

# Innovations for Aging, LLC

## 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.

Innovations for Aging, LLC (IFA) and its partners will:

- Scale program capacity to meet growing demand across all regions and proposed programs;
- Develop a growth pathway for the Minnesota Indian Area Agency on Aging to deliver the Diabetes Self-Management Program (DSMP);
- Increase utilization of Chronic Disease Self-Management Education (CDSME) programs for defined populations including surgical partners; and

- Design impact measures that demonstrate the value of CDSME programs to sustainability partners.

### Proposed Interventions

- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Diabetes Self-Management Program
- Tomando Control de su Salud
- Programa de Manejo Personal de la Diabetes

### Partnerships

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

- Two large health insurance organizations in Minnesota
- Essentia Health
- Fairview Health Services
- Minnesota Area Agencies on Aging
- Minnesota Chippewa Tribe
- Sanford Health



## Anticipated Results

IFA and its partners propose to achieve the following results:

- Serve 3,353 individuals across all CDSME programs, with roughly one third supported by sustainability partner reimbursement;
- Grow the geographic footprint by an average of 10% each year;
- Hold 25 DSMP classes in tribal communities;

- Enroll 225 individuals in CDSME programs following healthcare provider referral.

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### For more information:

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