

Choices Format:

Each *Choices* session consists of group discussions, activities, and presentations. These sessions may be led by both an allied health care professional with expertise in osteoporosis, and an individual with osteoporosis who shares personal experience with the disease.

Choices Materials

Participants will receive a workbook for each session. Facilitators will receive background information and guidelines helpful to conducting the course.



Choices was developed by a core creative team, with input from an advisory board that included experts on each topic covered by the course. *Choices* has been tested with 65 – 90+ year-old women diagnosed with osteoporosis to ensure that it met their needs and was effective in its self-management goals.

Choices Core Creative Team

Deborah T. Gold, Ph.D.
Barbara E. Miller, Ph.D.
Stuart L. Silverman, M.D.

Choices Advisory Board

Stanley B. Cohen, MD
Mima Siegel, PT
Cathy R. Kessenich, DSN, ARN
Ellen H. Silverman, OTR
Barbara P. Lukert, MD
Stanley Wallach, MD
Michael J. Maricic, MD
Nelson B. Watts, MD
Kathy M. Shipp, PT, MHS
Colette L. Wong, BS
Betsy L. McClung, RN

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The Alliance for Better Bone Health

Choices

FOR BETTER BONE HEALTH



Choices is a unique educational program for people with osteoporosis that helps participants improve their bone health through self-management.

Why *Choices*?

Choices was developed to address a widespread problem: many informed adults do not take action to prevent or treat osteoporosis. This leads to increases in the physical, social, emotional and financial costs of osteoporosis.

How does *Choices* work?

Choices uses a self-management approach because:

- merely providing information does not result in permanent changes in health behaviors.
- educating health care providers does not result in changes in their patients' behaviors.
- teaching adults to manage their own health empowers them to make enduring changes.
- self-management has been successful in changing health behaviors in people with chronic diseases such as rheumatoid arthritis, fibromyalgia, diabetes and asthma; self-management has also been successful in helping people stop smoking.

Choices Sessions Outline

Choices is designed to be presented in five sessions held at weekly, biweekly or monthly intervals. Each session has two parts. The first part conveys Key Learnings about osteoporosis; the second teaches a Bone Health Behavior.

Session # 1: It's Never Too Late

Key Learning: It is never too early or too late to improve bone health.

Bone Health Behavior: Taking calcium and vitamin D is an important first step in making bones healthier. Participants learn to identify good sources of calcium and vitamin D and to take them properly.

Session # 2: There's More You Can Do

Key Learning: Several medicines are now approved to treat osteoporosis; you have choices.

Bone Health Behavior: Osteoporosis medicines must be taken correctly to be effective. Participants identify personal strategies to help them take their osteoporosis medicine correctly.



Session #3: Taking Charge

Key Learning: Osteoporosis can create social and emotional challenges that can be managed.

Bone Health Behavior: Osteoporosis can cause chronic pain and discomfort. Participants identify ways to manage these consequences of osteoporosis.

Session #4: Living Safe and Sound

Key Learning: Removing fall hazards at home and performing daily activities safely help reduce fractures.

Bone Health Behavior: Certain exercises can improve balance and make bones healthier. Participants learn the types of exercises that are most effective at achieving these outcomes.

Session #5: Putting It All Together

Key Learning: There are ways to meet the osteoporosis fashion challenge and look stylish.

Bone Health Behavior: Participants develop a personal bone health plan using the four *Choices* bone health behaviors.