



Senior Services is now Sound Generations

Updated December 18, 2020

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. Reach out to your EW Master Trainer if you have questions about remote delivery with your participants.

Capacity Building

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



Delivery Modes

- **In-person**
When physical distancing restrictions ease in your area and sites can re-open for in-person instruction, key recommendations for restarting classes are:
 1. Administer individual EF fitness checks to all participants. Many 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. Clean cuff-weights as recommended by All Pro Weights. These products are not machine washable. Wipe with a damp cloth. To sanitize, use any nylon fabric-safe spray disinfectant.
- **Remote**
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.

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

Thank you to UW School of Medicine's PACIFIC Study Team for testing and documenting remote delivery process. Thank you to

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

Elder Services of the Merrimack Valley in Massachusetts, Alliance of Massachusetts YMCAs, National Kidney Foundation of Michigan, and YMCA of the USA for their partnership in vetting the guidance for our family of affiliates.

Capacity Building

- Remote EF Instructor Training is now available. To schedule, please contact projectenhance@soundgenerations.org.

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