

# Virginia Department for Aging and Rehabilitative Services

## 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*.

Virginia Department for Aging and Rehabilitative Services (VDARS) and its partners will:

- Continue to implement and expand Chronic Disease Self-Management Education (CDSME) programs in Virginia;

- Engage special populations in CDSME, including people with early-stage dementia and their caregivers, adults with disabilities, veterans, and others;
- Continue partnering with the Virginia Health Quality Center (VHQC) to implement the “Everyone with Diabetes Counts” initiative through area agencies on aging;
- Expand the capacity for sustainability of CDSME by establishing reimbursement for CDSME through the Health and Behavior Assessment and Intervention benefit and partnership with a managed care organization.

### Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- Diabetes Self-Management Program (DSMP)
- Cancer: Thriving and Surviving (CTS)
- Chronic Pain Self-Management Program (CPSMP)



## Partnerships

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

- Area agencies on aging throughout the Commonwealth
- Alzheimer's Association regional chapters
- Centers for Independent Living
- Commonwealth of Virginia Alzheimer's Disease and Related Disorders Commission
- Commonwealth of Virginia Department of Medical Assistance Services
- Faith-based communities and churches
- Federally qualified health centers and free clinics
- Hospitals and health systems
- Managed care organizations
- VHQC (Virginia's Quality Improvement Organization/Quality Innovation Network)
- Wilson Workforce and Rehabilitation Center

- Expand access to CDSME programs in 48 unserved cities and counties; and
- Establish a partnership with a managed care organization and reimbursement through the Medicare Health and Behavior Assessment and Intervention (HBAI) benefit.

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### For more information:

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## Anticipated Results

VDARS and its partners propose to achieve the following results:

- Engage over 2,400 completers (those who attend at least four of six workshop sessions) in evidence-based CDSME programs;
- Recruit 860 of the total CDSME program completers from special populations, including 360 adults with early-stage dementia and their caregivers, 160 adults with disabilities, and 180 veterans;

Prevention and Public Health Fund 2016, effective August 1, 2016

