



Senior Services is now Sound Generations

Updated September 18, 2020

Project Enhance and COVID-19: Recommendations for Program Delivery

Dear Project Enhance Affiliates and Leaders,

We have received requests for guidance on best practices given the social distancing restrictions in our communities. 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. If phone-based meetings with EW participants are a good fit for your organization, please view our [recorded webinar](#).

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 EF Class Delivery Guidance
 1. An 8-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. 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 YMCA of the USA for their



2208 Second Ave, Ste 100
Seattle WA 98121-2055

OFFICE 206.448.5757

WA RELAY 7-1-1

FAX 206.448.5766

WEB soundgenerations.org



Senior Services is now Sound Generations

partnership in vetting the guidance for our family of affiliates.

2. An “EF at Home” Maintenance Guide to support participants across the digital divide, for whom remote class delivery is not an option, is in development and we are on track to release this quarter.

We envision having in-person, remote, and at-home options ongoing in the future to meet the community needs of diverse adult populations.

Capacity Building

- Remote delivery of EF New Instructor Training was successfully piloted in June. Our September training is full. 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

2208 Second Ave, Ste 100
Seattle WA 98121-2055

OFFICE 206.448.5757

WA RELAY 7-1-1

FAX 206.448.5766

WEB soundgenerations.org