

# Middle Alabama Area Agency on Aging Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this 3-year Sustainable Systems grant are to:

- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and support programs to improve their confidence in managing their chronic condition(s); and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

The Middle Alabama Area Agency on Aging (M4A) and its partners will:

- Engage older adults and adults with disabilities in the Chronic Disease Self-Management Program (CDSMP) with a special focus on caregivers, individuals with mental illness, dual eligible beneficiaries under Medicare and Medicaid, and individuals residing in highly-rural and underserved communities;
- Embed CDSMP into an integrated and sustainable prevention program; and

- Implement innovative funding arrangements and sustained reimbursement options to support CDSMP.

## Proposed Interventions

- Chronic Disease Self-Management Program (known as Living Well Alabama)

## Partnerships

To achieve the goals of the grant, M4A will collaborate with the following key partners:

- Alabama Quality Assurance Foundation
- Baptist Health System
- Capstone Rural Health
- Chilton-Shelby Mental Health Authority
- Disability Rights and Resources
- Positive Maturity
- St. Vincent's Health System
- Samford University's Center of Faith and Health

## Anticipated Results

The M4A and its partners propose to achieve the following results:

- Engage 960 participants in CDSMP;
- Achieve a participant completion rate of 75%;

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- Develop an efficient and well-integrated CDSMP delivery system in hospitals, rural clinics, and health facilities;
- Expand integration of CDSMP into the health care system; and
- Attain a reduction in health care dollars spent on issues related to chronic conditions.

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