

# Missouri Association of Area Agencies 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 Missouri Association of Area Agencies on Aging (MA4) and its partners will:

- Engage older adults with chronic conditions in Chronic Disease Self-Management Education (CDSME) programs across the state of Missouri.
- Expand reach to serve Spanish-speaking participants and individuals that reside in rural areas.

- Establish an integrated statewide system for training leaders, referring participants, reimbursing service providers, monitoring quality and fidelity, and tracking and reporting clinical outcomes.

## Proposed Interventions

- Chronic Disease Self-Management Program
- Tomando Control de su Salud

## Partnerships

To achieve the goals of the grant, MA4 will engage the following key partners:

- Aetna
- Area Agencies on Aging
- Blue Cross and Blue Shield of Kansas City
- Elder Services of the Merrimack Valley
- Freeman Health System
- Humana
- Kansas City Quality Improvement Consortium
- Managed Services Network
- Missouri Arthritis and Osteoporosis Program
- Missouri University Department of Occupational Therapy
- Regional Arthritis Centers
- The Oasis Institute



## Anticipated Results

MA4 and its partners propose to achieve the following results:

- Engage 1,287 participants in CDSME over the 3-year grant period.
- Achieve a 75% completion rate for CDSME programs.
- Establish contracts with at least two payors to support program implementation.
- Train 50 new leaders and contract with 80 community-based organizations to implement CDSME.

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### For more information:

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