

Atlanta Regional Commission

Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2025

Goals

This 3-year grant aims to:

- Strengthen integrated state or regional networks that address the social and behavioral determinants of health of older adults and adults with disabilities.
- Significantly increase the number of older adults and adults with disabilities who participate in chronic disease self-management education and self-management support programs.

Activities

The grantee and its partners will:

- Train lay leaders and master trainers to implement the Chronic Pain Self-Management Program (CPSMP).
- Provide education and workshops focused on managing pain.
- Develop new partnerships and contract opportunities with community-based and health care organizations.

Interventions

- Chronic Pain Self-Management Program
- Toolkit for Active Living with Chronic Conditions (Mailed Toolkit)

Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Atlanta Housing
- Grady Health System
- 11 Aging Network Partners

Outcomes

The grantee anticipates the following results from this project.

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- Engage 720 individuals in CPSMP.
 - Achieve a 75% program completion rate.
 - Train 36 new CPSMP lay leaders and 4 CPSMP Master Trainers.
 - Increase sustainability through partnerships and alternative funding sources.

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Chronic Disease Self-Management Education Program Grant Impact Summary Fiscal Year 2020

Most Significant Accomplishments

- 430 older adults with chronic pain completed a CDSME in-person, remote, or toolkit workshop.
- Expanded visibility to virtual audiences through statewide website, social media, and e-registrations.
- Recruited and maintained 29 active Lay Leaders offering CDSMP, DSMP, and CPSMP.
- Established a Volunteer Model for program implementation and successfully grew our evidence-based program (EBP) Coach Network to more than 80 trained and certified volunteers and implementation partner staff.
- Expanded menu of AAA-supported and administered EBPs from 6 to 9, including 3 CDSME programs, with the capacity and experience to deliver those programs in-person and virtually.
- Engaged, taught, and encouraged tech-wary older adults, adults with disabilities, and caregivers across the region to use virtual meeting platforms.
- Chartered and activated a regional Evidence-Based Aging Services Coalition, with more than 25 organizations committed to expanding access to EBPs of all types to our target populations.
- Developed and deployed virtual survey tools, centralized tracking systems and processes, visually cohesive marketing/promotional materials, and a Digital Access Pilot Project to expand EBP reach.

Lessons Learned

- Managing expectations is key to recruiting appropriate, engaged, committed participants; recruiting, onboarding, activating, and retaining dedicated EBP Coaches; establishing meaningful partnerships with interested host site staff to ensure successful workshop experiences for participants.
- Despite initial hesitation to use technology, if an individual (of any age) is provided with the opportunity, encouragement, support, and patience to use technology for something they are interested in, they can and will learn how to access that thing, and confidence will continue to grow.
- Developing potential sustainability partnerships takes time. Refined and simplified messaging is key, as are identifying common goals and pain points, demonstrating return on investment, being transparent about the true costs and value of program delivery, and sharing real success stories.

What's Next

The Atlanta Regional Commission (ARC) will continue to pursue grant funds, service contracts and other resources to sustain delivery of its suite of evidence-based programs (EBPs) across the Atlanta region.

ARC will regularly convene the Evidence-Based Aging Services Coalition and work with its members to build upon the solid infrastructure, established trained workforce, and networks created to reach target populations and host partners that were developed during this grant.

Additionally, ARC will continue to build relationships with senior housing partners, healthcare payers, and other organizations capable of paying for the delivery of regular EBP workshops to their members, residents, and community members.

Administration for Community Living awarded ARC a 2023 Falls Prevention Grant, which has enabled ARC to leverage other funding typically used to support all EBP delivery, such as Older Americans Act Title IIID funding, to sustain increased delivery of CDSME programs. ACL Falls Prevention Grant funds, Older Americans Act Title IIID funding, and other service contracts combined will support the sustainability of these programs.

Grantee Contact

Kristie Sharp, Manager, Program Development Unit, Atlanta Regional Commission KSharp@atlantaregional.org