

## ***Use REAM MODEL to evaluate the prevention and delay of disability care program construction-Taiwan elderly muscle strength improvement program as an example***

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### ***Abstract:***

Combining the power of industry, government, academia and people, we will jointly build an integrated community support network for preventing disability and delaying dementia to develop a powerful solution module for "smart living" to prevent and delay disability care: a 12-week muscle strengthening exercise program Resistance training, the case will be accompanied by cognitive promotion, life function reconstruction training, social participation elements, and the use of a "healthy passbook" community support network.

In the process of teacher training, each professional teacher is trained to assist two to three instructors, and each instructor assists one assistant to take care of the "prevent and delay incapacitation" people and provide community elders twice a week. The training course has a total of 12 weeks, and during the execution period 201808-201908, a total of 1,680 person-times were served.

Using the REAIM evaluation model, multiple evaluations verify its effectiveness and develop effective solutions. Reach contact: acceptance of community elders, serving a total of 1,680 community elders. ; Effectiveness of Efficacy: the degree of conformity with academic evidence, as well as the number of people who have achieved a healthy health indicator, muscle mass, right hand grip, 30-second sitting posture, 2 minutes of in-place stepping, 6-meter walking speed Significant progress;

Adoption: 94.83% satisfaction of case managers after participating in the course training; high acceptance of community units and counties and continuous independent management; Implementation of implementation: continuous promotion of case managers; Maintenance of Maintenance: Case managers (personnel); community building points, counties and cities can operate sustainably, and jointly build "health passbook" that meets the health supply and demand at the same time is rich in local human literacy community support network

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