

HEALTHY LIVING FOR ME

Chronic Disease Self-Management Education Program Grantee



Goals

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

- **Goal 1:** Strengthen integrated state, regional, or tribal 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 chronic disease self-management education and self-management support programs.

Strategies and Activities

Healthy Living for ME (HL4ME) and its partners will:

- Strengthen the Community Integrated Health Network (CIHN) to better address the social and behavioral determinants of health across Maine.
- Engage key stakeholders within the State government to increase awareness of the CIHN and support policy redesign.
- Train leaders and master trainers to implement two new programs, HealthMatters (HM) and Positive Self-Management Program (PSMP); and
- Significantly increase the number of older adults and adults with disabilities who

participate in evidence-based chronic disease self-management education (CDSME) and self-management support programs to empower them to better manage their chronic conditions.

Proposed Interventions

- Chronic Disease Self-Management program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)
- HealthMatters (HM)
- Positive Self-Management Program (PSMP)

Partnerships

To achieve the goals of the grant, HL4ME will collaborate with the following key partners:

- Area Agencies on Aging
- Community-based organizations
- Educational institutes
- Evidence-based program developers
- Health care organizations
- Recreational organizations
- State government

Anticipated Results

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



HL4ME and its partners propose to achieve the following results:

- Recognition that HL4ME is the Network Lead Entity (NLE) of a statewide Community Integrated Health Network (CIHN).
- Incorporate new behavioral, virtual, and/or remote programs and reach new populations.
- Expand evidence-based programming into the larger scale of Home and Community Based Services within the Long-term Services and Supports Network.

- Reach an additional 1,024 participants and 800 completers of CDSME, HM, and PSMP.

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