

AgeOptions

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

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

- Significantly increase the number of participants in evidence-based self-management education and support programs; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

AgeOptions and its partners will:

- Increase capacity and improve infrastructure for chronic disease self-management education (CDSME) programs to improve the health of older adults and adults with disabilities, with a focus on underserved populations;
- Implement a statewide data management system for CDSME programs, including a coordinated, bi-directional referral and tracking component to provide feedback to health care providers; and

- Embed programs into the routine operations of 3-5 health care systems and develop contracts for a sustainable statewide program.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish version of CDSMP)
- Diabetes Self-Management Program (DSMP)
- Programa de Manejo Personal de la Diabetes (Spanish version of DSMP)

Partnerships

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

- Illinois Department of Public Health
- Illinois Department on Aging
- Illinois Department of Corrections
- Addus Homecare
- Blue Cross Blue Shield of Illinois
- Chicago Health Information Technology Regional Extension Center
- Chicago Internal Medicine Practice and Research



- Coalition for Limited English Speaking Elderly
- Cook County Department of Public Health
- East Central Illinois Area Agency on Aging (AAA)
- Humana
- Illinois Aging Services
- Illinois Critical Access Hospital Network
- Illinois Community Health and Aging Collaborative
- Illinois Municipal Retirement Fund
- Illinois Network of Centers for Independent Living
- Illinois Primary Health Care Association
- Illinois State Alliance of YMCAs
- Northeastern Illinois AAA
- Rush University Medical Center
- University of Illinois Extension
- University of Illinois, Urbana-Champaign
- West Central Illinois AAA
- White Crane Wellness Center
- Encourage at least 90% of delivery and referral partners to utilize the new referral system and report satisfaction with it;
- Establish fee-for-service contracts with at least three organizations; and
- Expand services to all planning and service areas throughout the state.

Contact:

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For more information:

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

Anticipated Results

AgeOptions and its partners propose to achieve the following results:

- Engage 2,613 completers in CDSME workshops;
- Achieve a retention rate of 78% for CDSMP and 80% for DSMP;
- Improve participants’ confidence, healthy behaviors, self-efficacy, and communication with their health care provider;

Prevention and Public Health Fund 2015, effective September 1, 2015

