

AgeOptions

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

Goals

This 3-year grant aims to:

- Strengthen integrated state, regional, or tribal networks that address all factors affecting 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:

- Expand program offerings, including Cancer Thriving and Surviving, Chronic Pain Self-Management Program, and the Workplace Chronic Disease Self-Management Program.
- Increase partnerships and programming to reach all populations.
- Collaborate with the Coordinated Care Alliance to implement the HomeMeds medication assessment tool.
- Obtain Diabetes Education Accreditation Program certification for AgeOptions and two delivery partners and get in network with relevant Medicare Advantage and Managed Medicaid plans.
- Increase the awareness of Illinois Pathways to Health and its programs through social and traditional media campaigns, presentations, and targeted outreach.

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

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- Workplace Chronic Disease Self-Management Program (wCDSMP)

Partners

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

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

Outcomes

The grantee anticipates the following results from this project.

- Through the data gathered from the HomeMeds pilot, we anticipate the HomeMeds program to be sustained. 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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Chronic Disease Self-Management Education Program Grant Impact Summary
Fiscal Year 2021

Most Significant Accomplishments

- Over this grant, 3,882 participants were engaged.
- Delivered programs statewide in 24 counties (urban, suburban, and rural areas) and in seven languages.
- Offered 12 new leader trainings and 18 cross-training sessions, resulting in 300 leader certifications.
- Partnered with multiple Area Agencies on Aging, universities, hospital systems, health departments, and more.
- Secured more than \$2 million in additional funding for infrastructure and health promotion programs.
- Grew our network with a focus on reaching limited English-speaking older adults with funding from the Cook County Department of Public Health.
- Secured a contract with one Medicaid Advantage plan, sponsorships from two health plans, and one health system.
- Received high participant satisfaction: net promoter score of 80 for CDSME programs.

Lessons Learned

- It was crucial to listen to the preferences of older adults to determine the modes of program delivery, in person or remotely.
- As a statewide project, it was essential that we invest in the success of our partner agencies, including taking the time to orient and train them, and to understand their challenges and work together to resolve them.
- Continuous system improvement, especially in data tracking, outreach and technical support, was critical to successful implementation.

What's Next

AgeOptions was thrilled with the success we had working with statewide delivery partners to offer CDSME programs and CDSME support programs (Fit & Strong! and HomeMeds). We have secured funding from USAging for Community Care Hub Infrastructure grants, which have allowed us to invest in our contracting, technology, and sales capacities. We are actively working on a Medicare Advantage contract to continue offering CDSME and have an existing contract supporting the ongoing delivery of Fit & Strong!

Grantee Contact

Robert Mapes, MSW, Vice President of Health Collaborations and Innovations, AgeOptions
robert.mapes@ageoptions.org