



SUPPORTING THOSE WITH AN
AGE-RELATED OR CHRONIC CONDITION

Vision Statement:

To improve quality of life for people living with chronic health conditions or caring for a person with chronic health conditions.

Mission Statement:

To collaborate with other regional organizations to advance community awareness of disease prevention and health promotion.

To find out more about the Northland Living Well Collaborative or any of the programs offered, please contact Clay County Senior Services: 816-455-4800.

Participant Testimonials

"I had not been engaged in my life, too many challenges and isolation from the pandemic closed me off from the world. I wasn't sure the class would help me. It not only changed my outlook, I think it changed my life. I take on challenges with action plans and I'm making progress."

"I use my walker more and my wheelchair less."

"Group classes with complete strangers have always frightened me, but at the conclusion of the course, I feel like I have a support group cheering me on."

Resources

National Institute on Aging, National Institutes of Health – free publications
order.nia.nih.gov/view-all-publications

National Council on Aging
ncoa.org

Help Guide – Eating well as you age and other
resourceshelpguide.org/articles/healthy-eating/eating-well-as-you-age.htm

Resources free, or reduced cost, services
saintlukesresources.org

Arthritis Foundation arthritis.org

Missouri Department of Health and Senior Services, Senior and Disability Services
health.mo.gov/seniors

Seniors Blue Book – Resources for Aging Well
seniorsbluebook.com/local/kansascity



EDUCATION | SUPPORT | RESOURCES

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The Northland Living Well Collaborative seeks to:

- Coordinate, promote, and support inter-agency delivery of health promotion classes in Clay and Platte counties.
- Provide participants with convenient and easy access to a variety of classes in Clay and Platte counties.
- Support class facilitators with resources for program delivery.

Promotional materials funded by the Northland Health Alliance through the Liberty Hospital Foundation Live Well Grant.



EVIDENCE AND RESEARCH-BASED PROGRAMS OFFERED

Workshops are led by two trained leaders, one or both of whom are non-health professionals with chronic diseases or have cared for someone with chronic disease. Materials are included with every class. Classes can be held virtually or in-person. Virtual classes have one extra session to introduce participants to virtual programming. Anyone is welcome to attend any of these classes. Caregivers are especially welcome!

Walk with Ease – Participants meet three times weekly for six weeks to build confidence in order to be physically active. Includes exercises, personalized walking routines, and free walking guidebook.

A Matter of Balance – This program is designed to reduce fear of falling, diminish the risk of falling, and improve activity levels. Class meets once or twice weekly for eight sessions.

Tai Chi for Arthritis and Falls Prevention – A safe way to relieve arthritis pain and gain balance, strength, and flexibility. Tai chi can be done both seated and standing; classes meet twice weekly for 45-60 minutes.

The Aging Mastery Program – A fun and engaging education and behavior change incentive program for aging well. There is a 10-week core **Aging Mastery Program**, a 12-week **Aging Mastery Program for Caregivers**, and one-time elective classes.

Fit & Strong! – Designed for persons with osteoarthritis, this class combines flexibility, low impact aerobics, and strength exercises, along with group discussion. Classes meet for 90 minutes, 2-3 times weekly.

Chronic Disease Self-Management Education
In these six-week classes, participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

- **Living Well with a Chronic Condition***
- **Living Well with a Chronic Condition – Workplace Edition**
- **Living Well with Diabetes***
- **Living a Healthy Life with Chronic Pain***
- **Building Better Caregivers**

***Tool Kit for Active Living**

The at-home kits, with or without phone support, include all tools in the noted programs, packaged into a one-time mailing. It offers an alternative method for those who cannot or do not wish to attend a CDSMP workshop in person or online.