

# MID-AMERICA REGIONAL COUNCIL

## 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

The Mid-America Regional Council (MARC), the Network Lead Entity for the Missouri Association of Area Agencies on Aging (MA4) Network, will:

- Significantly increase the number of older adults and adults with disabilities who participate in chronic disease self-management education (CDSME) programs, targeting populations at-risk of institutionalization to ensure Missourians can stay in their homes longer.
- Create referral pathways to a full range of community services to address social determinants of health of CDSME program participants.

- Develop products and workflows to accept and process CDSME referrals from a wide range of sources and to track referrals to community services.
- Strengthen the MA4 Network to offer an expanded suite of CDSME programs.
- Expand the MA4 Network's sustainable revenue sources.

### Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- Tomando Control de su Salud
- Toolkits for Active Living
- Workplace Chronic Disease Self-Management Program
- Walk with Ease (WWE)

### Partnerships

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

- 8 Area Agencies on Aging
- University of Missouri Extension
- Community-based and non-profit organizations

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- Missouri Department of Health and Senior Services
- Missouri Department of Mental Health
- Missouri Department of Social Services
- Key commercial, Medicaid and Medicare Advantage managed care partners

## Anticipated Results

MARC and its partners propose to achieve the following results:

- Reach at least 1,719 participants with evidence-based CDSME programs, at least 75% (1,290) of whom will complete the programs.
- Design, implement and test with at least 180 referrals a statewide system to accept and process referrals into CDSME programs through multiple pathways to accommodate diverse contracting structures with various payer and provider types.
- Generate 270 referrals to other community services offered in Missouri that address the social and behavioral determinants of health of program participants.

- Execute 4 agreements with health and community-based providers to refer socially and medically complex clients with public or private health insurance coverage to CDSME programs.
- Train or cross-train 90 new or existing leaders to offer an expanded suite of CDSME programs, including CDSMP, Toolkits for Active Living with Chronic Conditions, *Tomando Control de su Salud*, DSMP, CPSMP, Workplace CDSMP, and Walk with Ease.
- Execute two new contracts with health payers for reimbursement to the MA4 Network for CDSME programming.

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### For more information:

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