Kick-Off Webinar:
Prevention and Public Health Fund 2022 CDSME Grantees

Administration for Community Living
Administration on Aging

May 17, 2022

Welcome, 2022 CDSME Grantees!

About the Administration for Community Living (ACL)

- **Mission** – maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers.

CDSME Grant Purpose and History

Purpose:

Develop capacity for, bring to scale, and sustain evidence-based CDSME programs.

- **History**
  - Evidence-Based Program Pilot (2003)
  - Evidence-Based Prevention Program (2006 and 2007)
  - American Recovery and Reinvestment Act (2010)
  - Prevention and Public Health Fund (2014-2022)

- More than 425,000 participants served to date.

CDSME Grant Goals:

- **Goal 1:** *Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based chronic disease self-management education and self-management support programs to empower them to better manage their chronic conditions.*

- **Goal 2:** *Enhance the sustainability of evidence-based chronic disease self-management education and self-management support programs through the implementation of robust sustainability strategies.*

Meet Your Fellow Grantees

1. Education Health and Research International, Inc. (Delaware)
2. Rush University Medical Center (Illinois)
3. National Kidney Foundation of Michigan
4. Innovations for Aging, LLC (Minnesota)
5. Comagine Health (Nevada)
6. Lamprey Healthcare, Inc. (New Hampshire)
7. University of North Carolina at Asheville
8. Rhode Island Parent Information Network
9. University of Wyoming

CDSME Programs to be Delivered

- Better Choices Better Health®
- Cancer Thriving and Surviving Program
- Chronic Disease Self-Management (CDSMP)*
- Chronic Pain Self-Management (CPSMP)*
- Diabetes Self-Management (DSMP)*
- Health Coaches for Hypertension Control

- Tomando Control de su Salud
- Programa de Manejo Personal de la Diabetes
- Toolkit for Active Living with Chronic Conditions
- Wellness Recovery Action Plan (WRAP)
- Workplace Chronic Disease Self-Management (wCDSMP)

*** Programs will be delivered in-person and remotely*

Support Programs to be Delivered

- Arthritis Foundation Exercise Program
- EnhanceFitness
- HomeMeds
- On the Move
- PEARLS
- WWE (self-directed and group)*

Collective reach of 14,000 participants.

Meet Your ACL Team

- Keri Lipperini-
  – ONHPP Office Director

- Shannon Skowronski
  – ONHPP Team Lead
  – Project Officer for the following grantees:
    - National Kidney Foundation of Michigan
    - Lamprey Healthcare, Inc.
    - University of North Carolina Asheville

Meet Your ACL Team Cont'd

- Lesha Spencer-Brown
  - ONHPP CDSME Lead
  - Project Officer for the following grantees:
    - Comagine Health
    - Rush University Medical Center
    - University of Wyoming
    - Education Health and Research International
    - Rhode Island Parent Information Network

- Donna Bethge
  - ONHPP Falls Prevention Lead
  - Project Officer for the following grantee:
    - Innovations for Aging

Meet Your ACL Team Cont'd.

- Judy Simon
  - ONHPP National Nutritionist
  - ONHPP lead for Innovations in Nutrition (INNU) Grant Program

- Monika Anderson
  - ONHPP Project Officer

Getting Started

- The official grant project period began May 1, 2022.

✓ Review and familiarize yourself with the following materials:
  - ✓ Notice of Grant Award (NGA).
  - ✓ FAQs
  - ✓ Emails sent by the Resource Center.
  - ✓ Grantee reporting calendar.
  - ✓ National CDSME Resource Center website

✓ Contact Program Administrators to discuss training opportunities as soon as possible.

Required Reporting

- Semi-Annual Progress Reports
  - Due every 6 months
  - May 30th and November 30th

- Financial Status Reports (SF-425)
  - Annual

- Final Reports (Program and Financial)
  - 120 days post end of 3-yr project period

For detailed reporting instructions, i.e., due dates, templates, submission instructions, etc., please visit the reporting calendar at:
https://www.ncoa.org/article/acl-grant-reporting-requirements-for-chronic-disease-self-management-education

GrantSolutions

- All program reports (semi-annual and final) must be submitted via GrantSolutions by the due date.
  - https://home.grantsolutions.gov/home

