

# New York State Office for the Aging 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*.

The New York State Office for the Aging (NYSOFA) and its partners will:

- Continue to incorporate evidence-based chronic disease self-management education (CDSME) programs into state-level policy initiatives and directives to provide a strong foundation for expansion and sustainability;
- Expand, embed, and sustain CDSME programs within health, aging, and long-term services and supports systems;

- Provide guidance and education on the value of CDSME programs to partners; and
- Produce a *Development and Replication Guide* for integrated, sustainable evidence-based prevention program networks.

## 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, the NYSOFA will collaborate with the following key partners:

- New York State Department of Health
- Quality and Technical Assistance Center of New York (QTAC-NY)
- Area Agencies on Aging and New York Connects
- Local Departments of Health
- Performing Provider Systems
- Population Health Improvement Program
- Other health care providers and community-based organizations



## Anticipated Results

The NYSOFA and its partners propose to achieve the following results:

- Serve 10,000 adults, with 7,000 completers (participants who attend at least four of six workshop sessions) through CDSME programs;
- Increase the number of adults with chronic diseases in underserved areas and populations who participate in evidence-based CDSME programs;
- Establish two integrated, sustainable evidence-based prevention program networks and apply lessons learned for replication across the state; and
- Implement innovative funding arrangements with one or more sustainability partners to support CDSME programs beyond the grant period.

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### For more information:

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