

Washington State Department of Social and Health 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*.

Washington State Department of Social and Health Services (DSHS) and its partners will:

- Ensure Chronic Disease Self-Management Education (CDSME) programs are widely available through a mix of local, regional, and governmental funding;
- Develop a comprehensive business plan for CDSME programs;

- Establish stakeholder partnerships that demonstrate innovative strategies to increase CDSME; and
- Organize five regional sustainability summits.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish version of CDSMP)
- Better Choices, Better Health® (online version of CDSMP)
- Diabetes Self-Management Program (DSMP)
- Programa de Manejo Personal de la Diabetes (Spanish version of DSMP)
- Chronic Pain Self-Management Program (CPSMP)
- EnhanceWellness
- Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)



Partnerships

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

- Five area agencies on aging
- Health Care Authority
- Washington State Department of Health

Anticipated Results

DSHS and its partners propose to achieve the following results:

- Expand and sustain the eight proposed interventions in 12 counties and in tribal communities in Washington State;
- Enlist 1,713 CDSME workshop participants with 1,288 completers in 127 workshops;
- Transition and embed CDSME within the emerging regional health care reform structures or Accountable Communities of Health; and
- Embed new self-management education and support programs, EnhanceWellness and PEARLS, in organizational operations.

Contact:

Todd Dubble

Washington State Department of Social and Health Services, Aging and Long Term Support Administration

dubblgt@dshs.wa.gov

For more information:

Administration for Community Living

U.S. Department of Health and Human Services

Washington, DC 20230

<http://www.acl.gov>

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

