Goals

The overall purposes of this 3-year grant are to:

- **Goal 1:** Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based chronic disease self-management education and self-management support programs to empower them to better manage their chronic conditions.

- **Goal 2:** Enhance the sustainability of evidence-based chronic disease self-management education and self-management support programs through the implementation of robust sustainability strategies.

Strategies and Activities

Comagine Health and its partners will:

- Collaborate with Quality and Technical Assistance Center (QTAC) and Access to Healthcare (AHC) to assess infrastructure gaps, convene partners, develop partnership agreements, and implement a business plan.
- Establish and test a technology plan to support backbone needs of CDSME delivery partners.
- Increase access to English, Spanish, and virtual programs for older adults with chronic conditions.
- Build health plan buy-in to invest in CDSME programs and secure financially advantageous cross-sector partnerships.
- Build health plan buy-in to invest in CDSME programs and secure financially advantageous cross-sector partnerships and agreements with health plans and other backbone funders to increase sustainability.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
• Enhanced Fitness
• Programa de Manejo Personal de la Diabetes
• Tomando Control de su Salud
• Walk With Ease Self-Directed (WWE)

Partnerships

To achieve the goals of the grant, Comagine Health will collaborate with the following key partners:

• Access to Healthcare
• Aging and Disability Services
• Nevada Division of Public and Behavioral Health
• Healthy Nevada Quality Technical Assistance Center (QTAC), Dignity Health
• Southern Nevada Health District
• Unite Nevada
• YMCA

Anticipated Results

The Comagine Health and its partners propose to achieve the following results:

• Provide in person and virtual programs that are accessible to 87% of older adults in Nevada, reaching those most in need with the system ready to scale to the rest of the state.
• An integrated data management system in place by 2024 that increases partner capacity to receive and triage referrals and manage program data.
• Enroll 700 adults in Self-Management Resource Center Programs by 2025.
• Use data to build the value proposition and develop business case for health plans and other backbone funders.

Contact:
Brian Parrish, MPH
Senior Improvement Advisor
Comagine Health
bparrish@comagine.org

For more information:
Administration for Community Living
U.S. Department of Health and Human Services
Washington, DC 20201
http://www.acl.gov