

Innovations for Aging

Chronic Disease Self-Management Education Program Grantee



Goals

The overall purpose of this three-year “Integrated Networks to Deliver and Sustain Evidence-Based Chronic Disease Self-Management Education Programs” grant is 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.
- **Scale program capacity** to meet growing demand and increase program participation across Minnesota, including through blended class offerings that provide in-person, online, and telephone attendance options where allowed by program licensors;
- **Compare outcomes** based on participant method of attendance to identify differences in program participation by method of attendance, including impact to projected cost savings on a per completer basis;
- **Deepen partnerships** with healthcare providers, senior living communities, and the Minnesota Department of Health to promote referrals and contribute to local population health efforts;
- **Integrate programming into care settings**, including clinics and hospital locations where Juniper will insert community health workers (or a similar role) to offer social determinants of health screening, care navigation, health promotion programming, and referrals for other long-term services

Strategies and Activities

The Juniper® network, a program of Trellis, and its partners will:

Prevention and Public Health Fund 2022, effective May 1, 2022



- and supports in a community-integrated health network model;
- **Expand the geographical footprint** of programs to match the reach of sustainability partners (health plans);
- **Design quality measures and tracking systems** that will capture program impact and illuminate return on investment for program participation; and
- **Develop technology enhancements** creating administrative efficiencies and operating cost reductions

Proposed Interventions

- Arthritis Foundation Exercise Program
- Living Well with Chronic Conditions
- Living Well with Diabetes
- Living Well with Chronic Pain
- Programa de Manejo de la Diabetes
- Tomando Control de su Salud
- Walk with Ease
- Wellness Recovery Action Plan

Partnerships

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

- Arrowhead Area Agency on Aging
- HealthPartners
- Minnesota Board on Aging
- Minnesota Department of Health
- Minnesota Indian Area Agency on Aging
- Minnesota River Area Agency on Aging

- Presbyterian Homes
- Sanford Health
- Solid Research Group

Anticipated Results

Trellis and its partners propose to achieve the following results:

- Partner with chronic disease self-management education program providers.
- Engage 2,367 participants across all programs.
- Expand access to social determinants of health screening and referral through three clinic locations by engaging 900 community members.
- Implement the Wellness Recovery Action Plan program

Contact:

Mark Cullen
Vice President of Strategy and Business Development for Trellis
mcullen@trellisconnects.org

For more information:

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

Prevention and Public Health Fund 2022, effective May 1, 2022

