

Idaho Commission on Aging

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year Capacity-Building grant are to:

- **Goal 1:** Develop capacity in areas with no or limited evidence-based program infrastructure to introduce, deliver, and expand the reach (program participants and completers) of evidence-based chronic disease self-management education and self-management support programs within underserved geographic areas and/or populations to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Develop a business plan with strategies to support the proposed programs during and beyond the grant period.

The Idaho Commission on Aging (ICOA) and its partners will:

- Implement evidence-based programs focused on chronic pain and diabetes in rural and frontier regions of the state;
- Use comprehensive marketing strategies to recruit program leaders and participants in areas with limited health care access; and

- Provide education and community resource information to older Idahoans living with chronic pain about opioid misuse.

Proposed Interventions

- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)

Partnerships

To achieve the goals of the grant, ICOA will collaborate with the following key partners:

- Area Agency on Aging 3
- Critical access hospitals
- Community paramedic programs
- Community-based organizations, including: senior housing complexes, churches, libraries, mobile home parks, and senior centers
- Diabetes and Hypertension Coalition
- Greater Canyon County Care Coalition
- Idaho State University
- Rural health clinics
- Veteran's Administration Medical Centers in rural areas
- Treasure Valley Resource Care Coalition

Prevention and Public Health Fund 2019, effective May 1, 2019



Anticipated Results

The ICOA and its partners propose to achieve the following results:

- Engage 468 participants in CPSMP and DSMP;
- Achieve a 75% program retention rate;
- Train over 25 lay leaders to conduct community-based programs; and
- Build partnerships with rural health care providers to reach underserved populations.

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