

Project Enhance and COVID-19: Recommendations for Program Delivery

Dear Project Enhance Affiliates and Leaders,

We've received requests for guidance on best practices given the social distancing restrictions in our communities. We recommend that all implementation be done in line with the policies of your organization and the current directives of public health agencies. In addition, here are our recommendations:



We recognize the difficulty people are facing due to the temporary closure of local EnhanceFitness classes in the community. We do not have videos of EnhanceFitness because the in-person instructor is key to the evidence-base and safety of this intervention. To keep people moving during closures, we are recommending these free physical activity resources from the National Institute on Aging (NIA) and National Center on Health, Physical Activity and Disability, which offer a variety of inclusive videos:

<https://www.nia.nih.gov/health/exercise-physical-activity>

<https://bit.ly/2Qoliao>



Findings from recent and in-progress research studies on phone-based EnhanceWellness delivery are demonstrating the efficacy of EnhanceWellness health coaching delivered by phone or videoconference. If phone-based meetings with EW participants may be an option for your program, you should consider the unique challenges of building rapport, logistics, setting expectations and distractions with remote sessions. Guidance from EnhanceWellness Master Trainers, can help you negotiate these challenges and continue to support the homebound participant in creating and following a health action plan and working toward health-related behavioral change. If you are with an affiliate interested in learning about providing EnhanceWellness remotely, we will be holding a conference call to discuss in detail in March. Please contact paiged@soundgenerations.org to register.

Thanks so much for all you are doing to support your participants during this unprecedented time. Please stay safe--we have important work to do and a community that depends on us.

In support,

Paige, Barry and Meghan - Your Project Enhance Team
www.projectenhance.org