

Spectrum Generations

Chronic Disease Self-Management Education Program Grantee



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*.

Spectrum Generations and its partners will:

- Participate in business planning for Chronic Disease Self-Management Education (CDSME) programs with local Accountable Care Organizations and other health care entities;
- Engage 25 partners who will deliver CDSME workshops at 40 implementation sites;

- Build a statewide CDSME network, coordinated by five area agencies on aging (AAAs); and
- Expand EnhanceFitness programming to support health improvement and disease control.

Proposed Interventions

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

Partnerships

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

- Area Agencies on Aging (five)
- Central Maine Health Care
- Franklin Community Health Network
- HealthReach Health Centers
- MaineGeneral Health
- MaineHealth
- Maine Office of Aging and Disability Services
- Martin's Point
- Somerset Public Health



Anticipated Results

Spectrum Generations and its partners propose to achieve the following results:

- Increase access to CDSME programs through innovative collaborations with the AAAs and multiple sustainable funding sources;
- Integrate CDSME into the health system and primary care delivery system;
- Enlist 1,200 participants in CDSME programs over the course of the grant period; and
- Establish fee-for-service and/or capitated contracts with Accountable Care Organizations and insurers.

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For more information:

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