- Resources are available on ACL's website to assist with requesting a GrantSolutions user account, logging in, basic navigation, etc.
  - https://www.acl.gov/grants/managing-grant

Payment Management System

- All fiscal reports must be submitted via the Payment Management System.
  - https://pms.psc.gov/

** Please provide financial reporting requirements to fiscal staff. Relevant trainings are available on PMS- https://pms.psc.gov/training/grant-recipient-training.html

Next Steps

- Opt in to CDSME grantee Listserv

- NCOA will reach out about the following:
  - ➤ Training for the National CDSME database in June 2022
  - ➤ Schedule an individual grantee kick off call in July/August with your ACL Project Officer and CDSME Resource Center TA liaison
  - ➤ Completion of grantee Profiles

Questions?

Contact your ACL Project Officer

Lesha Spencer-Brown – Lesha.spencer-brown@acl.hhs.gov

Shannon Skowronski – Shannon.skowronski@acl.hhs.gov

Donna Bethge – Donna.bethge@acl.hhs.gov

Contact your Grants Management Specialist (GMS)

Sean Lewis (Sean.Lewis@acl.hhs.gov)

Grantee Introductions

Please share with us:
- Name
- Organization
- Location
- Programs to be offered
- Grantee status (new, past, current)

Agenda

1. About NCOA

_____

2. Meet our team

_____

3. Technical assistance resources

_____

4. Questions

_____

Who we are

Vision

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

Mission

Improve the lives of millions of older adults, especially those who are struggling

Goal

Impact the health and economic security of 40 million older adults by 2030, especially women, people of color, LGBTQ+, low-income, and rural individuals

Why aging well matters

Aging well is about living well.

It's about staying healthy and financially secure as long as possible.

But systemic disparities—based on gender, color, sexuality, income, and zip code—make it impossible for every person to achieve.

We're changing that.

TODAY, IN AMERICA

71 million Americans will be 65+ in 2030

75% of older adults have at least two chronic health conditions

25 million older adults are financially insecure

The work we do

Resources

Trusted, unbiased information that enable older adults and their caregivers to take small steps that can have a big impact on their health and financial security

Best Practices

Technical assistance and support for professionals in community-based organizations who serve older adults every day

Tools

Personalized, online support for individuals to find benefits, choose a Medicare plan, prevent falls, and plan for a healthy and secure life

Advocacy

A national platform and voice to fight against ageism—and to strengthen the federal programs we all depend on as we age

Our focus areas

Healthy Living

- Prevention
- Physical Health
- Behavioral Health
- Aging Mastery

Financial Security

- Money Management
- Job Training
- Retirement Planning
- Benefits Enrollment

The people we serve

Older Adults

Parents, grandparents, neighbors, and friends, aged 60 and older, living at home

Professionals

Individuals who serve older adults every day at senior centers, community-based organizations, and social and human services agencies

Caregivers

Multigenerational family and friends who care for an older loved one at home

Advocates

Individuals who want to shape aging policy and influence policymakers

Center for Healthy Aging

Goal: Increase the quality and years of healthy life for older adults and adults with disabilities.

- **Two national resource centers funded by the Administration for Community Living (ACL)**
  - ❑ Chronic Disease Self-Management Education (CDSME)
  - ❑ Falls Prevention

- **Other key areas:** Behavioral health, physical activity, immunizations

Meet Our Team

Jennifer Tripken, EdD, CHES

Associate Director

<u>Contact</u>: jennifer.tripken@ncoa.org

Kathleen Zuke, MPH

Associate Director

<u>Contact</u>: kathleen.zuke@ncoa.org

Meet Our Team

Laura B. Plunkett, MPH

Program Specialist

<u>Contact</u>: laura.plunkett@ncoa.org

Kate Gibbons

Program Specialist

<u>Contact</u>: kaitlyn.gibbons@ncoa.org

Meet Our Team

Michelle Mai, MPH

Program Associate

<u>Contact</u>**:** michelle.mai@ncoa.org

Yoko Meusch, MA

Program Associate

<u>Contact</u>: yoko.meusch@ncoa.org

Meet Our Team

Binod Suwal, MS

Senior Manager

Point of contact for communication with the Resource Center

Contact: binod.suwal@ncoa.org

Kenny Rosenkranz

Data Management and Analysis Associate

Contact: kenneth.rosenkranz@ncoa.org

Technical Assistance Activities

One-on-One Support

Tailored technical assistance based on your needs

Networking & Peer Learning

- Work groups
- Learning Collaboratives
- Listservs for professionals

Online Tools and Resources

- Ongoing webinars
- Best practices from organizations across the country

National Databases

- Data collection & management
- Workshop and participant-level data
- CDSME & falls prevention

