

Kick-Off Webinar

*Prevention and Public Health Fund 2020
CDSME Grantees*

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Office of Nutrition and Health Promotion Programs

June 19, 2020



Welcome, 2020 CDSME Grantees!



About the Administration for Community Living (ACL)

- **Mission** – maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers
- Commitment to one **fundamental principle** – people with disabilities and older adults should be able to live where they choose, with the people they choose, and participate fully in their communities



About ACL (cont.)



CDSME Grant History

- Evidence-Based Program Pilot (2003)
- Evidence-Based Prevention Program (2006 and 2007)
- American Recovery and Reinvestment Act (2010)
- Prevention and Public Health Fund (2014-2020)

CDSME Grant Goals: Community Impact

- Goal 1: Develop a 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.

Integrated Networks

- Goal 1: Strengthen integrated state or regional networks that address the social and behavioral determinants of health of older adults and adults with disabilities.
- Goal 2: Significantly increase the number of older adults and adults with disabilities who participate in evidence-based CDSME and self-management support programs to empower them to better manage these chronic condition(s).

Meet Your Fellow Grantees!

- Community Impact
 - Atlanta Regional Commission, Georgia
 - Board of Regents, NSHE obo University of Nevada, Nevada
 - Health Promotion Council of Southeast Pennsylvania, Pennsylvania
 - Metropolitan Community Health Services, Inc., North Carolina
 - Mid-Florida Area Agency on Aging, Inc., Florida
 - Presbyterian Healthcare Services, New Mexico
 - Rush University Medical Center, Illinois

Fellow Grantees Continued

Integrated Networks

- Elder Services of the Merrimack Valley, Massachusetts
- Partners In Care Foundation, California
- Sanford Health, South Dakota

Meet Your ACL Project Officers

- Monique Bolton
 - Atlanta Regional Commission
 - Sanford Health
 - Health Promotion Council of Southeastern, Pennsylvania
 - Presbyterian Healthcare Services
- Judy Simon
 - Elder Services of the Merrimack Valley
 - Mid Florida AAA



Meet Your ACL Project Officers con't

- Shannon Skowronski
 - Board of Regents, University of Nevada
 - Partners in Care Foundation, Inc.
- Phantane Sprowls
 - Rush University Medical Center



Getting Started

- Grantees project period begins August 1, 2020, which means they cannot draw down funds until that date.

Getting Started con't ...

- Technical assistance calls with ACL and/or NCOA staff
- Familiarize yourself with National CDSME Resource Center website:
 - www.ncoa.org/cha
 - Variety of resources, including FAQs, reporting calendar, best practices, etc.
- Grantee profile prepared and posted on ACL/NCOA websites

Remote Programs

- All 2020 grantees will be expected to be implementing at least one remote CSDME Program within six months of the start date of their award, i.e. by the end of January 2021.
- If a grantee proposed only program(s) that are not available remote, they will need to add at least one program that is available for remote delivery from the pre-approved list of programs that was included in the Funding Opportunity Announcements.

Remote Programs con't...

- You will have the opportunity to discuss remote options and work plan changes on your individual project kick off calls with your ACL Project Officer.
- For a listing of current remote program availability/details see: <https://www.ncoa.org/news/ncoa-news/center-for-healthy-aging-news/track-health-promotion-program-guidance-during-covid-19/>

Required Reporting

- ACL Semi-Annual Progress Reports
- Final Report (in lieu of last Semi-Annual Progress Report)
- Financial Status Reports
 - Quarterly
 - Annual

For detailed reporting instructions, i.e., due dates, templates, submission instructions, etc., please visit the reporting calendar at: <https://www.ncoa.org/center-for-healthy-aging/cdsme-resource-center/cdsme-grantees/grant-reporting-requirements-forms/>

GrantSolutions

- All program reports (semi-annual and final) submitted via GrantSolutions
 - <https://home.grantsolutions.gov/home>
- Resources available on ACL website to assist with requesting a GrantSolutions user account, logging in, basic navigation, etc.
 - <https://www.acl.gov/grants/managing-grant>

Payment Management System

- All fiscal reports must be submitted via the Payment Management System.
 - <https://pms.psc.gov/>

What's Next

- You will be contacted by a member of the National Chronic Disease Self-Management Resource center to:
 - confirm grantee contact; and
 - schedule an individual grantee kick off call in July with your NCOA Project Officer and TA liaison

Questions?

