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
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;
- 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:
Sarah Stein
AgeOptions
sarah.stein@ageoptions.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 2015, effective September 1, 2015