Goals, Strategies, and Activities

This grant (2016-2018) has two major goals:

- Significantly increase the number of older adults and adults with disabilities in underserved areas and populations who participate in evidence-based self-management education and support programs to empower them to better manage their chronic conditions.
- Implement innovative funding arrangements, including contracts, partnerships, and collaborations with one or more sustainability partners to support evidence-based self-management programs during and beyond the grant period, while embedding the programs into an integrated, sustainable evidence-based prevention program network.

The Texas A&M University Health Science Center Program on Healthy Aging (TAMU-PHA) and its partners will:

- Support the SUSTAIN (Supporting, Unifying, and Streamlining in Texas through Active Integrated Networks)
- Provide a central hub for embedding Chronic Disease Self-Management Education (CDSME) programs in 59 counties in Central and East Texas;
- Establish partnerships among area agencies on aging (AAAs), integrated health care systems, and managed care organizations to better scale and sustain CDSME programs;
- Engage underserved older adults and adults with disabilities, including dual Medicare/Medicaid eligible clients;
- Enhance program reach and completion rates; and
- Develop and evaluate models of best practices to create systematic health care referrals and program sustainability.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Chronic Pain Self-Management Program (CPSMP)

Partnerships

To achieve the goals of the grant, TAMU-PHA will collaborate with the following key partners:
• Seven AAAs: Brazos Valley, Capital, Central Texas, Deep East, East Texas, Heart of Texas, and Houston-Galveston
• Baylor Scott and White (BSW) Hospital System
• BSW Center for Applied Health Research
• Catholic Health Initiatives, St. Joseph Health System, and St. Luke’s-The Woodlands Hospital
• Community Council of Greater Dallas
• Consortium for Older Adult Wellness
• Evidence-Based Leadership Council
• Falls Community Hospital and Clinic
• McLennan Community College
• Northwest Diagnostic Clinic
• Sam Houston State University
• TAMU AgriLife Extension, College of Nursing, and School of Public Health
• UnitedHealthcare
• Walker County Health Initiatives

Anticipated Results
The TAMU-PHA and its partners propose to achieve the following results:

• Achieve a 75% retention rate, with at least 2,000 CDSME completers (participants who attend at least four of six workshop sessions);
• Document representative program participation among those with multiple comorbidities, males, and those from disadvantaged backgrounds (minority and ethnic groups; individuals with low education or low income; and residents of non-metropolitan areas);
• Improve participant self-efficacy for managing chronic conditions by 10%;
• Ensure that each partnering AAA establishes a memorandum of understanding with at least one integrated health system; and
• Explore return on investment by assessing a reduction in health care utilization on a subset of workshop participants.

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