

Washington Department of Social and Health Services Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

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

- **Goal 1:** Significantly increase the number of older adults and adults with disabilities who participate in and complete evidence-based self-management education and support programs to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Implement new and innovative funding arrangements, including contracts and collaborations with multiple sustainability partners, to support evidence-based chronic disease self-management education (CDSME) and support programs during and beyond the grant period. Additionally, embed programs into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

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

- Develop a pilot project testing the feasibility of a sustainable, regionalized approach for providing evidence-based CDSME programs;

- Create a regionalized hub and spoke or “dandelion” business model for providing CDSME;
- Increase access to CDSME for underserved, primarily rural populations; and
- Create a dual, bi-directional referral and reporting network to identify and track CDSME participants’ health care utilization and other outcome measures.

Proposed Interventions

- Cancer: Thriving and Surviving
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Diabetes Self-Management Program
- Health Coaches for Hypertension Control
- Programa de Manejo Personal de la Diabetes

Partnerships

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

- Area agencies on aging
- Cascade Pacific Action Alliance
- Health Care Authority

Prevention and Public Health Fund 2019, effective May 1, 2019



- Qualis Health (a Medicare Quality Improvement Organization)
- Washington Department of Health

- Create a business plan outlining sustainability within a “hub and spoke” model; and
- Determine the return on investment of CDSME programs.

Anticipated Results

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

- Engage 448 primarily rural older adults and adults with disabilities with the education needed to effectively manage one or more chronic conditions;
- Achieve a participant completion rate of 71%;
- Secure one sustainability partner;
- Deliver 64 workshops in seven counties;

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