

AgeOptions

Chronic Disease Self-Management Education Program Grantee



Goals

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

- **Goal 1:** Strengthen integrated state, regional, or tribal 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.

Strategies and Activities

AgeOptions, Illinois Pathways to Health, and their partners will:

- Expand program offerings to include: Cancer Thriving and Surviving, Chronic Pain Self-Management Program, and the Workplace Chronic Disease Self-Management Program.
- Increase partnerships and programing to reach underserved populations such as non-English speakers and rural Illinoisans.
- Collaborate with the Coordinated Care Alliance to implement the HomeMeds medication assessment tool.

- Obtain Diabetes Education Accreditation Program certification for AgeOptions and 2 delivery partners and get in network with relevant Medicare Advantage and Managed Medicaid plans.
- Increase the awareness of IL Pathways to Health and its programs through social & traditional media campaigns, presentations, and targeted outreach.

Proposed Interventions

- Cancer Thriving and Surviving (CTS)
- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- HomeMeds
- Programa de Manejo Personal de la Diabetes
- Tomando control de su salud
- Workplace Chronic Disease Self-Management Program (wCDSMP)

Partnerships

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

- Area Agencies on Aging

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- Care coordination units
- Coordinated Care Alliance
- Health systems
- Illinois Department on Aging
- Nonprofit organizations
- Public health departments
- Universities

Anticipated Results

The Illinois Pathways to Health and its partners propose to achieve the following results:

- Engage a total of 9,233 participants across CDSME and CDSME support programs with 4,193 workshop participants and 2,938 CDSME completers.
- Through the data gathered from the HomeMeds pilot, we anticipate the HomeMeds program to be sustained

through inclusion in the Illinois Department on Aging's Medicaid Waiver.

- Secure contracts, sponsorship, and other new funding totaling a minimum of \$400,000.

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