NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

Arthritis Council

Arthritis Council Strategy 1 Workgroup
Partnerships and Strategies to Sustain and Disseminate AAEBIs

Thursday, May 8, 2025, 2:00 P.M. ET

Workgroup Charge: The NACDD Arthritis Council's Strategy 1 Workgroup aims to provide a platform for national and state partners to engage in discussion about all aspects of AAEBI capacity building, delivery, and sustainability including but not limited to partnerships, planning, promotion, implementation, coupling, referrals, and evaluation.

Participants (21): IA, MN, MT, NC, NH, OK, UT, VA, VT, WV, AEA, NACDD, OAAA, SMRC

AEA Arthritis Foundation Aquatics (AFAP) and Exercise Programs (AFEP)
Presentation by Aquatics Exercise Association (AEA): Angie Proctor and Julie See

- Recording available HERE
- AEA Website

Information and updates on AFAP and AFEP

- If trained in the AFAP (Aquatic program), you are automatically able to deliver the AFEP (Land based Exercise Program); if trained in AFEP, you are only able to deliver the land-based exercise program
    - AFEP includes standing, seated and floor exercises and can be used outside the pool
    - There is no licensing fee for the program once trained; there is a fee for CE
- Programs provide safe and effective execution of exercises
    - AEA leans in on leaders and empowers them to implement the program as needed; they are encouraged to think about the group they are trying to bring into the program as they design classes
    - Essential components to all classes – flexibility, range of motion, muscle strengthening and endurance, balance and coordination, fall prevention, cardio, and relaxation techniques
    - Key instructional elements – health education (management technique for symptoms), posture and body mechanics (teach in class but try to get participants to take this into daily life), body awareness (recognition of how the body moves), positioning, breath awareness
    - Optional class activities include weight bearing exercise (e.g., standing, walking, etc.)
- Course participation
    - The recommended max for class size is about 20 (25-30 if there is an associate instructor too), but leader should ensure that they adhere to facility/pool rules and lifeguard rules; if leader is newly trained, they may want to have a smaller class

Tips on Getting into Community

- Dr. Laurie Sherlock, West Virginia University, developed a resource that includes information on:
    - Recommended pool temp, depth, entry/exit, facility needs (e.g., accessibility), associated costs, and a back-up room for days that the pool is closed
    - Locating participants (e.g., facility, medical offices, advertising, locator)
    - Educating and sharing the message

    - Creating class format
- The WV Arthritis Program works frequently with Dr. Sherlock and has a consortium related to AFAP topics for WV leaders; other state arthritis program staff are welcome to join (just contact Lakin)

Continuing Education

- CE credit can be obtained either through AEA or through outside sources
- There is no charge for CE if a member of AEA; if not a member, there is a $25 per course/conference fee
- The AEA newsletter includes information about upcoming CE opportunities
- For additional information on CE courses and renewal process please visit the Dropbox link below

Resource Information

- AEA Resources are available via this Dropbox link
- AF Program Leader Manual is the main resource
    - AEA is working on a second edition but shared that there won't be any major changes to the current edition
- The AEA training course is available online and accessible to all
    - The training is self-paced and based on the manual
    - Training is valid and accessible for 2 years once you register; renewal is done by CE
- Additional training
    - There is also a 7-hour course that takes the leader course and puts it into action, bringing the manual to life and engaging participants in designing lesson plans
    - Leadership lectures are also available; these are 2-hour interactive courses on a variety of topics
    - For those that could benefit from more intense programming, AEA developed a "next level" program that offers new exercises and new equipment that can be added in to programs
- Exercise Guides are for participants and contain basic information, tips/tricks, and two routines to follow
    - Participants receive an Exercise Guide when they fill out their original survey
- Free resources
    - Leader tools come out quarterly and include lesson plans, at home exercise for arthritis (land-based videos are on the website), class locator (when someone registers a course/class it becomes available on the locator), and other useful documents (e.g., attendance logs, handouts, etc.)

Open Discussion and Reflection

- MT shared that they are partnering with Parks and Rec on AEA training and are hoping to add YMCAs as future program partners
- Discussion on soliciting testimonials from course participants and obtaining their release of information
    - See post on Engage for additional information
- Greg shared that Dr. Li, Tai Ji Quan Moving for Better Balance (TJQMBB), will be a guest speaker at Iowa State University soon; reach out to Greg if you would like additional details
    - There was discussion about having Dr. Li as a speaker on a future Strategy 1 workgroup call

Announcements and Sharing

- Next Strategy 1 Workgroup is June 12th at 2:00 P.M. ET
- Link to Engage where nominations form for Steering Committee is located