

Title III-D Disease Prevention and Health Promotion Services Service Description

Revised 3/3/2022

Program Description

AgeGuide Northeastern Illinois is committed to collaborating with the Illinois Department on Aging (IDOA) and other community-based providers within our region to address the needs of older adults in our eight-county region. Utilizing American Rescue Plan Act (ARPA) funding, AgeGuide seeks to enhance and expand services to increase access and address the increased social isolation older adults are experiencing due to the COVID-19 pandemic. Projects funded with the ARPA grant will begin on June 1, 2022 and end on December 31, 2023.

AgeGuide Northeastern Illinois is seeking applications from organizations interested in providing Title III-D Disease Prevention and Health Promotion Services. Title III-D funds must be used to provide highest-tier evidence-based disease prevention and health promotion programs at senior centers, community centers, in the client's home or at other appropriate sites. Disease prevention and health promotion programs must meet highest-tier evidence-based criteria as defined in IDOA 603.29C. Refer to AgeGuide Service Standards Title III-D Disease Prevention and Health Promotion for additional information.

AgeGuide Northeastern Illinois recognizes that Title III-D Disease Prevention and Health Promotion Services, by design, are on the frontlines of providing access to important social connections and assisting older adults in developing new social supports.

AgeGuide Northeastern Illinois through a grant from American Rescue Plan Act (ARPA) will utilize said funds for program expansion of specific Title III D health promotions programs in the 8-county region that AgeGuide serves. Listing of allowable evidence-based programs follows.

Proposals should include:

- identified staff or volunteers to be trained and conduct the program,
- list program (s) the organization would like to be trained, and
- commitment to conduct the selected workshops in virtual platforms as well as in-person.

The funding minimum is \$3500. The best practice cost per session is \$3500. Applicants can utilize this cost estimate when building their program design and outlining how many programs they will conduct.

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Funds are to be utilized for start-up costs associated with evidence-based programs including any technology needed to conduct the program virtually, relevant program costs directed by the program including participant workbooks, prize packages (Bingocize), exercise equipment (Bingocize), and other supplies as outlined by program.

Service Design/Allowable Services:

Title III-D Allowable Services include the following health promotion programs:

- **A Matter of Balance (MOB); in-person and virtual.**
In-Person 8 minimum, 14 maximum. Virtual 6 person minimum, 10 person maximum
- **Bingocize; in person and virtual.**
In-person 8 minimum, 20 maximum. Virtual 6 person minimum, 16 maximum
- **Tai Ji Quan – Moving for Better Balance**
In-person or virtual, 8 minimum, 15 maximum.
- **Program to Encourage Active Rewarding Lives for Seniors (PEARLS).**
In person and/or virtual, 8 person minimum, 12 person maximum.
- **Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors).**
In person and/or virtual, 8 person minimum, 12 person maximum.
- **Health Matters – Exercise and Nutrition Health Education for People with Intellectual and Developmental Disabilities**
In person and/or virtual, 8 person minimum, 12 person maximum

Title III-D providers will be required to perform the following activities:

1. Units/Persons
 - a. The provider will minimally serve the number of persons and units as determined by individual program.
 - b. Achieve completer ratio as determined by individual program.
2. Staffing
 - a. Be able to provide required number of facilitators as outlined by the specific programs. (1-2 facilitators typically)
 - b. Commit to maintaining facilitator levels and credentialing requirements during grant term.

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3. Adhere to the Agency on Aging General Service Requirements and the program specific requirements as well as reporting requirements for these services. Visit the Agency on Aging website (www.ageguide.org) for Service Standards and information on reporting requirements.