

MAC Incorporated Living Well Center of Excellence 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.

MAC Inc. and its partners will:

- Create a three-region, statewide network of health system partners and community systems to embed and bring to scale chronic disease self-management education (CDSME) programs to improve the health of older adults and adults with disabilities, especially minority and rural populations;
- Develop a system for improved screening, identification, and referral of older adults and adults with disabilities to CDSME programs, specifically individuals with hypertension and diabetes;

- Enhance the centralized online referral system to include centralized referrals and reporting of CDSME workshop participation and action planning to referring health care providers; and
- Collect and document clinical findings, such as A1C and blood pressure.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Cancer: Thriving and Surviving

Partnerships

To achieve the goals of the grant, MAC Inc. will collaborate with the following key partners:

- Maryland Department on Aging
- Maryland Department of Health and Mental Hygiene
- Peninsula Regional Medical Center
- Johns Hopkins University, Division of Geriatric Medicine and Gerontology
- Meritus Medical Center



- Virginia Health Quality Center
- Maryland Association of Area Agencies on Aging
- Bay Area Center for Independent Living

Anticipated Results

MAC Inc. and its partners propose to achieve the following results:

- Screen at least 6,000 older adults and people with disabilities for hypertension, diabetes and other chronic conditions;
- Recruit at least 4,000 individuals to participate in CDSMP workshops;
- Achieve a 75% completion rate;
- Ensure capacity to facilitate workshops by providing 6 targeted leader trainings as well as technical assistance and fidelity monitoring to the 46 current master trainers and 353 lay leaders;

- Implement processes to document the cost savings and quality of life benefits for CDSME participants within hospital services areas;
- Enhance sustainability of diabetes self-management programs through Medicare reimbursement;
- Increase implementation of public/private policies to support and scale CDSME; and
- Improve self-management skills among older adults and people with disabilities.

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