 65 and older. SAIL is usually offered 2-3 times a week in a one-hour class. SAIL exercises can be done standing or sitting.

## Potential Benefits

The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance. It is a program that can help participants to stay active and independent.

The program is safe and has been tested with seniors. It also provides a venue for people to connect and make new friends.



## 形式

SAIL是一項針對65歲以上成人的肌力、平衡和健身課程。SAIL通常每週進行二至三次的一小時課程，可以站立或坐著進行SAIL的運動。

## 可能的好處

此課程將讓您變得更強壯、擁有更好的平衡、感覺更好，並幫助您保持活躍和獨立。這些運動很安全，很多老年人已經試做過。而且這裡可讓您認識其他老年人並結交新朋友。







## A Matter of Balance



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

### Content/Format

A Matter of Balance (MOB) is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes eight 2-hour sessions for a small group of 8-12 participants led by a trained facilitator. Participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance.

### Potential Benefits

The program is designed to benefit older adults who are concerned about falls, or would like to improve flexibility, balance and strength.

### 形式

A Matter of Balance是旨在減少老年人對跌倒的恐懼並提高老年人活動能力的課程，由經過培訓的主持人帶領8到12位參與者進行八堂兩小時的小組課程。參與者藉由學習以下課題：知道跌倒是可以掌控的、為增加活動設立目標、進行改變以減少在家跌倒的風險、運動以增加肌力和平衡。

### 可能的好處

此課程旨在讓擔心會跌倒或想要加強柔軟度、平衡和肌力老年人受益。

## Aging Mastery

### Content/Format

The Aging Mastery Program® (AMP) offers an innovative approach to help individuals successfully navigate this phase of life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively to society. The AMP core curriculum covers ten topics. The classroom experience is a mix of didactic and interactive learning, with an emphasis on peer-to-peer interaction.



### Potential Benefits

Upon completion of the program, AMP participants are able to set goals for positive actions in many aspects of their lives, such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships. AMP empowers older adults to make and maintain small but impactful changes in their behaviors.

### 形式

Aging Mastery Program® (AMP) 提供了一種創新的方法來幫助個人成功地度過這個人生階段。此課程綜合有根據的資料、專家演講、小組討論、同儕支持和小獎勵，為參與者提供所需的技能和工具，在管理個人健康、保持經濟安全和為社會積極貢獻，達到明顯的改進。AMP的核心課程涵蓋10個主題。課堂體驗是教學和互動學習的結合，重點是同儕間的互動。

### 可能的好處

完成此課程時，AMP參與者可為生活中許多方面設定積極行動的目標，例如運動、營養、財務、預先護理計劃、社區參與和健康的人際關係。AMP使老年人能夠做出並保持微小但有影響力的行為改變。

# Powerful Tools for Caregivers

## Content/Format

Powerful Tools for Caregivers (PTC) is a six-week workshop series where caregivers learn self-care tools to reduce stress, managing emotions, enhance one's self-confidence in coping with caregiving demands and increase understanding and utilization of community resources. The six weekly sessions are led by experienced class leaders. Class participants are given a copy of *The Caregiver Helpbook*, which is an excellent resource to support their caregiving journey.

## Potential Benefits

PTC classes intend to help caregivers to take better care of themselves while caring for a friend or relative.



## 形式

Powerful Tools for Caregivers (PTC) 是一項為期六週的系列課程，讓照顧者學習自我照護方法，以減輕壓力、管理情緒、增加應付照護需求的信心與增進對社區資源的理解和利用。此一週一次、共六堂課的課程，由經驗豐富的組長主持。參與者將獲得一本《護理者幫助手冊》，這是支持其護理旅程的絕佳資源。

## 可能的好處

PTC課程旨在幫助照顧者在照顧親友的同時，也照顧好自己。

# Bingocize

## Content/Format

Bingocize® is a 10-week, evidence-based health promotion program that combines exercise and health information with the familiar game of bingo, which has shown to be a great, fun way to get seniors moving and socializing. It is meant to be played twice a week on nonconsecutive days, and each session usually lasts 45-60 minutes. The program has various “curriculum” units (Exercise Only, Falls Prevention, and Nutrition) some of which are more appropriate than others for particular group of seniors, depending on their level of physical and cognitive ability. Bingocize® can be implemented remotely or in a traditional face-to-face setting.

