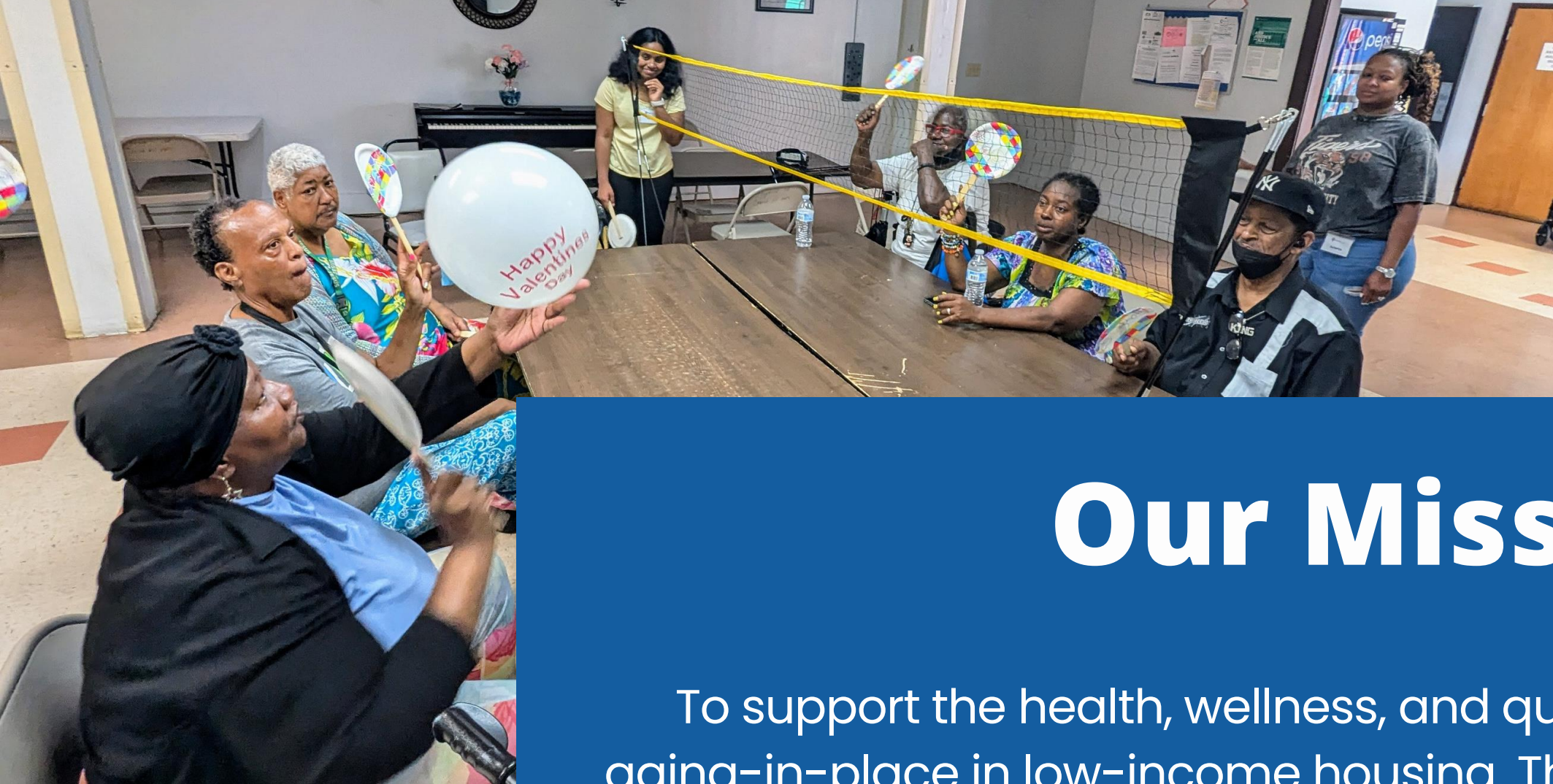




**RICHMOND
AGING AND ENGAGING**
www.agingandengaging.org



Jodi Winship, PhD, OTR/L
Executive Director



Our Mission

To support the health, wellness, and quality of life of older adults aging-in-place in low-income housing. Through intergenerational art, leisure, and recreational programming we ensure access to meaningful activities that foster a sense of purpose, build social connections, and empower older adults to live their best life.