Individual & Group Support

Monthly or bi-monthly technical assistance calls

- Grantee, NCOA Technical Assistance Lead

- ACL Project Officer joins following each submission of the semi-annual report

- Discuss ongoing workplan progress, target participation goals, sustainability activities, questions, technical assistance needs

- Binod Suwal will schedule

Ongoing work group calls

- By program (Diabetes Education and Outreach, Behavioral Health, Exercise Focused, etc.)

- Organizations serving American Indian, Alaska Native, and Native Hawaiian communities

Webinars

Regular webinars on topics related to evidence-based program implementation, expansion, and sustainability

Learning Collaboratives

Focused on developing advanced, complex strategies to implement, scale, and sustain home and community-based services.

Past topics:

- <u>Medicare Reimbursement</u>: Achieve or make significant progress toward achieving Medicare reimbursement through Part B benefits for CDSME programs and accreditation for diabetes self-management education and support services. (2016-17, 2017-18, 2018-19)

- <u>Network Development</u>: Advance the development of community integrated networks (network hubs) to effectively partner and contract with health care systems. (2017-18, 2018-19, 2019-20, 2021-22)

- <u>Medicare Advantage</u>: Evaluate contracting opportunities and requirements with Medicare Advantage plans and develop a tailored value proposition for a specified service package. (2019, 2020)

NCOA Website

View Video Tutorial: https://vimeo.com/520127084
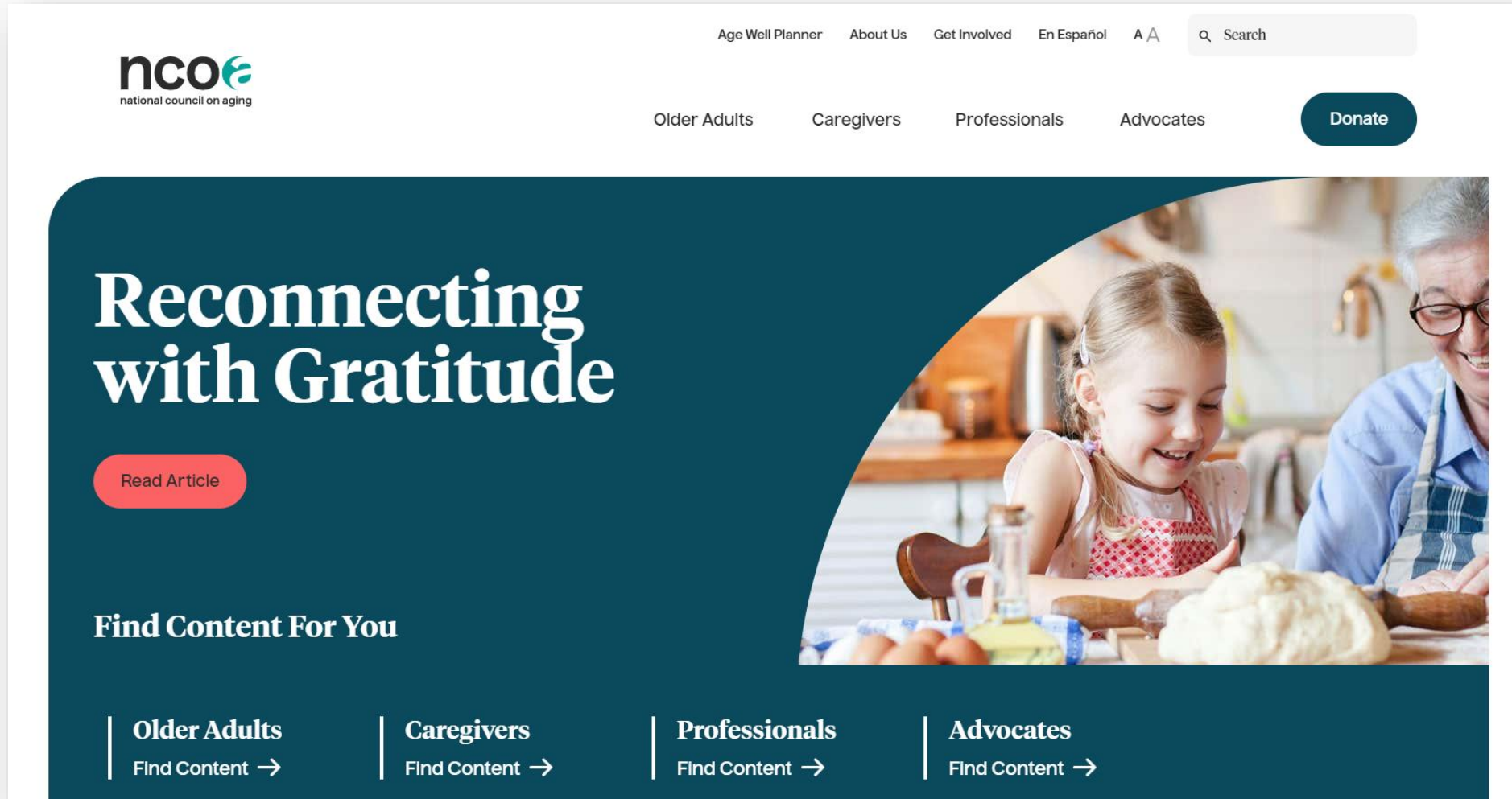
Information By Audience

