



HEALTHY AGING WORKSHOPS

FREQUENTLY ASKED QUESTIONS

Do I have to attend all six weeks?

The workshops have been designed so that the classes connect and build on each other, so they work best if you plan to attend all six weeks. We understand, of course, that occasionally it may be unavoidable to have to miss a session due to a doctor's appointment or other emergency. But if you know in advance that you will have to miss two or more of the sessions, it would be best to wait and sign up for a workshop that you can attend without interruption.

Why are the classes so long (2 1/2 hours)?

The classes are 2 1/2 hours long because they are very interactive. Many topics discussed include brainstorming activities where the participants contribute their ideas. In addition, at each class, every participant is asked to choose an "action plan" of something they want to work on during the coming week. Time is allocated for everyone to discuss their action plans, report how they did, and, if they would like, receive suggestions and assistance from the other participants. In addition, we do take a short break in the middle of each session. We think you will find that the time moves quickly and the classes don't seem to be too long once you're actually participating.

How do I know these workshops are providing correct and useful information?

All of these workshops are "evidence-based workshops". That is, they were developed scientifically and have been tested to confirm that they actually helped the people who have taken them. The leaders have gone through rigorous training and are monitored to ensure that they adhere to the program guidelines.

The My Life, My Health and Diabetes Self-Management workshops were developed by Stanford University and the Healthy Eating workshop was developed here in the Boston area by a coalition of organizations including Hebrew Senior Life and the Lahey Clinic. The same workshops are being given by different organizations throughout the state and the country.

Are these workshops really free? What's the catch?

The workshops are free because for this year, at least, they are funded in part by a grant from the Tufts Health Plan Foundation. All we ask is that you contribute to our knowledge of the programs' effectiveness by filling out some surveys at the beginning and end of each workshop. The data that we collect will be reported anonymously; your personal information will not be associated with your name.

Can my spouse/son/daughter/caregiver attend the class with me?

Yes. The classes are open to people who live with or provide support to the person with the chronic condition. This person should also register for and be prepared to participate in the class.

I would like to attend, but I can't get to the class site.

Thanks to the Tufts Foundation, we do have some funds available for transportation assistance. Call Springwell at 617-926-4100, for more information.