Our Programs



Rollator Repair

- Train volunteers in basic rollator repairs and maintenance
- Free community rollator repair pop-up clinics



Arts, Leisure, & Recreation

- Community adaptation of OMA
- Bingocize
- Activities to support physical, cognitive, and social health and wellness

Serving low-income buildings in the city of Richmond



Church Hill House

Richmond, Virginia



Highland Park Senior Apartments

Richmond, Virginia



4th Avenue

Richmond, Virginia



Our Participants

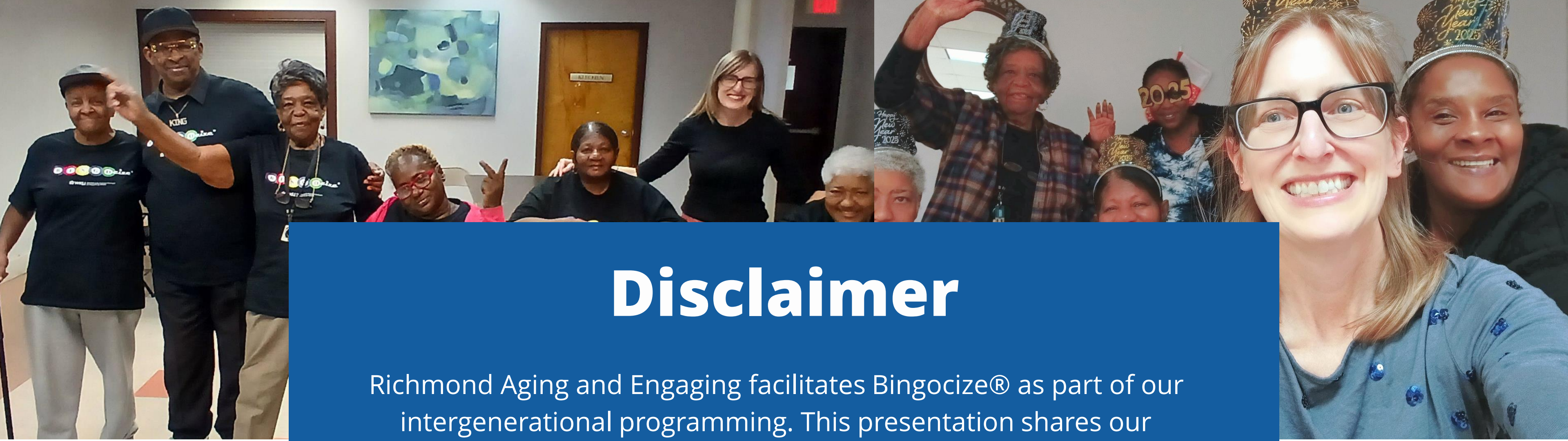
- **Independent living** older adults
- Reside in **low-income** subsidized apartment buildings
 - HUD very-low income = below 50% median income
 - 2024 Richmond = below \$38,650
- Age 62+ or have a disability
 - Mean age = 65.9
 - Oldest participant = 89
- High rates of chronic disease
- Varying levels of education
 - many with low reading literacy
 - many with low health literacy
- Many have mobility challenges:
 - use rollator, cane, or wheelchair





What is Bingocize® ?

- Evidence-based falls exercise and health education program
- Combines exercise, education, and bingo
- Created at Western Kentucky University
 - Dr. Jason Crandall, Ph.D., EP-C
 - Professor – Exercise Science & Kinesiology
- Originally designed for sedentary older adults



Disclaimer

Richmond Aging and Engaging facilitates Bingocize® as part of our intergenerational programming. This presentation shares our experiences implementing the program; however, RAE does not own Bingocize®, nor are we speaking on behalf of its creators or in any official capacity. For official information, please refer to the Bingocize® website or its affiliated organizations.

Program Goals

From the Bingocize® website:

The overall goals of Bingocize® are to help older adults and those with disabilities:

- **Improve and/or maintain mobility and independence**
- **Learn and use health information focused on falls reduction, improved nutrition, and other health-related behavior**
- **Engage in social settings**

Curriculums



01

Falls Prevention Workshop

- ACL/NCOA approved for Title IID funds

02

Nutrition Workshop

- SNAP-Ed Nutrition Education Approved

03

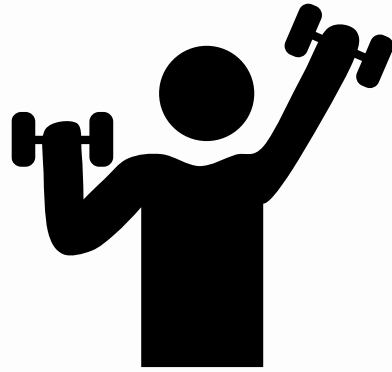
Exercise Only Workshop

04

Range of Motion Workshop

- specially designed for older adults in long-term care (dementia, cognitive impairment)

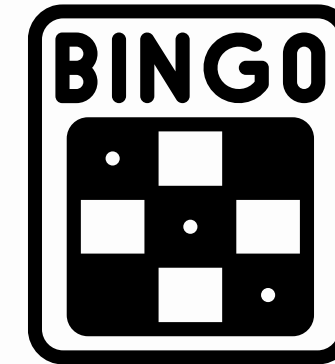
Elements of Bingocize®



Exercise



Education



Bingo

“Bingocizers complete strategically inserted exercises or health education questions between numbers, resting while numbers are called, and so on.”