Contact your ACL Project Officer

Monique Bolton – monique.bolton@acl.hhs.gov

Judy Simon – judy.simon@acl.hhs.gov

Shannon Skowronski – shannon.skowronski@acl.hhs.gov

Phantane Sprowls – phantane.sprows@acl.hhs.gov

Kick-Off Webinar: Prevention and Public Health Fund

2020 CDSME Grantees

Dorothea Vafiadis & Kathleen Zuke | June 19, 2020



Improving the lives of 40 million older adults by 2030

Who We Are

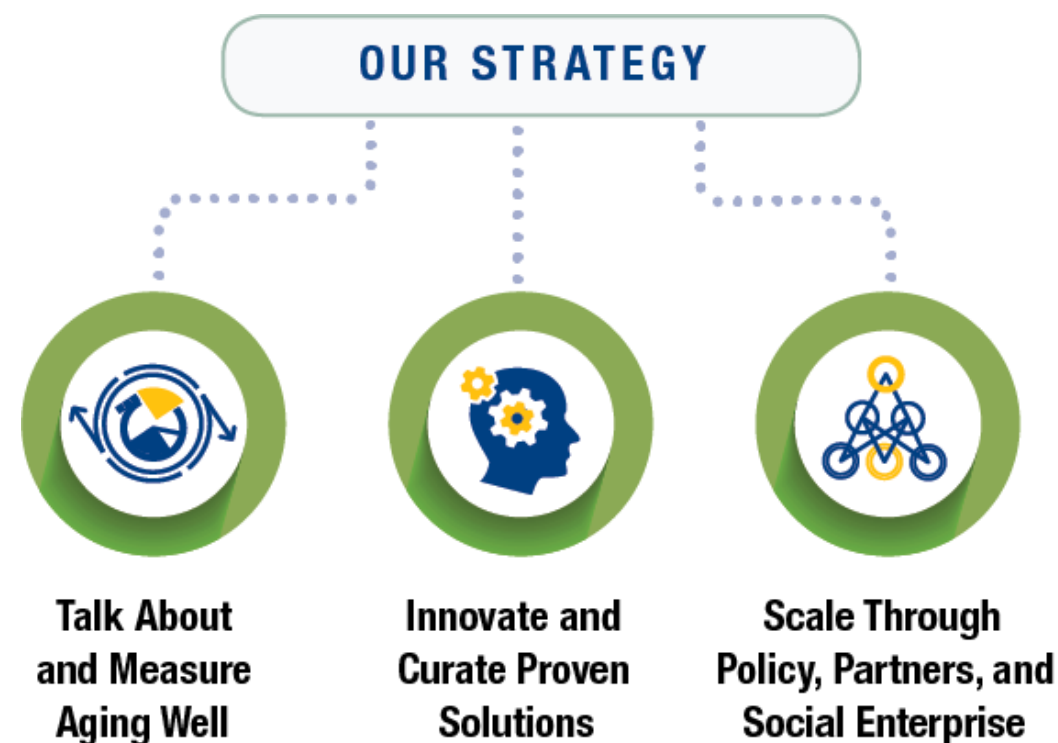
We believe every person deserves to age well

OUR VISION

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

OUR MISSION

Improve the lives of millions of older adults, especially those who are struggling





NCOA's Center for Healthy Aging

- **Goal:** Increase the quality and years of healthy life for older adults and adults with disabilities
- **Two national resource centers** funded by the Administration for Community Living
 - Chronic Disease Self-Management Education (CDSME)
 - Falls Prevention
- **Other key areas:** Behavioral health, physical activity, immunizations, oral health

Meet Our Team

Kathleen Cameron, MPH

Senior Director

Contact Information: kathleen.cameron@ncoa.org



Dorothea Vafiadis, MS

Director

Contact Information: dorothea.vafiadis@ncoa.org



Meet Our Team

Jennifer Tripken, EdD, CHES

Associate Director

Contact: jennifer.tripken@ncoa.org



Kathleen Zuke, MPH

Senior Program Manager

Contact: kathleen.zuke@ncoa.org



Meet Our Team

Mary Walsh, M.Ed.