- Content specifically for older adults and caregivers

- Focus on health, money, senior centers, benefits, and public policy

- Interactive tools and resources

Health for Older Adults

Get information on prevention and how to manage ongoing health conditions focused on physical and mental health. From exercise tips to diet and nutrition, this is your one-stop shop for caring for yourself and loved ones.

Mar 15, 2021

I'm Vaccinated. What Can I Safely Do Now?

Read Article

Mar 8, 2021

How Sleep Affects Your Health

Read Article

Mar 8, 2021

Sleeping Well in Stressful Times
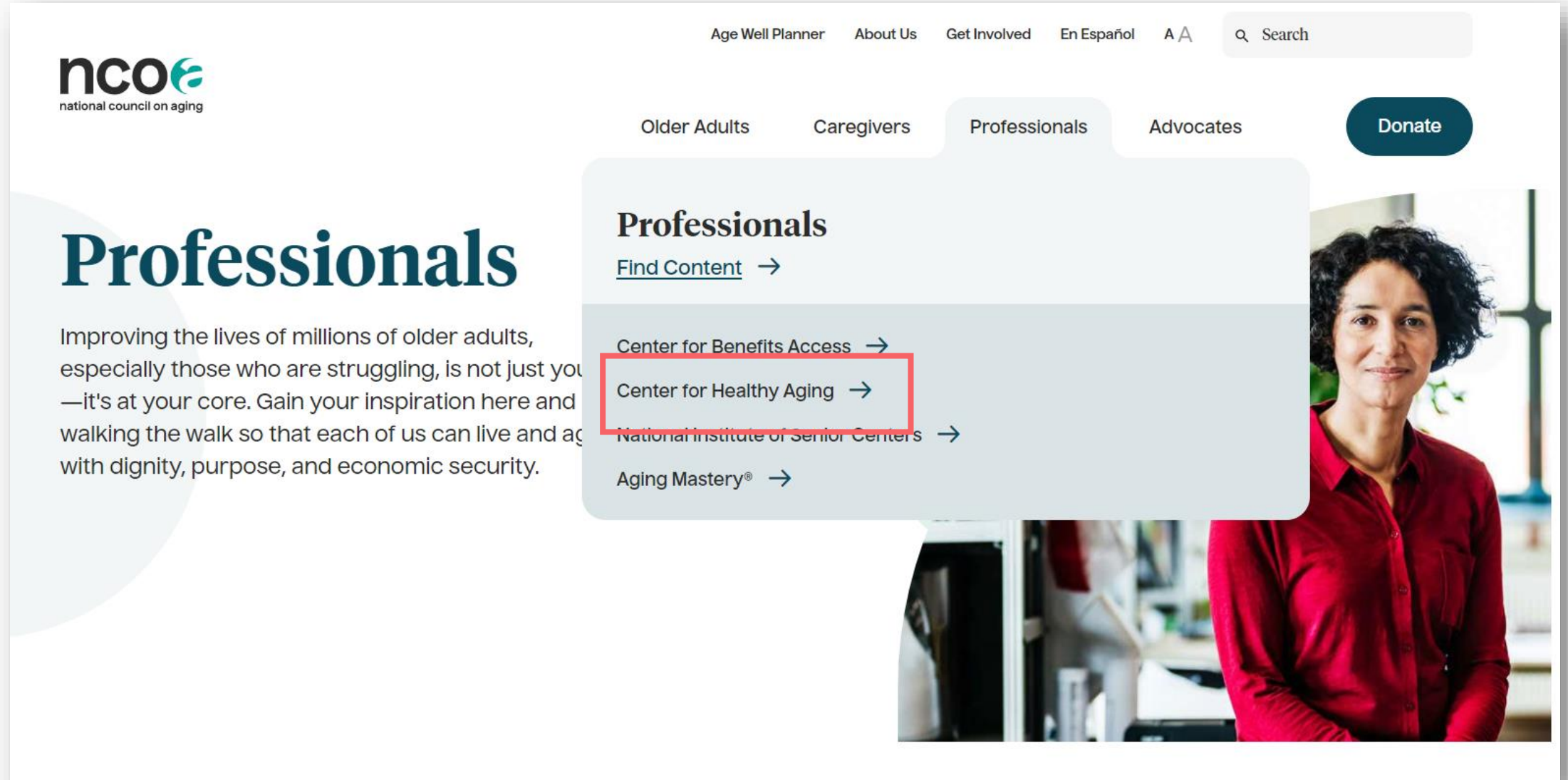
Read Article

