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

The Wyoming Center on Aging (WyCOA) and its partners will:

• Engage older adults and adults with disabilities in evidence-based chronic disease self-management education and self-management support programs across Wyoming.

• Implement new revenue arrangements to sustain these programs.

• Enhance and create new partnerships through the Healthier Wyoming Network to achieve the goal of an integrated sustainable evidence-based chronic disease prevention program network.

• Develop a partnership with Wyoming Cancer Resource Services to refer to and deliver Cancer: Thriving and Surviving.

Proposed Interventions

• Cancer: Thriving and Surviving
• Chronic Disease Self-Management Program (CDSMP)
• On The Move

Partnerships

To achieve the goals of the grant, WyCOA will collaborate with the following key partners:
• Eastern Shoshone Tribal Health
• Wyoming Cancer Resource Services
• Wyoming Department of Health, Aging Division
• Wyoming Department of Health, Public Health Division

**Anticipated Results**

WyCOA and its partners propose to achieve the following results:

• Engage 518 participants in CDSMP while expanding access across all 23 Wyoming counties.
• Implement Cancer: Thriving and Surviving in all 7 of Wyoming’s Cancer Health Districts and deliver the intervention to 130 participants.
• Implement the On the Move program in 3 high-need counties delivering to 180 participants.
• Achieve a 75% completion rate in all CDSME and SMSP.
• Develop and disseminate a public marketing campaign that reaches 35,000 Wyoming residents.

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