

Maryland Living Well Center of Excellence

Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2021

Goals

This 3-year grant aims to:

- 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.
- 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 conditions, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Activities

The grantee and its partners will:

- Implement system-wide changes to ensure access and sustainability for virtual and in-person self-management and self-management support programs, providing a continuum of care model for Maryland's highest risk and most costly individuals.
- Reduce barriers to access by providing loaner tablets to participants lacking internet connectivity.
- Launch a social marketing campaign program and provide training to strengthen delivery capacity.
- Assist Area Agencies on Aging (AAAs) and nonprofit community organizations to implement and test billing/reimbursement opportunities.

Interventions

- Chronic Pain Self-Management Program (CPSMP)
- EnhanceFitness (EF)
- PEARLS

Partners

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

- Asian American Inter Community Service
- Anne Arundel County AAA
- Bay Area Center
- Carroll County AAA

- Charles County Department of Health
- Chesapeake Regional Information System for Patients (CRISP)
- Frederick Health
- Howard County AAA
- Johns Hopkins Geriatric Workforce Enhancement Program
- Maryland Department of Disabilities
- Maryland Department of Health
- Maryland Department of Aging
- Prince George's AAA
- TidalHealth

Outcomes

The grantee anticipates the following results from this project.

- Reach 495 participants in CPSMP, EF and/or PEARLS.
- Ensure AAAs/community-based organizations are able to access a health technology platform through CRISP, Maryland's designated health information exchange.
- Hold at least 2 virtual training sessions for CPSMP, PEARLS, and EnhanceFitness leaders and counselors.
- Achieve a 70% completion rate in program completion.
- Work with state and local clinical and community partners to assess older adults and people with disabilities for pain and/or depression and link them to programs.
- Establish multiple referral resources including the Maryland Access Point, Aging & Disability Resource Centers, Maryland 2-1-1, other social service provider agencies, the Maryland Primary Care Program, hospitals systems, and managed care organizations.
- Assess the impact of bundling CPSMP, PEARLS, and EF to reduce pain and depression.
- Document quality of life and reduced health care costs via CRISP.
- Connect clinical and community partners to begin billing for sustainability.
- Increase AAA business acumen and provide assistance to ensure a continuum of care of Maryland's highest risk and most costly individuals.

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*Chronic Disease Self-Management Education Program Grant Impact Summary
Fiscal Year 2021*

Most Significant Accomplishments

- Over this grant, 824 participants were reached by April 30, 2024.
- Delivered CPSMP, DSMP, PEARLS, and EnhanceFitness in underserved counties in person and remotely. CPSMP and DSMP Toolkits and PEARLS were also delivered by telephone.
- Trained 51 CPSMP, 74 DSMP, 28 EnhanceFitness, and 48 PEARLS leaders and coaches.
- Partnered with CRISP, Maryland's Health Information Exchange, to improve interoperability and ensure primary care providers receive information on their patients.
- Utilized both in-person and remote access to programs and supplied 5G tablets to individuals who did not have connectivity.
- Completed the research project, which demonstrated the positive impact of bundling programs in areas such as an increase in quality of life and a reduction in healthcare costs.
- Assisted multiple Area Agencies on Aging (AAAs) and other community-based organization partners with the availability of evidence-based programs (EBPs) to maximize utilization of Older Americans Act Title IIID funds.

Lessons Learned

- Rapid staff turnover across providers and hospitals required ongoing training. A kit of resources and detailed information on patient referrals was provided.
- Expanding access to services via Zoom dramatically increased the ability to connect to high-risk individuals in partnership with diverse state, county, and multicultural community partners.
- Adapting CRISP improved clinical and community connectivity by ensuring seamless referral and provision of EBPs to reach community-dwelling older adults and people with disabilities, linking AAAs to referrals from their local physicians, hospitals, and Care Transition Organizations.

What's Next

Living Well Center of Excellence (LWCE) will continue to utilize HEART Funds (Health Equity Advancement Resource and Transformation Payment) through 2026. LWCE is currently working with multiple partners in the state to begin billing Medicare directly for programs and services delivered.

LWCE's strong partnership with CRISP is used widely to demonstrate the impact of delivering evidence-based programs (EBPs) in reducing healthcare costs.

LWCE continues to have a close relationship with Maryland Department of Aging and Maryland Public

Health. Both provide contracts and resources that assist with delivering more EBPs.

Grantee Contact

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