

Rush University Medical Center

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

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

- **Goal 1:** 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.
- **Goal 2:** 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 condition(s), while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Rush University Medical Center (RUMC) and its partners will:

- Expand the implementation of the Chronic Pain Self-Management Program (CPSMP) in the City of Chicago and nearby suburbs through an increase in implementation sites and facilitators;
- Screen 200 individuals with chronic pain for social isolation risk; and

- Create a system to refer individuals with chronic pain to CPSMP.

Proposed Interventions

- Chronic Pain Self-Management Program
- Chronic Disease Self-Management Program

Partnerships

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

- AgeOptions
- Rush Oak Park Hospital
- Rush Office of Community Engagement
- White Crane Wellness Center

Anticipated Results

RUMC and its partners propose to achieve the following results:

- Engage 100 individuals living with chronic pain that have been screened for social isolation with the education needed to manage their chronic pain more effectively; and
- Achieve a participant completion rate of 73%.

Prevention and Public Health Fund 2020, effective August 1, 2020



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