

# Atlanta Regional Commission Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

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

- **Goal 1:** Strengthen integrated state or regional networks that address the social and behavioral determinants of health of older adults and adults with disabilities.
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in chronic disease self-management education and self-management support programs.

The Atlanta Regional Commission and its partners will:

- Train lay leaders and master trainers to implement the Chronic Pain Self-Management Program (CPSMP);
- Provide education and workshops focused on managing pain; and
- Develop new partnerships and contract opportunities with community-based and health care organizations.

## Proposed Interventions

- Chronic Pain Self-Management Program
- Toolkit for Active Living with Chronic Conditions (Mailed Toolkit)

## Partnerships

To achieve the goals of the grant, Atlanta Regional Commission will collaborate with the following key partners:

- Atlanta Housing
- Grady Health System
- 11 Aging Network Partners

## Anticipated Results

The Atlanta Regional Commission and its partners propose to achieve the following results:

- Engage 720 individuals in CPSMP;
- Achieve a 75% program completion rate;
- Train 36 new CPSMP lay leaders and 4 CPSMP Master Trainers; and
- Increase sustainability through partnerships and alternative funding sources.

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



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