

Florida Department of Elder Affairs

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

The overall purposes of this three-year Capacity-Building grant are to do the following:

- **Goal 1:** Develop capacity in areas with no or limited evidence-based program infrastructure to introduce, deliver, and expand the reach (program participants and completers) of evidence-based chronic disease self-management education (CDSME) and self-management support programs within underserved geographic areas and/or populations to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Develop a business plan with strategies to support the proposed programs during and beyond the grant period.

The Florida Department of Elder Affairs (FDOEA) and its partners will do the following:

- Implement at least one CDSME workshop in targeted counties;
- Increase participant recruitment efforts for CDSME;
- Improve participant health outcomes by ensuring program fidelity; and

- Convene strategic partners and other stakeholders on a regular basis through a steering committee focused on program sustainability.

Proposed Interventions

- Chronic Disease Self-Management Program

Partnerships

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

- Area Agency on Aging for Southwest Florida
- County health departments
- Florida's Agency for Health Care Administration
- Florida Department of Health
- Florida Health Networks
- Other organizations in Florida's aging network

Anticipated Results

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

- Provide CDSME to 240 underserved older adults and adults with disabilities;

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- Achieve a 70% participant completion rate;
- Increase coverage of CDSME to six counties in the target project area;
- Expand program access to underserved target populations;
- Improve participants' confidence, healthy behaviors, and self-efficacy as measured by pre-and-post outcome surveys; and
- Produce a strategic business plan focused on the sustainability of the program beyond the grant period.

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