

## HOUSTON AGING IN PLACE INNOVATIONS

### Case Management

- Quality of Life Assessments
- Service Linkages & Coordination
- Advocacy & Guidance
- Education

### Evidence-Based Programs

- Exercise Classes
- Nutrition Classes
- Memory Classes
- Chronic Disease Self-Management



### HOUSTON AGING IN PLACE INNOVATIONS

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### Funders



### NEIGHBORHOOD CENTERS INC.

### HOUSTON AGING IN PLACE INNOVATIONS



Houston Aging in Place Innovations (HAPI) program is working in target neighborhoods throughout the city to promote seniors' ability to age in their homes and their communities.

**Call us at 713-669-5355 for more information.**



# HOUSTON AGING IN PLACE INNOVATIONS

The Houston Aging in Place Innovations (HAPI) program is working with seniors in **Fifth Ward, East End** and **Sunnyside** communities, providing comprehensive case management & evidence-based programs to enhance seniors' quality of life as they age.

## CASE MANAGEMENT

Case Managers provide seniors with individualized, strength-based assessments of optimal health and well-being. Together the Case Manager and senior develop and carry out plans to address unmet needs that can impair a senior's ability to age in place comfortably and safely.

## EVIDENCE-BASED PROGRAMS

### Chronic Disease Self-Management Program

A 6-week educational course offered by the City of Houston Health and Human Services Department. Seniors are taught effective strategies to better manage their overall health. Topics include: identifying resources, managing disease symptoms, physical activity and mental health.

### Eat Better & Move More

A 12 week program designed to help participants live longer, healthier lives. Participants receive tips and tools to meet nutritional and physical activity goals. Community Health Workers provide this course.

### Enhance Fitness

An ongoing 3 days -a -week physical activity program designed specifically for older adults. Classes include flexibility exercises, light aerobic activity and strength training and are led by a certified fitness instructor.

### A Matter of Balance

Offered by the YWCA, this program is designed to help seniors develop practical strategies to reduce the risks of falling. The program covers: fears around falling, changing the environment to reduce fall risk factors and promoting exercise to increase strength and balance.

### Master of Memory

A six-lesson class that will help seniors understand how memory works and what may affect memory. Medical conditions,



medications, diet and exercise, among other things, may all play a role in how memory works. "Master of Memory" will also help identify and use strategies to improve memory function. Texas AgriLife Extension Service trained our Community Health Workers to provide this course.

### Tai-Chi– Moving for Better Balance

A unique program designed for older adults to improve balance and reduce the risk of falls through the practice of Tai-Chi.

**For more information or to enroll in the HAPI program please call us at 713.669.5355**

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