Goals, Strategies, and Activities

The overall purposes of the 3-year “Integrated Networks to Deliver and Sustain Evidence-Based Chronic Disease Self-Management Education (CDSME) Programs” grants 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.

Elder Services of the Merrimack Valley (ESMV) in Lawrence, MA and its partners will:

• Create a first-of-its-kind sustainable New England network to embed CDSME programs;

• Strengthen an integrated regional network to address the social and behavioral determinants of health across New England; and

• Significantly increase the number of older adults and older adults with disabilities, targeting underserved populations, participating in CDSME and support programs.

Proposed Interventions

• Chronic Disease Self-Management Program (CDSMP)

• Diabetes Self-Management Program

• Chronic Pain Self-Management Program

• Tomando Control de su Salud

• Workplace CDSMP

• EnhanceFitness

• Healthy IDEAS

• HomeMeds

• Screening, Brief Intervention, and Referral to Treatment

Partnerships

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

• Area agencies on aging

• Community-based organizations

• Evidence-based program developers

• State units on aging from 6 New England states

Anticipated Results

ESMV and its partners propose to achieve the following results:

• Reaching no less than 7,550 participants and 6,040 completers;
• Introducing no less than one new program per state;
• Achieving 80% completion rate across programs;
• Increasing by 40% participation by homebound, non-English speaking, and populations in rural settings;
• Contracting with no less than two payors;
• Develop products including marketing materials, an annual regional conference, a Healthy IDEAS master training, and a single data entry portal across all programs.

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