

# Health Promotion Council of Southeastern Pennsylvania, Inc. 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.

The Health Promotion Council of Southeastern Pennsylvania, Inc. (HPC) and its partners will:

- Strengthen and expand the network of clinical and community-based providers to increase access to the Chronic Disease Self-Management Education (CDSME) programs in Philadelphia for adults living

with disabilities, with an emphasis on reaching Spanish-speaking participants;

- Integrate the delivery of CDSME into the services of physical and behavioral health providers; and
- Build capacity among program delivery partners by strengthening and expanding the lay leader network.

## Proposed Interventions

- Chronic Disease Self-Management Program
- Tomando Control de Su Salud
- Chronic Pain Self-Management Program
- Walk with Ease

## Partnerships

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

- Center in the Park
- Community Behavioral Health
- Greater Philadelphia Business Coalition on Health
- Liberty Resource
- Pennsylvania Statewide Independent Living Council
- Philadelphia Corporation on Aging
- Public Health Management Corporation
- Quality Insights

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



## Anticipated Results

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

- Engage 372 adults with disabilities including older adults living with chronic pain or a chronic disease with the education needed to manage their condition more effectively;
- Achieve a participant completion rate of 70%;
- Train at least 20 lay leaders, including 4 Spanish-speaking lay leaders and 4 WWE coaches; and
- Increase coordination among partners.

### Contact:

Gina Trignani  
Health Promotion Council of Southeast PA  
[gina@phmc.org](mailto:gina@phmc.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

