



HEALTHY AGING PROGRAMS

The State Department on Aging provides leadership and guidance in the statewide dissemination of evidence-based prevention and wellness programs through support of an array of programs that promote fall prevention, chronic disease self-management and good mental health.

CT Statewide Fall Prevention Initiative

This initiative seeks to decrease the rate of falls among community-dwelling older adults. It is achieved through support of a variety of local projects and partnerships with emergency responders, VNAs, health departments, hospitals, universities and the dissemination of the *Tai Chi Juan, Moving for Better Balance*, fall prevention program. This initiative is a partnership between the State Department on Aging and the Yale CT Collaboration for Fall Prevention. It is open to adults 60 and older.

**For more information on the CT Statewide Fall Prevention Initiative
please call 860-424-5274**



– Growing Older Together –

1-866-218-6631
www.ct.gov/aging

Live Well Chronic Disease Self-Management Program

Live Well workshops are offered statewide at various locations to help people better manage chronic conditions such as arthritis and heart disease. Workshops are also offered for people with diabetes. This program is open to adults 55 and over and persons with disabilities.

For information on the Live Well Chronic Disease Self-Management Program contact:

Area Agency on Aging at 1-800-994-9422
and ask for the Live Well Coordinator

State Department on Aging
Chronic Disease Self-Management Coordinator (CDSMP)
860-424-5274

State Department of Public Health
Diabetes Self-Management Coordinator (DSMP)
DPH information line 860-509-8000

Healthy IDEAS

Healthy IDEAS is an evidence-based depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions through community-based case management or care support services. This program is open to older adults age 60 and older.

**For more information on Healthy Ideas
call 860-424-5274**



– Growing Older Together –



**1-866-218-6631
www.ct.gov/aging**