Consultant

Contact: mary.walsh@ncoa.org



Sharon Williams

Consultant

Contact: sharonr.williams@comcast.net



Meet Our Team

Michelle Mai, MPH

Program Associate

Contact: michelle.mai@ncoa.org



Binod Suwal, MS

Senior Manager

Point of contact for communication with the Resource Center

Contact: binod.suwal@ncoa.org



Technical Assistance Activities



One-on-One Support

- Tailored technical assistance based on your needs



Networking & Peer Learning

- Work groups
- Learning Collaboratives
- Listservs for professionals



Online Tools and Resources

- Ongoing webinars
- Best practices from organizations across the country



National Databases

- Data collection & management
- CDSME & falls prevention

Individual Support

Monthly or bi-monthly technical assistance calls

- Grantee, NCOA Technical Assistance Lead
- ACL Project Officer joins following each submission of the semi-annual report
- Discuss ongoing workplan progress, target participation goals, sustainability activities, questions, technical assistance needs
- Binod Suwal will reach out to schedule

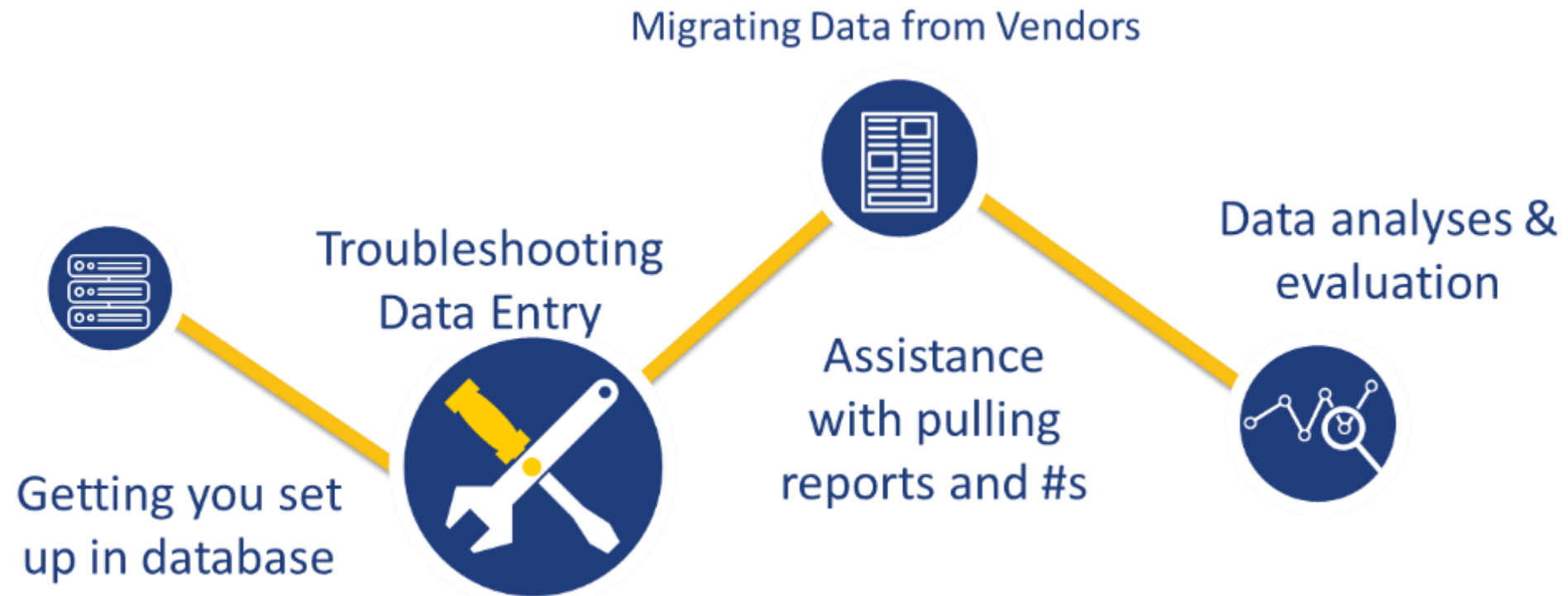


Getting Started

- [CDSME grantee profiles](#) (2020 profiles coming this summer!)
- [ACL grant reporting calendars \(2020-2023\)](#)
- [FAQs for CDSME grantees](#)
- [Customizable marketing and recruitment templates](#)
- [Key components of offering EBPs](#)
- [Sample business and sustainability plans](#)
- [View past webinars](#)

National Chronic Disease Self-Management Education Database

Check out the [Overview of the National CDSME Database](#)



18 Programs in the CDSME Database

Self-Management Resource Center's Suite of CDSME programs

- Arthritis Self-Management Program
- Cancer: Thriving and Surviving
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Diabetes Self-Management Program
- Tomando Control de su Diabetes
- Tomando Control de su Salud
- Programa de Manejo Personal de Artritis
- Positive Self-Management Program

Non-CDSME Program / Support Program

- Active Living Every Day
