



## Legislation Text

---

**File #:** ID#18-4681, **Version:** 1

---

### **SUBJECT/RECOMMENDATION:**

Approve receiving funds awarded to the City from Senior Citizens Services, Inc. in the amount of \$9,960 to expand Evidence Based Wellness Programs (EBWP) for older adults and increase a special program 98606, Senior Citizens Services - EBWP at third quarter. (consent)

### **SUMMARY:**

The City has been awarded funds in the amount of \$9,960 to expand EBWP in Clearwater to improve older adults' quality of life through proven, research tested interventions for Clearwater adults age 55 and older.

The program expansion would occur for the evidence-based programs which include: Stanford University's Chronic Disease Self Management Program (CDSMP) and the Arthritis Foundation's Walking with Ease (WWE) program.

There is proof that older adults who participate in EBWP can lower their risk of chronic diseases and falls or improve long-term effects of chronic diseases or falls. EBWP are based on rigorous study of the effects or outcomes of specific interventions or model programs. They demonstrate reliable and consistently positive changes in important health-related and functional measures.

Funds will be used for programs and initiatives in Clearwater, Florida, as well as training for staff and instructors to become trainers.

No matching funds are required.

This grant was approved by the Resource Management Committee at their June 6, 2018 meeting.

No additional operating impacts are needed to support this program.

### **APPROPRIATION CODE AND AMOUNT:**

A third quarter budget amendment will increase special program 98606, Senior Citizens Services - EBWP by \$9,960.

### **USE OF RESERVE FUNDS: N/A**