Exercise

- Time based (rather than repetition based)
- Adaptable for seated or standing
- Sequence and intensity of exercises intentionally planned for the best workout
- Designed to improve all functional fitness including:
 - range of motion,
 - balance,
 - muscle strength, and
 - cardio-respiratory endurance



Education

- Scripts provided to introduce topics
- Multiple choice and True/False questions inserted throughout each session
- Take home materials to reinforce learning

Script ▾

Which of the following are ways your health care provider can help manage medications to reduce your falls risk?

Stop medications when possible

Switch to safer alternatives

Reduce medications to the lowest effective dose

All of the above



Bingo

- Bingo rolls between exercise and question sequences
- Prizes!



Program Logistics

Length

- 2 days/week (non-consecutive days)
- 10-weeks
- Any deviation requires permission*

Time

- 45-60 minutes

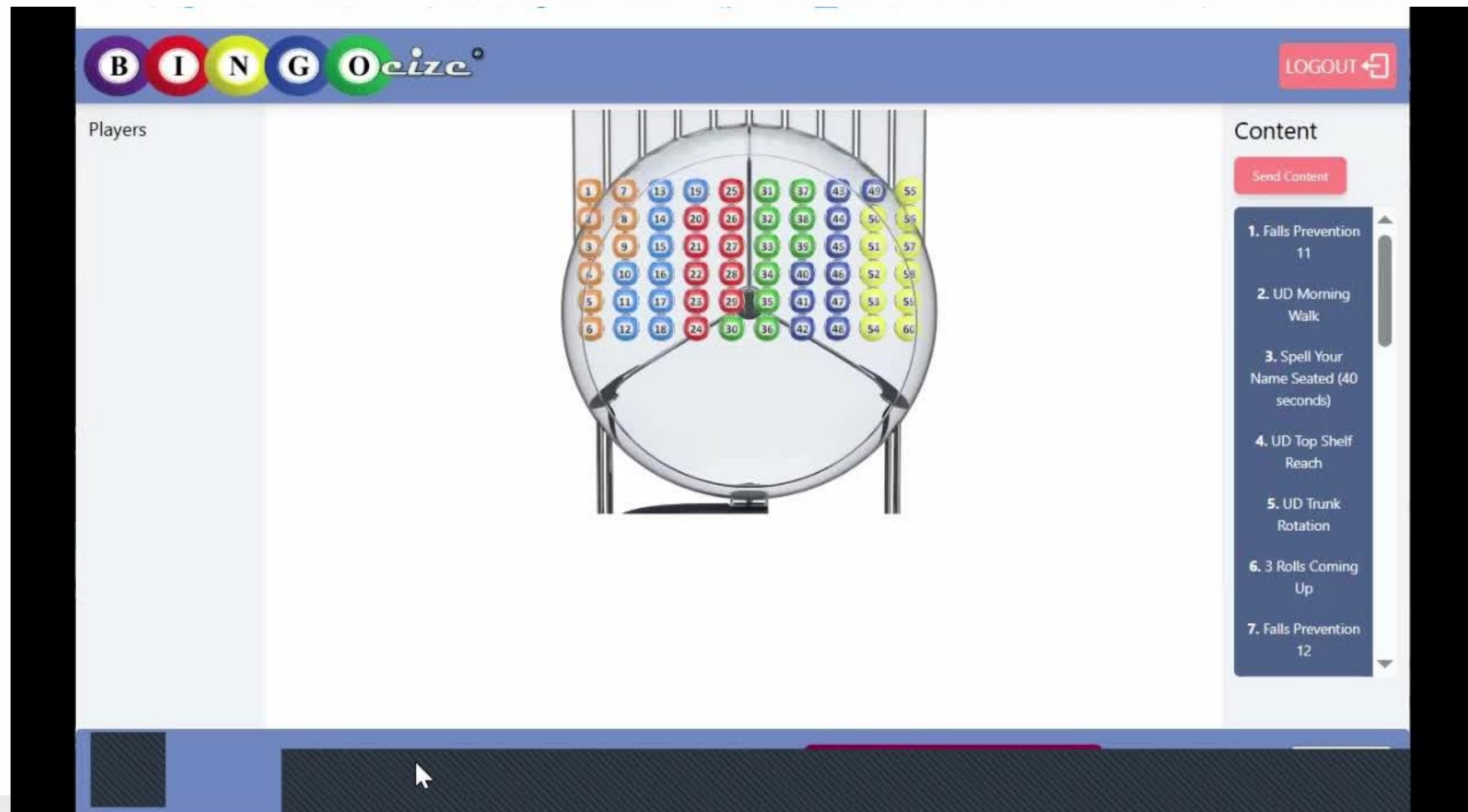
Format

- In-Person or Remote Options

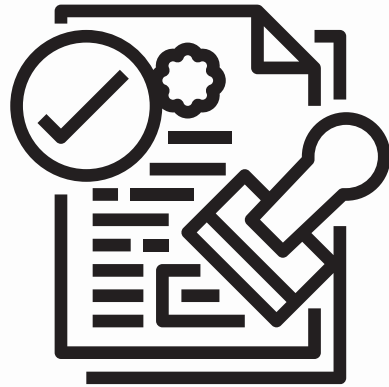
*RAE received permission to run it once a week for 20 weeks



Bingocize in Action...



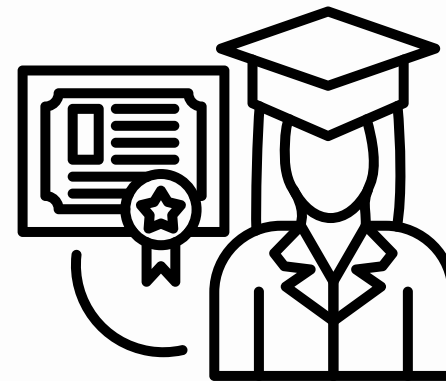
If you want to run Bingocize®



Liscence

- 2-Year License to run Bingocize® in one county
- Unlimited facilities within the county

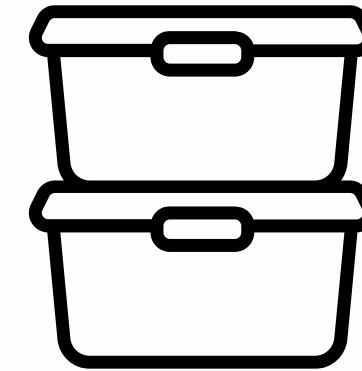
\$ 420



Faciliator Training

- Good for the duration of the license
- More than 20 participants in a class requires an additional facilitator

\$ 210



Equipment

- Bingocize in a box:
 - equipment for 20 participants
 - resistance bands
 - stress balls
 - paper bingo cards
 - prizes

\$ 365

Other Considerations:

▶ Bingo Game & Cards

- RAE Participants preferred “manual” bingo over electronic
