

# Portland State University

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

### Goals

This three-year grant aims to:

**Goal 1:** Through a statewide initiative, develop the capacity (e.g., instructors, partnerships, and referral networks) to increase the number of older adults and adults with disabilities in the target populations who participate in evidence-based chronic disease self management education (CDSME) and self-support programs.

**Goal 2:** Improve the behavioral health of older adults and people with disabilities in Oregon by increasing participants in CDSME and self management programs.

**Goal 3:** Develop and disseminate 508-compliant resources specific to lessons learned to enhance knowledge in serving the target population and promote program sustainability.

### Activities

The grantee and its partners will:

- Coaches will deliver PEARLS to 360 total participants / 252 completers in assisted living and adult foster homes (Year 1: 90 participants / 63 completers; Year 2: 90 participants / 63 completers; Year 3: 180 participants / 126 completers).
- Deliver WRAP to 480 total participants / 336 completers (Year 1: 120 participants / 84 completers; Year 2: 120 participants / 84 completers; Year 3: 240 participants / 168 completers) at senior centers.

### Interventions

- Program to Encourage Active, Rewarding Lives (PEARLS)
- Wellness Recovery and Action Plan (WRAP)

### Partners

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

- Comagine Health
- Community for Positive Aging
- Concepts in Community Living
- LeadingAge Oregon
- Marjorie Stewart Senior Community Center
- Monmouth Senior Center

- Oregon Association of Area Agencies on Aging & Disabilities
- Oregon Health Authority - Older Adult Behavioral Health Initiative
- Oregon Department of Human Services
- Oregon Health Care Association
- Oregon State Unit on Aging
- Redmond Senior Center

## Outcomes

The grantee anticipates the following results from this project.

### Measurable Outcomes:

- Number of PEARLS coaches, and WRAP facilitators trained
- Percent of PEARLS coaches and WRAP facilitators reporting confidence in delivering CDSM trainings to older adults
- Number of new counties or regions where WRAP and PEARLS are implemented
- Number of partner organizations developed and engaged
- Number of Participants / Completers of WRAP and PEARLS
- Percentage of participants reporting their BH needs are addressed and wellbeing improved post WRAP / PEARLS
- Number of 508-compliant resources produced on lessons learned / best practices to assist others in replicating similar strategies in their communities
- Number of individuals accessing toolkit via website and social media

## Grantee Contact

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