



Senior Services is now Sound Generations

Updated May 4, 2021

Project Enhance and COVID-19: Recommendations for Program Delivery

Dear Project Enhance Affiliates and Leaders,

We recommend all implementation be done in line with the policies of your organization and the current phase directives of public health agencies. Here are our recommendations:



Delivery Modes

- Evidence supports EW delivery via telephone or videoconference and delivery is ongoing without disruption.

Capacity Building

- Remote EW Coach Training is now available. Please contact projectenhance@soundgenerations.org to schedule.



Delivery Modes

- As physical distancing restrictions ease and sites re-open for in-person instruction, key recommendations specific to EF are:
 1. Upon restart, individual EF fitness checks are to be administered. Many participants will be de-conditioned from class disruption. Functional assessments will provide important information to meet participants where they are and progress training safely and appropriately.
 2. Cuff weight sanitizing recommendation from All Pro Weights: All Pro's products are not machine washable. For cleaning, you can hand wipe clean with a damp cloth. For sanitizing, you can use any fabric-safe (nylon-safe) spray disinfectant to sanitize the cuff weights.
- Remote and Hybrid EF Class Delivery Guidance
 1. A 9-page EF Remote Class Delivery Guidance document has been issued to all licensed affiliates. Remote interactive delivery via video conference platform is now allowable under the terms of this guidance. Hybrid delivery combines in-person and remote delivery during the same session.

Thank you to UW School of Medicine's PACIFIC Study Team for testing and documenting remote delivery process. Thank you to Elder Services of the Merrimack Valley in Massachusetts, Alliance of Massachusetts YMCAs, National Kidney Foundation of Michigan and

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YMCA of the USA for their partnership in vetting the guidance for our family of affiliates.

We will have in-person, remote, and hybrid options ongoing to meet the community needs of diverse adult populations.

Capacity Building

- Remote EF Instructor Training is now available. EF Master Trainers are being onboarded. Please contact projectenhance@soundgenerations.org to schedule.

Thanks so much for all you are doing to support your participants during these challenging times. Please stay safe—we have important work to do and a community that depends on us.

In support,

Your Project Enhance Team

www.projectenhance.org

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