

Shore to Age Well: Medication Management and Alternatives

Program Description:

The Shore to Age Well program aims to educate our older adult population that there are alternatives to opioids to manage their pain. Different types of alternative pain management techniques will be discussed with the older adult population (55 years of age and older) in Ocean County, including the following: physical therapy, chiropractic care, yoga, massage therapy, local anesthetics and topical medications, biofeedback, exercise, and NSAIDs.

Program Requirements: This program has been developed for participants 55 years of age or older. Instructional setting provided must be equip with computer/projector/speaker accessibility for PowerPoint presentation and supplemental videos.

Time: 1 hour to 1 and a half hour single-session program

Participants: Adults in a classroom type instructional setting as well as Ocean County Health Department program facilitator.

Goals and Objectives

Goal: The goal is to reduce the use of opioids when other medications or alternatives can be utilized.

Objective #1: At the conclusion of each program, 75 percent of participants will be able to identify three non-opioid alternative approaches to pain management.

Objective #2: At the conclusion of each program, 75 percent of participants will report at least one of the presented non-opioid alternative approaches to pain management as a point to discuss with their physician.

