Lamprey Health Care, Inc
Chronic Disease Self-Management Education Program Grantee

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

SNHAHEC and its partners will:

• Develop a strategy to address chronic disease, behavioral health, and chronic pain among older adults and adults living with disabilities by increasing participation in self-management programs over three years;

• Implement innovative funding to sustain programs

• Expand outreach and promotion efforts

• Expand partnership with Regional Public Health Networks and disability communities.

• Train leaders and master trainers.

Proposed Interventions

• Chronic Disease Self-Management Program

• Chronic Pain Self-Management Program

• Walk with Ease

Partnerships

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

• North Country Health Consortium

• UNH Extension

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

SNHAHEC and its partners propose to achieve the following results:

- Engage 800 participants in Chronic Disease and/or Chronic Pain self-management programs.
- Increase participation in Walk with Ease by 1050 individuals.
- Achieve 75% participant completion rate in CDSM & CPSM.
- Establish sustainable funding mechanisms by working with insurers.
- Utilize USDA SNAP-Ed funds to support sustainability of CDSMP implementation.

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