

# PENNSYLVANIA DEPARTMENT ON AGING

## Chronic Disease Self-Management Education Program Grantee



### Goals

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.

### Strategies and Activities

The Pennsylvania Department on Aging (PDA) and its partners will:

- Engage 2,190 socially isolated older adults in the evidence-based depression intervention program, Healthy IDEAS, in Pennsylvania.

- Develop partnerships between area agencies on aging (AAA) and local mental health organizations.
- Train 135 AAA staff and 52 mental health staff.
- Create a standardized suicide intervention protocol for all 52 AAA's in the state.
- Pursue sustainability of the program through its integration into the AAAs' existing aging services and establish a cost benefit to potential payors.

### Proposed Interventions

- Healthy IDEAS (Identifying Depression Empowering Activities for Seniors)

### Partnerships

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

- Dering Consulting, Inc.
- Elder Services of the Merrimack Valley
- Pennsylvania Association of Area Agencies on Aging
- Pennsylvania Council on Aging
- Pennsylvania Department of Human Services, Office of Mental Health and Substance Abuse Services
- Pennsylvania's 52 AAAs

Prevention and Public Health Fund 2021, effective May 1, 2021



## Anticipated Results

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

- Engage 2,190 participants in Healthy IDEAS.
- Achieve an 85% participant completion rate in Healthy IDEAS.
- Expand access to community-based mental health services.
- Decrease depression symptoms in 75% of participants.
- Refer 548 participants to community mental health services.

### Contact:

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### For more information:

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