Mar 5, 2021

Achieving a Healthy Weight: Your Options After 60

Read Article

Information by Audience- Professionals

New Search Tool for Evidence-Based Programs

Find programs that are a good fit for your community and eligible for Older Americans Act Title III-D Funding. See video tutorial: https://vimeo.com/520118201

Search for
Evidence-Based Programs

Evidence-based programs offer proven ways to promote health and prevent disease among older adults. Use this tool to search for evidence-based programs that match your community's needs and are approved for funding through Older Americans Act Title III-D. The programs included are not exhaustive and represent those that have been approved through the Evidence-Based Program Review Process.

69 Search Results for:

Enter Specific Program Name or Use The Filters Below

🔍 Search

Clear Field

Filter by:

Getting Started (continued)

Grantee Information for CDSME

CDSME Grantee profiles - 2022 profiles coming soon!

Link

ACL grant reporting requirements and templates

Link

FAQs for CDSME Grantees

Link

Contact Fellow CDSME & Falls Prevention Grantees

Link

Key components of offering EBPs

Link

Best Practices Clearinghouse

Link

Community-Integrated Health Care

Link

View past webinars

Link

Key Resources For Remote Programming

Evidence-Based Programs for Professionals

Link

Tracking Health Promotion Program Guidance During COVID-19

Link

"Grand Rounds" Webinars: Health Promotion Programs and COVID-19

Link

Frequently Asked Questions: COVID-19 and Technology Resources

Link

Resource Guide: Remote Delivery of Evidence-based Programs

Link

Resource Guide: Terminology for Virtual Programming

Link

Guidance from ACL: COVID-19 & Prevention and Public Health Fund Grants

Link

Frequently Asked Questions: COVID-19 and Health Promotion Programs

Link

Quick Links- Center for Healthy Aging

Main Sections	Scroll to the bottom of the page for more!	Description
Evidence-Based Programs		Find best practices for implementing evidence-based programs including information to join monthly "Grand Rounds" webinars and Tracking Health Promotion Program Guidance During COVID-19.
	Key Components	Information for those new to implementing programs as well as tip sheets on a variety of topics.
	Evidence-Based Program Review	Instructions for submitting a program for the evidence-based program review process.
	Best Practices Clearinghouse	Tips, templates, and examples of how community-based organizations have successfully implemented programs in 6 key categories.
National Falls Prevention Resource Center	Grantee Information for Falls Prevention	Find information about and for ACL Prevention and Public Health Fund grantees, including reporting schedules, orientation webinars, and contact information.
	National Falls Prevention Database	All of the resources you need to use the database and manage your data.
	Falls Free Initiative	Visit for information about state falls prevention coalitions and more.
	Falls Prevention Awareness Week	Tips and materials for celebrating Falls Prevention Awareness Week each year.
National CDSME Resource Center	Grantee Information for CDSME	Find information about and for ACL Prevention and Public Health Fund grantees, including reporting schedules, orientation webinars, and contact information.
	National CDSME Database	All of the resources you need to use the database and manage your data.
Community-Integrated Health Care		Find resources for sustaining programming long-term by creating stronger linkages with health care entities, creating networks for efficient deliver, and pursuing various forms of reimbursement.