- Camine Con Gusto*
- Enhance Fitness
- EnhanceWellness
- HomeMeds
- Living Well with a Disability
- PEARLS
- Toolkit for Active Living with Chronic Conditions
- Walk With Ease*
- Wellness Recovery Action Plan

Data Collection Forms

Data Entry, Collection, and Management Resources

English:

- [Attendance Log](#)
- [Program Information Cover Sheet](#)
- [Participant Information Survey](#)
- [Group Leader Script](#)

Spanish:

- [Attendance Log](#)
- [Program Information Cover Sheet](#)
- [Participant Information Survey](#)
- [Spanish Group Leader Script](#)

And many other languages!

Join the next webinar focused on the National CDDB
Database on **July 20 @ 1-2 p.m. ET**

Your Program Name

Participant Information Survey

Participant I.D. (first two letters of your first name, first two letters of your last name, last two numbers of your birth year): _____

1. How old are you today? _____ years

2. Are you: Male or Female?

3. Are you of Hispanic, Latino, or Spanish origin?
 Yes No

4. What is your race? Mark all that apply.

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or other Pacific Islander
- White

5. Has a health care provider ever told you that you have any of the following chronic conditions? (Please mark all that apply.)

<input type="checkbox"/> Arthritis/Rheumatic Disease	<input type="checkbox"/> Hypertension (High Blood Pressure)
<input type="checkbox"/> Asthma/Emphysema/Other Chronic Breathing or Lung Problem	<input type="checkbox"/> Kidney Disease
<input type="checkbox"/> Cancer or Cancer Survivor	<input type="checkbox"/> Osteoporosis (Low Bone Density)
<input type="checkbox"/> Chronic Pain	<input type="checkbox"/> Obesity

with this workshop? (Session 0 is an optional pre-workshop)

Program Information Cover Sheet

Name

Requested details
sheet for the
ordinator.

Provide the
questions

Best Practices Toolkit: Resources from the Field

A centralized location, with over 300 resources from across the U.S., focused on the expansion and sustainability of evidence-based programs

