

Rush University Medical Center Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

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

- **Goal 1:** Develop capacity in areas with no or limited evidence-based program infrastructure to introduce, deliver, and expand the reach (program participants and completers) of evidence-based chronic disease self-management education (CDSME) and self-management support programs within underserved geographic areas and/or populations to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Develop a business plan with strategies to support the proposed programs during and beyond the grant period.

The Rush University Medical Center (RUMC) and its partners will:

- Empower and support community-based organizations, churches, and community health workers to sustainably offer evidence-based CDSME programming in the highest-need areas of Chicago; and
- Expand the inventory of implementation sites for CDSME and volunteers/staff.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)

Partnerships

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

- Age Options
- City of Chicago Department of Family and Support Services
- Illinois Department on Aging
- Illinois Department of Public Health
- Illinois Pathways to Health
- PAES (Promocionando y Abogado para Educación de Salud)

Anticipated Results

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

- Engage 300 older adults and adults with disabilities with the education needed to effectively manage one or more chronic conditions;
- Achieve a participant completion rate of 73%;

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- Secure 10 community-based organizations in target areas to offer CDSMP; and
- Train 18 staff or volunteers from these organizations.

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