

Elder Options

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

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

- **Goal 1:** Through robust partnerships, develop a result-based, comprehensive strategy for addressing behavioral health and/or chronic pain among older adults and adults with disabilities living in your community.
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and/or self-management support programs to empower them to better manage these chronic condition(s), while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Elder Options and its partners will:

- Strengthen the existing partnerships and establish new ones with health care agencies to demonstrate the reduced burden on the healthcare system and the cost-effectiveness of the Program to Encourage, Active Rewarding Lives (PEARLs);

- Develop and build a collaborative care model, including a referral and Medicare billing mechanism; and
- Offer PEARLs to clients who exhibit symptoms of depression during screening, with a focus on outreach to participants from rural counties.

Proposed Interventions

- Program to Encourage Active, Rewarding Lives

Partnerships

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

- Health Promotion Research Center at the University of Washington
- University of Florida Health Shands Hospital (UF Health)
- UF Health Shands HomeCare

Prevention and Public Health Fund 2020, effective August 1, 2020



Anticipated Results

Elder Options and its partners propose to achieve the following results:

- Engage 496 participants in need of behavioral and mental health services in PEARLS, with a minimum 10% increase in enrollment of participants from rural counties;
- Achieve a participant completion rate of 60%;
- Sign an agreement with UF Health to outline the steps needed to develop and implement a collaborative care model; and
- Demonstrate the Return on Investment of PEARLS for health care partners with hard data.

Contact:

Kristen Griffis

Elder Options

griffisk@agingresources.org

For more information:

Administration for Community Living

U.S. Department of Health and Human Services

Washington, DC 20201

<http://www.acl.gov>

Prevention and Public Health Fund 2020, effective August 1, 2020