<https://www.ncoa.org/center-for-healthy-aging/cdsme-best-practices-toolkit/>



Leadership and Management



Strategic Partnerships



Delivery Infrastructure and Capacity



Marketing and Recruitment



Quality Assurance



Business Planning and Sustainability

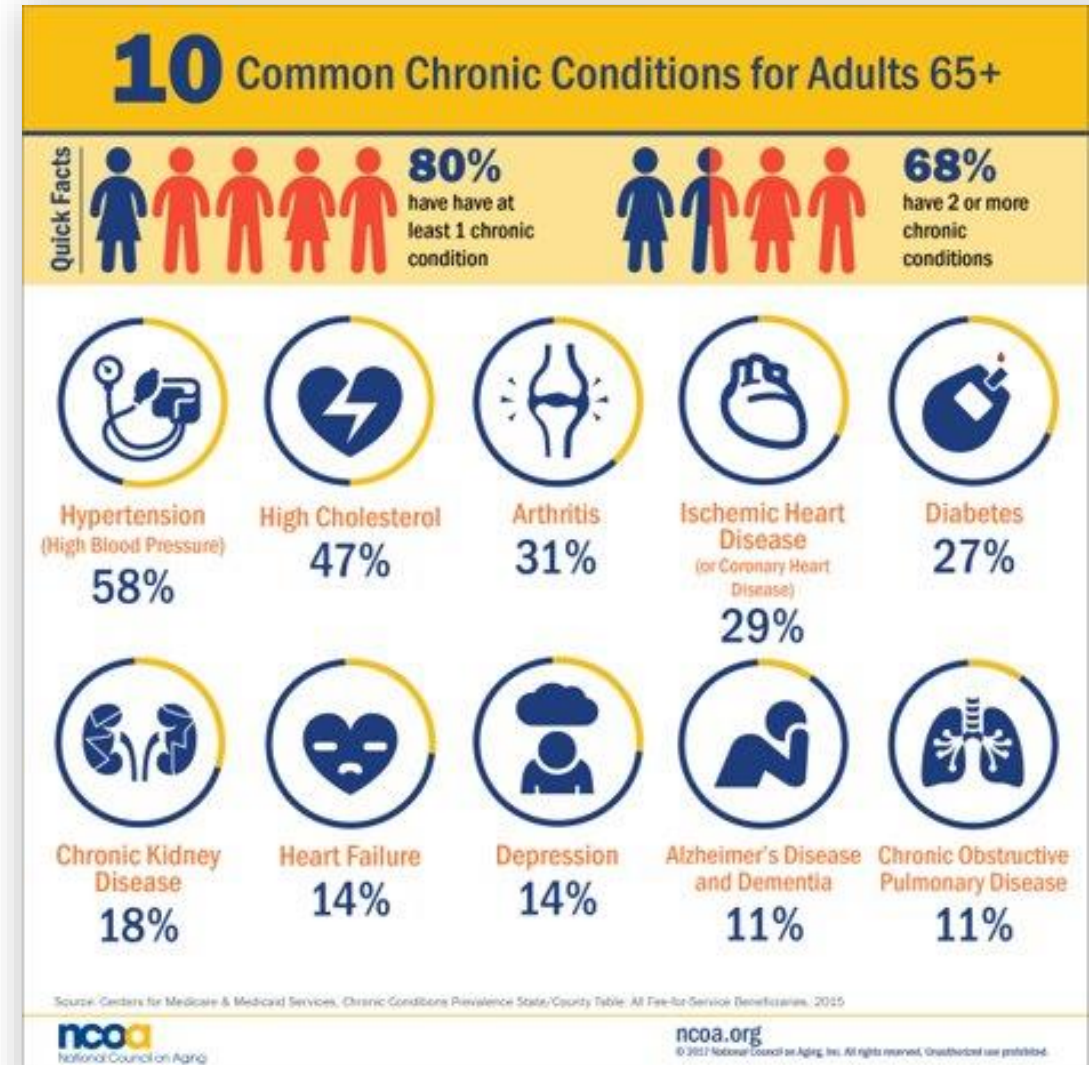
Roadmap to Community-Integrated Health Care

<https://www.ncoa.org/center-for-healthy-aging/roadmap/>

- Leadership**
Meet the experts providing direction, advice, and assistance for community-integrated health care.
- Toolkit**
- Learning Collaboratives**
- Public Policy and Advocacy**

Chronic Disease Self-Management Education Resources

- Blog posts about managing chronic conditions
- Information about malnutrition and ongoing health conditions
- A list of self-management programs
- Information about online CDSMP
- <https://www.ncoa.org/center-for-healthy-aging/cdsme-resource-center/>