## Potential Benefits

- Improve and/or maintain mobility and independence
- Learn and use health information focused on falls reduction and other health-related behaviors
- Engage older adults in social settings



## 形式

Bingocize®是一項為期10週的實證健康促進計劃，將運動和健康資訊與熟知的賓果遊戲結合，研究證實這是一種很好且有趣的方式讓長者活動和社交。此計劃每週在非連續的日子進行兩次，每次通常進行45至60分鐘。Bingocize®有各種「課程」單元（運動、預防跌倒和營養），取決於長者們的體能與認知能力，某些單元會比其他單元更適合。Bingocize®可以遠距或傳統面對面的方式來進行。

## 可能的好處

- 改善並維持活動力和獨立性
- 學習和利用專注於減少跌倒和其他與健康有關行為的健康資訊
- 促進老年人參與社交活動

# Program Provider 課程提供者

## Organization 機構      Contact Information 聯繫方式

<b>African Americans Reach and Teach Health Ministry</b>	901 Rainier Ave N #B102, Renton WA 98057 (206) 850-2070   <a href="http://aarth.org">aarth.org</a>
<b>African Community Housing and Development</b>	16256 Military Rd S #26, SeaTac WA 98188 (206) 257-1166   <a href="http://achdo.org">achdo.org</a>
<b>Asian Counseling and Referral Service</b>	3639 Martin Luther King Jr Way S, Seattle WA 98144 (206) 695-7600   <a href="http://acrs.org">acrs.org</a>
<b>Central Area Senior Center, The Central</b>	500 30 <sup>th</sup> Ave S, Seattle WA 98144 (206) 726-4926   <a href="http://casrcenter.org">casrcenter.org</a>
<b>Chinese Information and Service Center</b>	611 S Lane St, Seattle WA 98104 (206) 624-5633   <a href="http://cisc-seattle.org">cisc-seattle.org</a>
<b>El Centro de la Raza</b>	2524 16 <sup>th</sup> Ave S, Seattle WA 98144 (206) 957-4634   <a href="http://elcentrodelaraza.org">elcentrodelaraza.org</a>
<b>Ethiopian Community in Seattle</b>	8323 Rainier Ave S, Seattle WA 98118 (206) 325-0304   <a href="http://ecseattle.org">ecseattle.org</a>
<b>India Association of Western Washington</b>	PO Box 404, Bellevue WA 98009 (253) 234-9989   <a href="http://iaww.org">iaww.org</a>

<b>International Community Health Services</b>	PO Box 3007, Seattle WA 98114 (206) 788-3700   <a href="http://ichs.com">ichs.com</a>
<b>Kin On Health Care Center</b>	900 S Jackson St #219, Seattle WA 98104 (206) 652-2330   <a href="http://kinon.org">kinon.org</a>
<b>Neighborhood House</b>	1225 S Weller St #510, Seattle WA 98144 (206) 461-8430   <a href="http://nhwa.org">nhwa.org</a>
<b>Seattle Aging and Disability Services</b>	PO Box 34215, Seattle WA 98124 (206) 648-0702   <a href="http://agingkingcounty.org">agingkingcounty.org</a>
<b>SHAG Community Life Foundation</b>	14400 Tukwila International Blvd #100, Tukwila WA 98168 (844) 592-7424   <a href="http://shag.org">shag.org</a>
<b>Somali Health Board</b>	625 Strander Blvd Building D, Suite B, Tukwila WA 98188 (253) 277-7563   <a href="http://somalhealthboard.org">somalhealthboard.org</a>
<b>Sound Generations - Lake City/Northgate Senior Project</b>	2208 2 <sup>nd</sup> Ave #100, Seattle WA 98121 (206) 268-6740   <a href="http://soundgenerations.org">soundgenerations.org</a>
<b>South Park Senior Center</b>	8201 10 <sup>th</sup> Ave S #4, Seattle WA 98108 (206) 767-2544   <a href="http://spseniors.org">spseniors.org</a>