- Reusable bingo cards
 - RAE purchased large font cards to accomodate vision needs of our participants



Other Considerations:

▶ Substantial Prizes

- RAE participants were not motivated by the trinkets included in the Bingocize® in a box kit
- New prizes were purchased (~3–5 per session)
 - Household goods were popular:
 - toilet paper, laundry detergent, etc



Other Considerations:

▶ Bingocize® t-shirts

- One shirt included for facilitator
- RAE participants requested t-shirts
 - provided group cohesion and excitement
- \$22 + shipping



Other Considerations:

► Falls Prevention Content

- Focus on **older adults**
- Traditional focus on:
 - balance & strength
 - environment
 - health/medical
- Much of the environmental content was geared towards **houses**
 - RAE participants live in apartments and found some of the content not relevant

Easy Home Modifications TO PREVENT FALLS

Install Handrails
Along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.

Use nonslip mats and tread
to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.

Falls are the leading cause of injuries
among older adults, sending more than two million people to the emergency department each year.

Improve lighting.
Make sure you have adequate lighting in hallways, stairs, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.

Install grab bars
near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower walls with suction, which are less reliable than metal grab bars attached to wall studs.

Many of the fall hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.

Inexpensive fixes.
Remove all floor clutter. Rearrange furniture so that it fits well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.

Repair steps and flooring.
Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.