Falls Prevention Resources

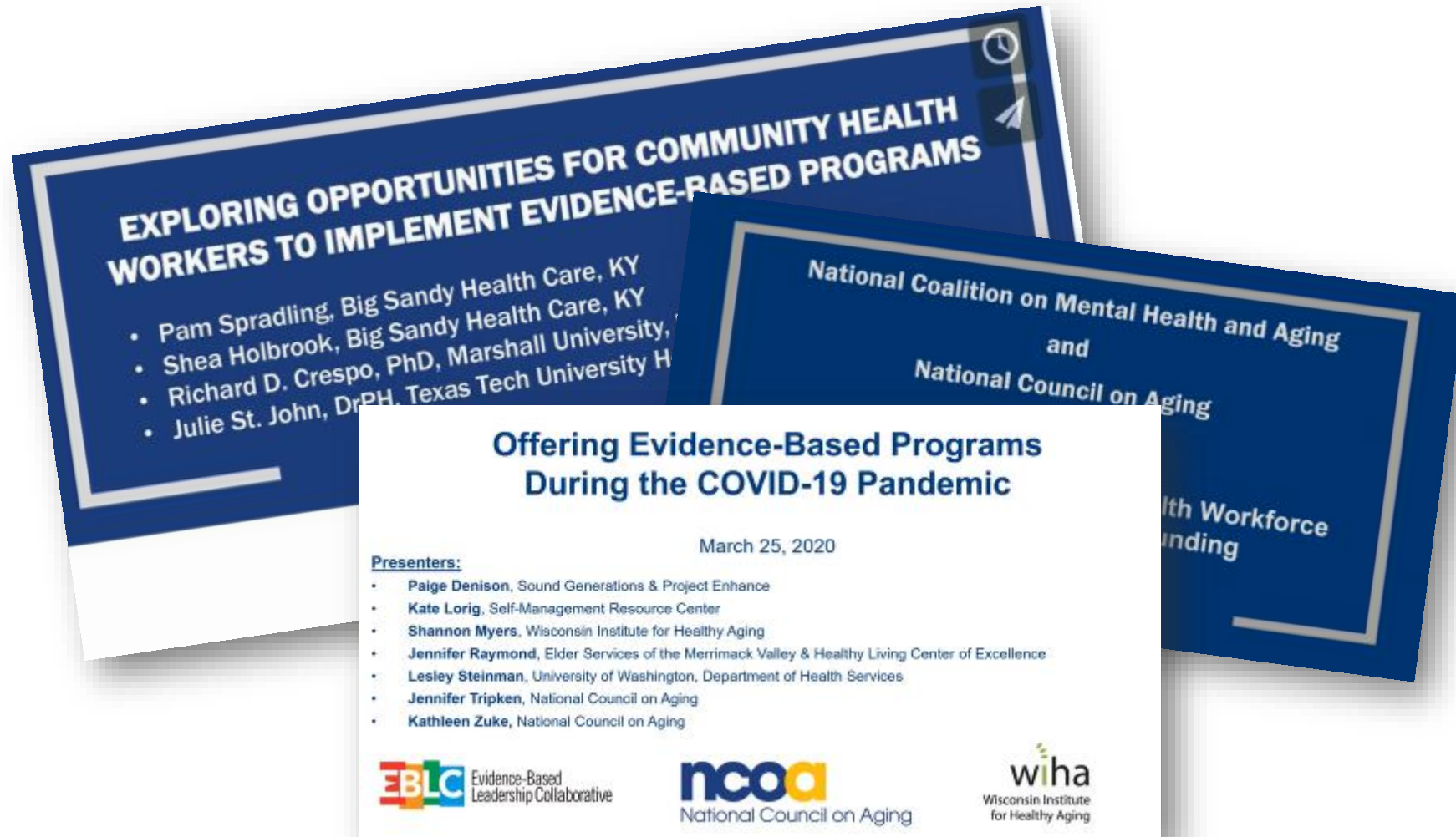
- Videos about evidence-based falls prevention programs and 6 steps to prevent a fall
- Information on Falls Prevention Awareness Week
- Falls prevention success stories
- Resources for older adults and caregivers
- The 2015 Falls Free® Action Plan
- <https://www.ncoa.org/healthy-aging/falls-prevention/>