**Interested in learning more?** Please contact the organizations above. They may offer one or more of the programs listed in this booklet. We want to apologize if we inadvertently missed other evidence-based health self-management programs or partners that also offer these programs.

**有興趣了解更多嗎？**請聯繫以上組織。他們可能會提供本手冊中列出的一個或多個課程。如果我們無意中錯過了其他實證健康自我管理課程或也提供這些課程的合作夥伴，我們深表歉意。



## Resources 參考資料

### Impact of Chronic Disease

- <https://ncbi.nlm.nih.gov/pmc/articles/PMC6385883/>
- <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7762-5>
- <https://healthypeople.gov/2020/topics-objectives/topic/older-adults>

### Evidence-based programs (EBP)

- [http://ebclprograms.org/docs/pdfs/EBPs\\_101.pdf](http://ebclprograms.org/docs/pdfs/EBPs_101.pdf)
- <https://ncoa.org/center-for-healthy-aging/basics-of-evidence-based-programs/about-evidence-based-programs/>

### Chronic Disease Self-Management Program (CDSMP)

- <http://ebclprograms.org/evidence-based/recommended-programs/cdsmp>

### Active Living for Every Day (ALED)

- <https://us.humankinetics.com/blogs/active-living>
- [https://cdc.gov/arthritis/marketing-support/1-2-3-approach/docs/pdf/provider\\_fact\\_sheet\\_cdsmp.pdf](https://cdc.gov/arthritis/marketing-support/1-2-3-approach/docs/pdf/provider_fact_sheet_cdsmp.pdf)
- <https://ncoa.org/wp-content/uploads/Active-Living-Every-Day.pdf>
- <https://cdc.gov/arthritis/interventions/programs/aled.htm>

### EnhanceFitness

- <https://projectenhance.org/enhancefitness>

### EnhanceWellness

- <https://projectenhance.org/enhancewellness>

### Tai Ji Quan: Moving for Better Balance

- <https://nj.gov/humanservices/doas/services/tjqmbb>
- <https://ncoa.org/wp-content/uploads/Tai-Chi-Moving-for-Better-Balance.pdf>

### PEARLS

- <https://depts.washington.edu/hprc/evidence-based-programs/pearls-program>

### Health Coaches for Hypertension

- <https://clemson.edu/cbshs/centers-institutes/aging/healthcoacheshypertensioncontrol>

### Stay Active and Independent for Life (SAIL)

- <https://doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/OlderAdultFalls/StayActiveandIndependentforLifeSAIL>
- <https://doh.wa.gov/Portals/1/Documents/2900/SAILInfo.pdf>
- <https://ncoa.org/wp-content/uploads/SAIL-Program-Summary.pdf>
- <https://sailseminars.com/>

### A Matter of Balance

- <https://mainehealth.org/healthy-communities/healthy-aging/matter-of-balance>
- <https://doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/OlderAdultFalls/FallPreventionResources>

### Aging Mastery

- <https://ncoa.org/wp-content/uploads/AMP-Implementation-Guide.pdf>
- [https://ncoa.org/wp-content/uploads/AMP-Program-Overview\\_2018\\_FINAL.pdf](https://ncoa.org/wp-content/uploads/AMP-Program-Overview_2018_FINAL.pdf)

### Powerful Tools for Caregivers

- <https://powerfultoolsforcaregivers.org/what-we-do>

### Bingocize

- [https://wku.edu/bingocize/about\\_bingocize](https://wku.edu/bingocize/about_bingocize)

