

# North Carolina Center for Health & Wellness at the University of North Carolina at Asheville

## Chronic Disease Self-Management Education Program Grantee



### Goals, Strategies, and Activities

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

- **Goal 1:** Significantly increase the number of older adults and adults with disabilities who participate in and complete evidence-based chronic disease self-management education (CDSME) and support programs to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Implement new and innovative funding arrangements, including contracts and collaborations with multiple sustainability partners, to support evidence-based self-management education and support programs during and beyond the grant period. Additionally, embed programs into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

The North Carolina Center for Health & Wellness (NCCHW) at the University of North Carolina at Asheville and its partners will:

- Expand the NCCHW Healthy Aging NC (HANC) Resource Center network to 13 of NC's 16 area agencies on aging (AAAs);
- Support eight AAAs in NC in establishing Diabetes Self-Management Education and Support and secure accreditation among at least five AAAs;
- Secure Medicare reimbursement for at least two AAAs; and
- Formalize the relationship between the NCCHW and the North Carolina Division of Aging and Adult Services through a memorandum of agreement.

### Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Chronic Pain Self-Management Program (CPSMP)

### Partnerships

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

- North Carolina Division of Aging and Adult Services

Prevention and Public Health Fund 2019, effective May 1, 2019



- North Carolina Association of Area Agencies on Aging
- Southwestern Commission Area Agency on Aging
- Western Piedmont Area Agency on Aging
- Centralina Area Agency on Aging
- Piedmont Triad Area Agency on Aging
- Upper Coastal Plain Area Agency on Aging
- Mid Carolina Area Agency on Aging
- Lumber River Area Agency on Aging
- Eastern Carolina Area Agency on Aging
- Mid-East Commission Area Agency on Aging
- Albemarle Commission Area Agency on Aging
- North Carolina Medical Society Foundation
- North Carolina Diabetes Advisory Council
- North Carolina Division of Public Health
- North Carolina Office of Minority Health and Health Disparities

- **Contact:**

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- **For more information:**

Administration for Community Living  
 U.S. Department of Health and Human Services  
 Washington, DC 20201  
<http://www.acl.gov>

## Anticipated Results

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

- Engage 2450 older adults and adults with disabilities in CDSME programs, 1798 of whom will be completers;
- Train 20 CDSMP Master Trainers and 15 DSMP Master Trainers;
- Create at least one new reimbursement pathway for CDSME programs;
- Create a portfolio of community-based diabetes continuum of care tools; and
- Submit six funding proposals to support HANC programming.

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