Helpful Tip Sheets

- [National Study of the Chronic Disease Self-Management Program: A Brief Overview](#)
- [Increasing Completion of Chronic Disease Self-Management Education Workshops](#) (includes information on session zero)
- [Strategies to Improve Leader Retention for Chronic Disease Self-Management Education](#)
- [Implementing Evidence-Based Programs to Address Chronic Pain](#)
- [Offering Chronic Disease Self-Management Education In Rural Areas](#)
- [Special populations:](#)
 - [Chronic Disease Self-Management Education and People with Disabilities](#)
 - [Engaging People with Disabilities in Evidence-Based Programs](#)
 - [Developing Partnerships with the Disability Community](#)
 - [Engaging American Indian/Alaska Native Adults in Chronic Disease Self-Management Education](#)
 - [Engaging Veterans in Evidence-Based Programs](#)

Webinars



Regular webinars on topics related to evidence-based program implementation, expansion, and sustainability

Learning Collaboratives

- Focused on developing advanced, complex strategies to implement, scale, and sustain home and community-based services, including evidence-based programs
- Intensive technical assistance through a variety of learning formats, with a focus on peer-to-peer sharing and mentor support

Current and past topics:

- **Medicare Reimbursement**: Achieve or make significant progress toward achieving Medicare reimbursement through Part B benefits for CDSME programs and accreditation for diabetes self-management education and support services. *(2016-17, 2017-18, 2018-19)*
- **Network Development**: Advance the development of community integrated networks (network hubs) to effectively partner and contract with health care systems. *(2017-18, 2018-19, 2019-20- in progress)*
- **Medicare Advantage**: Evaluate contracting opportunities and requirements with Medicare Advantage plans and develop a tailored value proposition for a specified service package. *(2019, 2020- in progress)*

NCOA's COVID-19 Resource Center

www.ncoa.org



- Upcoming and archived events
- FAQs for older adults, caregivers, and professionals
- Government resources
- Tips and tools

Guidance for Evidence-Based Programs

- Each evidence-based programs have their own set of guidance on how to proceed with virtual delivery when in-person is not possible.
- Some programs have been approved for remote delivery, while others are not allowable.
- Prior to your first call, explore this page and consider alternatives to original project plans.
- **Website:** <https://www.ncoa.org/news/ncoa-news/center-for-healthy-aging-news/track-health-promotion-program-guidance-during-covid-19/>

Track Health Promotion Program Guidance During COVID-19

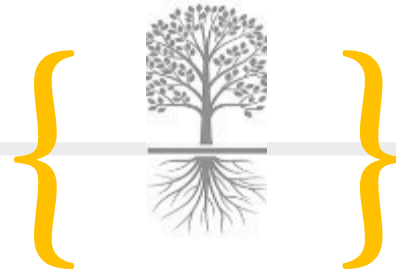
Posted on March 23rd, 2020

- Events
- Behavioral Health
- Chronic Disease Self-Management Education

During a period of physical distancing due to COVID-19, community-based organizations are canceling health promotion programs and exploring options for connecting remotely. Check this page regularly for updates from individual programs on whether it's feasible to continue implementation when in-person gatherings are not possible.

Other Resources

- [Frequently Asked Questions: COVID-19 and Health Promotion Programs](#) – Questions from community-based organizations on how they can continue offering health promotion programs during the pandemic.
- [Frequently Asked Questions: Data Collection & Management for Health Promotion Programs During COVID-19](#) – Learn how community-based organizations are collecting participant data during this time period.
- [Program updates from ACL CDSME and Falls Prevention grantees during COVID-19](#) – Grantees share their methods and solutions to offering health promotion programs online for their participants.
- [Grand Rounds Webinars](#) – Bi-weekly webinars to discuss the rapid switch to virtual programs among community-based organizations (e.g. sharing best practices for participant registration, virtual delivery platforms, data collection, and more).
- [Instructions for Participants to Use Zoom](#) – Rush University Medical Center developed step-by-step instructions to support participants accessing Zoom, a virtual platform.



Any questions?

- [Sign up](#) for the Center for Healthy Aging monthly e-news
- All new grantees will be added to the **listserv for professionals implementing CDSME**. Click “unsubscribe” or e-mail kathleen.zuke@ncoa.org to opt out.
- **Follow @NCOAging** on social media