National CDSME Database

Getting Started in the CDSME Database

Migrating Data from Vendors

Troubleshooting Data Entry

Getting you set up in database

Assistance with pulling reports and #s
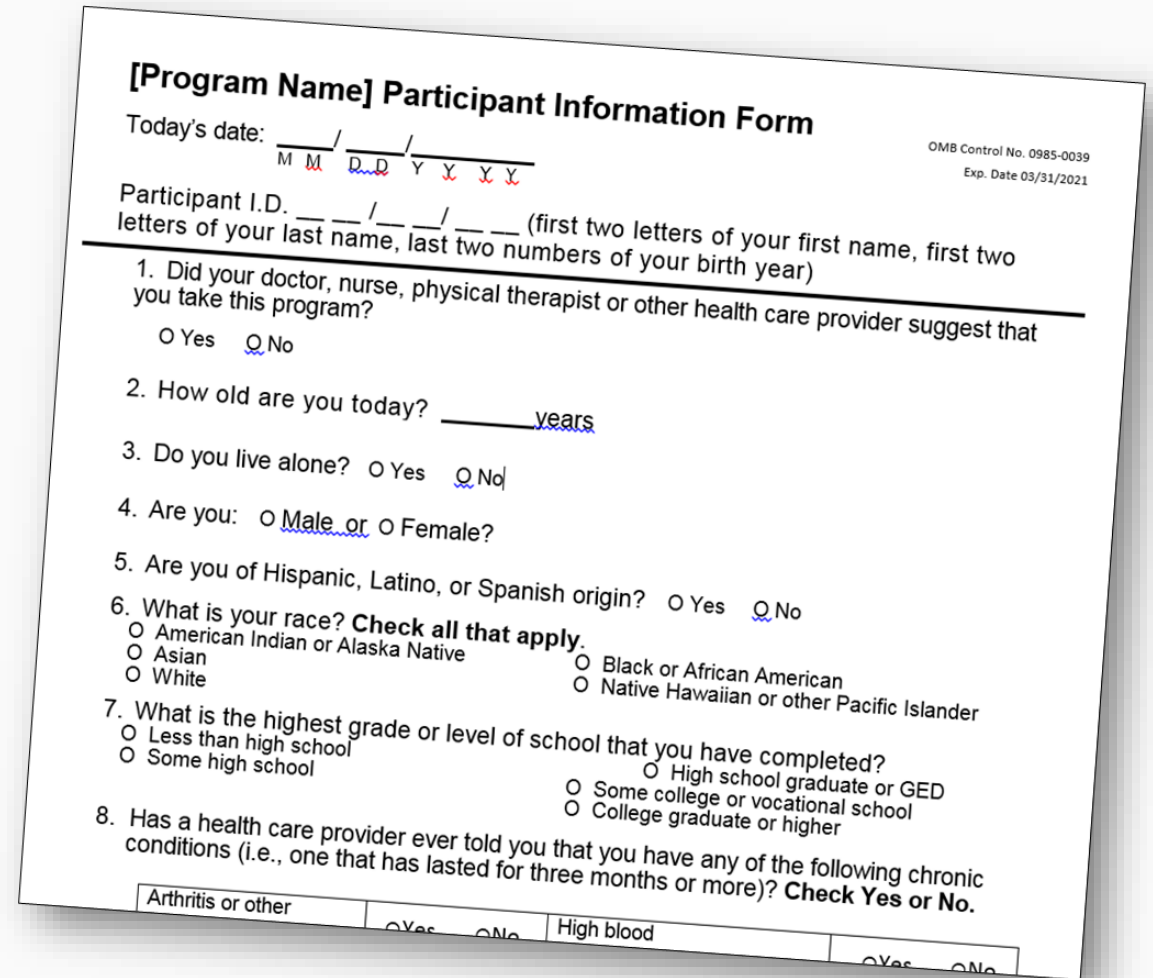
Data analyses & evaluation
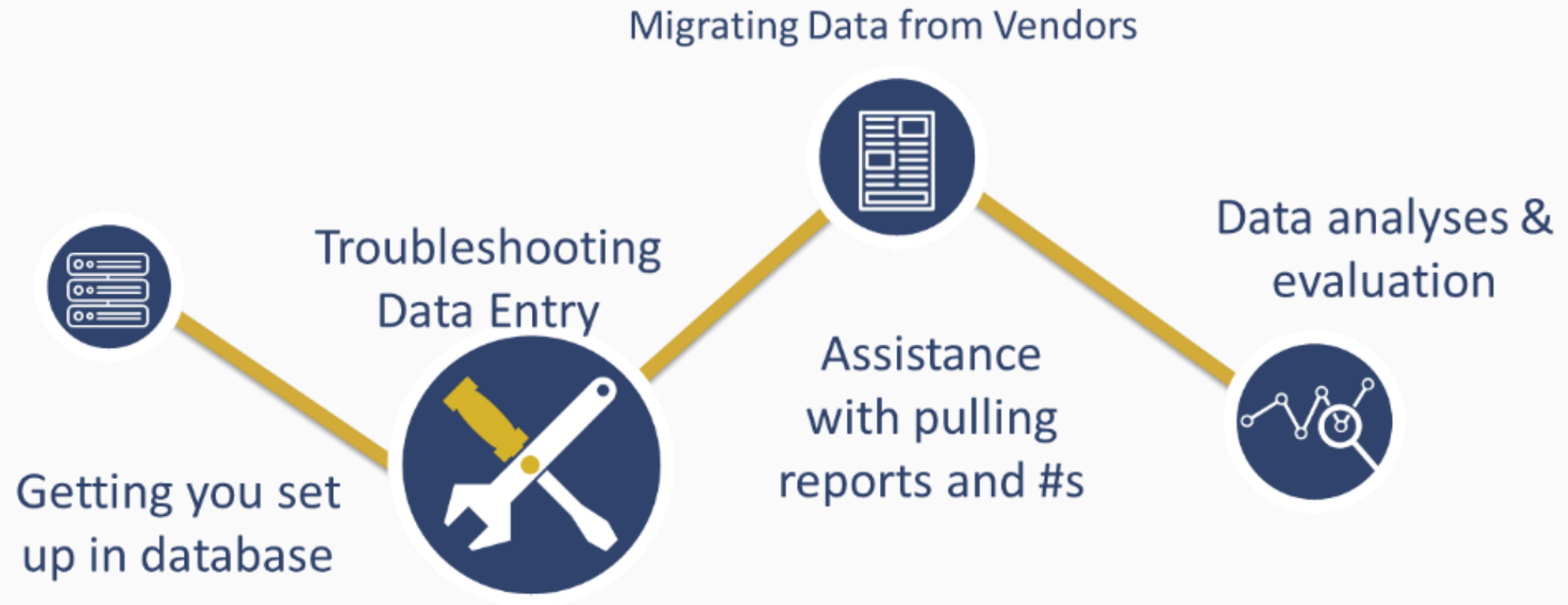
Data Collection Tools

Download Data Collection Tools for CDSME Programs

- Host Organization Information Form

- Program Information Cover Sheet

- Attendance Log

- Participant Information Form (Pre-Survey)

- Post-Session Survey

Join us for an upcoming National CDSME Database Webinar for a thorough review of the Database and data collection forms—date, time, and registration coming soon!

Programs Tracked in the Database

Self-Management Resource Center's Suite of CDSME programs

- Arthritis Self-Management Program
- Cancer: Thriving and Surviving
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Diabetes Self-Management Program
- Tomando Control de su Diabetes
- Tomando Control de su Salud
- Programa de Manejo Personal de Artritis
- Positive Self-Management Program

Self-Management Support Programs

- Active Living Every Day
- Camine Con Gusto*
- Enhance Fitness
- EnhanceWellness
- HomeMeds
- Living Well with a Disability
- PEARLS
- Toolkit for Active Living with Chronic Conditions
- Walk With Ease*
- Wellness Recovery Action Plan

Questions or Comments?