

# Central Maine Area Agency on Aging Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

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

- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and support programs to improve their confidence in managing their chronic condition(s); and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

The Central Maine Area Agency on Aging (CMAAA) and its partners will:

- Engage older adults and adults with disabilities in evidence-based self-management education and support programs, with increased outreach to men, incarcerated individuals, and those with substance abuse disorder;
- Develop a hub-model network with 62 organizations; and
- Integrate Medicare billing for the Diabetes Self-Management Program (DSMP) and Chronic Pain Self-Management Program (CPSMP).

## Proposed Interventions

- Chronic Pain Self-Management Program
- Diabetes Self-Management Program

## Partnerships

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

- Aroostook Area Agency on Aging
- Healthcentric Advisors Quality Improvement Organization
- SeniorsPlus

## Anticipated Results

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

- Establish a centralized resource, communication, and coordination unit for all health and wellness evidence-based programs throughout Maine;
- Engage 1,496 participants in CPSMP and DSMP statewide;

- Develop a cloud-based statewide technology system, with 85% of implementation sites utilizing the system; and
- Create the capability, structure, and capacity to bill Medicare and Medicare Advantage plans for both DSMP and CPSMP.

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