

MARYLAND LIVING WELL CENTER OF EXCELLENCE

Chronic Disease Self-Management Education Program Grantee



Goals

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.

Strategies and Activities

The Maryland Living Well Center of Excellence (LWCE), a Division of Mac, Incorporated Area Agency on Aging (AAA) and its partners will:

- Implement system-wide changes to ensure access and sustainability for virtual and in-person self-management and self-management support programs, providing a continuum of care model for

Maryland's highest risk and most costly individuals.

- Reduce barriers to access by providing 'loaner tablets' to participants lacking internet connectivity.
- Launch a social marketing campaign program and provide trainings to strengthen delivery capacity.
- Assist AAAs and nonprofit community organizations to implement and test billing/reimbursement opportunities.

Proposed Interventions

- Chronic Pain Self-Management Program (CPSMP)
- EnhanceFitness (EF)
- PEARLS

Partnerships

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

- Asian American Inter Community Service
- Anne Arundel County AAA
- Bay Area Center
- Carroll County AAA
- Charles County Department of Health
- Chesapeake Regional Information System for Patients (CRISP)
- Frederick Health

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- Howard County AAA
- Johns Hopkins Geriatric Workforce Enhancement Program
- Maryland Department of Disabilities
- Maryland Department of Health
- Maryland Department of Aging
- Prince George's AAA
- TidalHealth

Anticipated Results

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

- Reach 495 participants in CPSMP, EF and/or PEARLS;
- Ensure AAAs/community-based organizations are able to access a health technology platform through CRISP, Maryland's designated health information exchange;
- Hold at least 2 virtual trainings for CPSMP, PEARLS and EnhanceFitness leaders and counselors;
- Achieve a 70% completion rate in program completion ;
- Work with state and local clinical and community partners to assess older adults and people with disabilities for pain and/or depression and link them to programs;

- Establish multiple referral resources including the Maryland Access Point, Aging & Disability Resource Centers, Maryland 2-1-1, other social service provider agencies, the Maryland Primary Care Program, hospitals systems, and managed care organizations;
- Assess the impact of bundling CPSMP, PEARLS, and EF to reduce pain and depression;
- Document quality of life and reduced health care costs via CRISP;
- Connect clinical and community partners to begin billing for sustainability; and,
- Increase AAA business acumen and provide assistance to ensure a continuum of care of Maryland's highest risk and most costly individuals.

Contact:

Leigh Ann Eagle
 Maryland Living Well Center of Excellence
laeagle@macinc.org

For more information:

Administration for Community Living
 U.S. Department of Health and Human Services
 Washington, DC 20201
<http://www.acl.gov>

Prevention and Public Health Fund 2021, effective May 1, 2021