For other strategies and tips to avoid falls, check out "**Preventing Falls**," the online guide from Harvard Medical School.
www.health.harvard.edu/fall

Other Considerations:

▶ Exercises

- Many RAE participants had difficulty with correct form during the exercises
- Extra facilitator(s) useful for hands-on assistance



Jodi's Tips & Tricks

Music

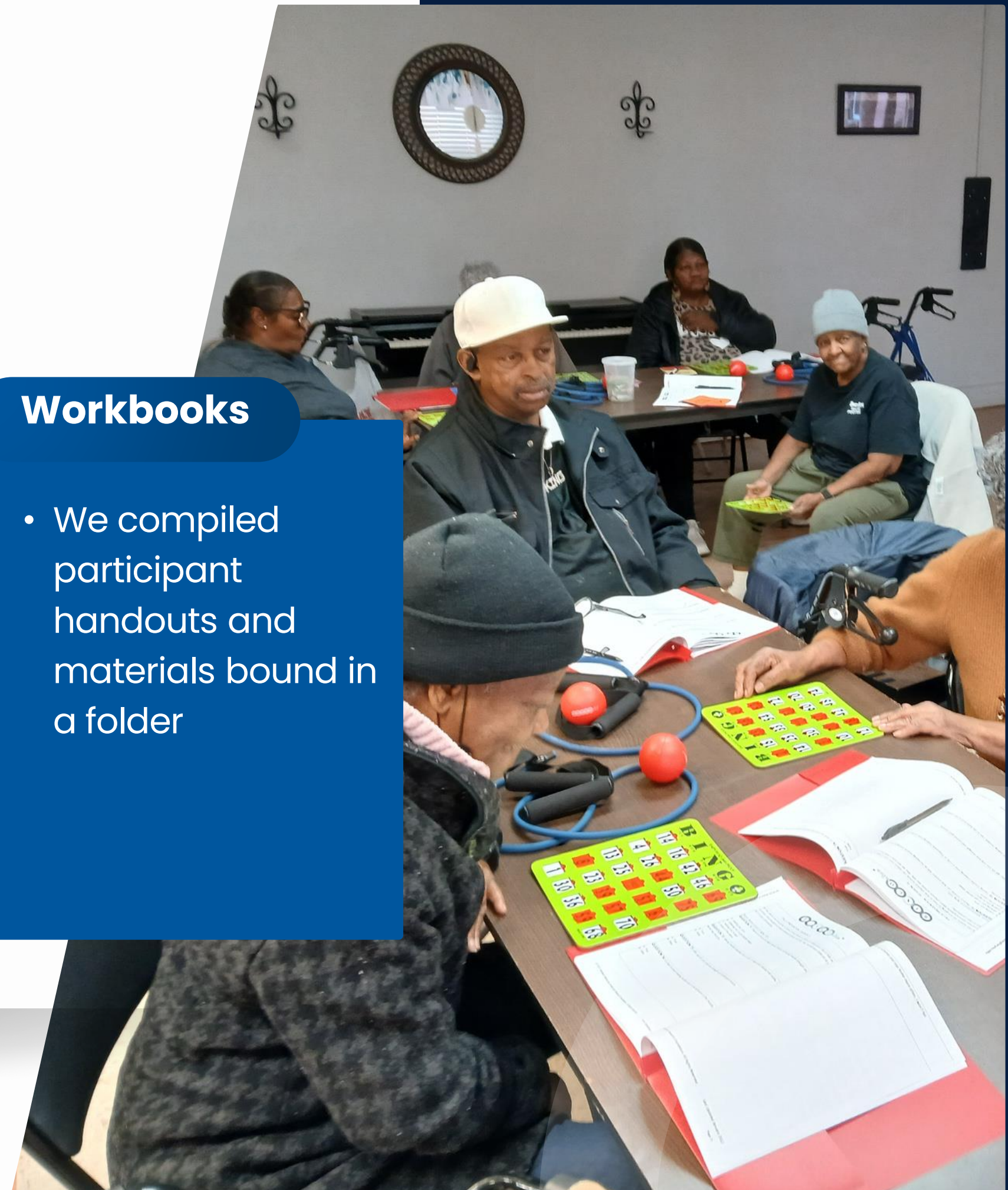
- Music matters
- Bingocize offers spotify list
- Find what participants like!

Interactive Questions

- We used colored "answer cards" for participants to hold up answers to questions

Workbooks

- We compiled participant handouts and materials bound in a folder





The Verdict

- Eight participants attended at least 70% of the sessions
 - Three additional participants dropped out due to unrelated hospitalization/death
 - Five individuals sporadically attended
- Participants requested to continue with the Nutrition curriculum!
- Easy to implement program and adaptable to various populations and settings
- It's not cheap



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THANK YOU!



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