

Education Health and Research International, Inc

Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2022

Goals

This 3-year grant aims to:

- Develop or expand capacity to significantly increase the number of older adults and adults with disabilities who participate in evidence-based CDSME and self-management support programs to empower them to better manage their chronic conditions.
- Enhance the sustainability of evidence-based CDSME and self-management support programs through the implementation of robust sustainability strategies.

Activities

The grantee and its partners will:

- Embed CDSMEs into Title III nutrition programs, including home-delivered meals and congregate meals.
- Engage and motivate older adults with diabetes or other chronic conditions to participate.
- Recruit older adult volunteers with chronic conditions to train as peer leaders.
- Enable remote participation, including removing barriers due to disabilities and impairments.
- Train CDSME leaders in partnership with Delaware Division of Public Health (DPH).
- Train EHRI's Nurse Advocate and Reliant Care Solutions (RCS) staff in HomeMeds.
- Partner with key local stakeholders who will consider integrating CDSME programs as part of their treatment and exit plans.

Interventions

- Chronic Disease Self-Management (CDSMP)
- Diabetes Self-Management (DSMP)
- HomeMeds

Partners

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

- Delaware Assistive Technology Initiative (DATI)
- DPH – Delaware Division of Public Health (DPH)
- Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD)
- Modern Maturity Center (MMC)
- La Red (Federally Qualified Health Center)
- Reliant Care Solutions

Outcomes

The grantee anticipates the following results from this project.

- Improved health of participating seniors, as measured by CDSME-suggested assessment tools (e.g., blood sugar levels for diabetics; blood pressure for hypertensives).
- Enhanced sense of well-being in participants, as measured by surveys of participants compared to Meals on Wheels 2020 data cited above.
- Reduction of health costs among participants, as measured by reduced pm/pm costs.
- Greater government and payer integration, as measured by the level of financial support for CDSME programs and HomeMeds.
- Greater buy-in and support from community-based organizations (CBOs) as measured by the number of CBOs integrating CDSME programs and HomeMeds into their treatment and existing plans.
- Stronger platform for remote delivery of CDSME programs.

Education Health and Research International, Inc

Chronic Disease Self-Management Education Program Grant Impact Summary Fiscal Year 2022

Most Significant Accomplishments

- Over this grant, 1097 participants and 916 completers were engaged in CDSMP and DSMP in either English or Spanish workshops.
- Delivered programs in all three counties in Delaware, reaching older adults with chronic disease and diabetes.
- Trained 43 new leaders, including five bilingual staff from La Red Health Center - a multi-site FQHC, and eight from Beebe Healthcare - a regional rural health system.
- Partnered with Modern Maturity Center, Beebe Healthcare, La Red Health Center, the Delaware Division of Public Health, and approximately 37 other community-based organizations statewide.
- Obtained the license from the Self-Management Resource Center to provide the flexibility needed to best serve an older adult target audience as the only single agency licensee in Delaware aside from the State Department of Health.
- Implemented HomeMeds, for the first time in Delaware, to assess 275 older adults' prescribed medicines for contraindications, communicate with clients' providers, and facilitate de-prescribing as indicated by pharmacist identification of risks.
- Integrated the use of nontraditional promotional techniques to garner interest in workshop participation; e.g., clean humor-based comedy presentations for older audiences in theaters, comedy clubs, and retirement communities.
- Embedded in-person CDSMP workshops on a recurring basis at key partner sites to create workshop promotion and registration efficiencies, maximize visibility, and facilitate repeat participants for saturated learning and skill reinforcement.
- Cross-referred CDSMP and Falls Prevention programming to participants to provide holistic prevention education while encouraging peer engagement and socialization.
- Integrated CDSMP program promotion into the Delaware Geriatric Workforce Enhancement Program (GWEP), administered by Delaware State University, to elevate the importance of CDSMP as an age-friendly care modality within nursing and social work student curricula and students' clinical rotations.

Lessons Learned

- Workshop participant recruitment and retention require hands-on, one-on-one, and administratively intense activities.
- Older adults in Delaware enjoy the camaraderie of in-person workshops.

- Older adults favor more traditional word of mouth, phone, and email processes over online and digital promotion for program awareness and workshop registration.

What's Next

CDSME programs for older adults will continue to be implemented in person at partner sites in rural Delaware.

CDSMP for a new target audience of older adults, caregivers, and persons with behavioral health conditions, and/or disabilities, launched in September 2025 with new partners to meet additional service gaps. Over the next three years, we forecast that 600 participants will learn the skills needed to manage anxiety, depression, and stressors associated with caregiving and disabilities through CDSMP. Workshops will be delivered in person, remotely, and telephonically.

Grantee Contact

Rabbi Y. Halberstam, Chief Strategy Officer, Education Health and Research International
yhalberstam@seton-services.com