

**Kick-Off Webinar:**  
Prevention and Public Health Fund 2021  
CDSME Grantees

Administration for Community Living/  
Administration on Aging

May 19, 2021

# Welcome, 2021 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
  - Commitment to one **fundamental principle** – people with disabilities and older adults should be able to live where they choose, with the people they choose, and participate fully in their communities
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# About ACL (cont.)



# 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 (2014-2021)
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- More than 425,000 participants served to date.

# CDSME Grant Goals:

## Empowering Communities

- **Goal 1:** Through robust partnerships, develop a strategy for addressing behavioral health and/or chronic pain among older adults and adults with disabilities living in your community.
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and/or self-management support programs to empower them to better manage these chronic condition(s), while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

# Meet Your Fellow Grantees!

## **Empowering Communities:**

Pennsylvania Department of Aging (Pennsylvania)



MAC Inc. (Maryland)



Cherokee County Health Services Council (Oklahoma)



# Integrated Networks

- **Goal 1:** Strengthen state or regional Community Integrated Health Networks that address the social and behavioral determinants of health of older adults and adults with disabilities.
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based CDSME and self-management support programs to empower them to better manage their chronic conditions.

# Fellow Grantees Continued

## Integrated Networks:

Comagine Health (Oregon)



Central Maine AAA (Maine)



AgeOptions, Inc (Illinois)



Mid-America Regional Council (Missouri)



# Programs to be Delivered

## *CDSME Programs:*

- CPSMP
- CDSMP + Spanish CDSMP
- wCDSMP
- DSMP + Spanish DSMP
- PSMP
- Better Choices Better Health
- Toolkits for Active Living with Chronic Conditions
- Cancer Thriving and Surviving Program

# Programs to be Delivered

## *Self-Management Support Programs:*

- EnhanceFitness
- HealthMatters
- Healthy IDEAS
- HomeMeds
- PEARLS
- WWE (self-directed and group)

# Remote Programs

- All 2021 grantees are expected to be implementing ***at least one*** remote CDSME program.
- For a listing of current remote program details, see:  
<https://www.ncoa.org/article/tracking-health-promotion-program-guidance-during-covid-19>

# Meet Your ACL Project Officers

- Shannon Skowronski
  - Mid-America Regional Council
  - Pennsylvania Department of Aging



- Donna Bethge
  - Mac, Inc.



# Meet Your ACL Project Officers

- Lesha Spencer-Brown
  - Comagine Health
  - Central Maine Area Agency on Aging
  - AgeOptions, Inc
  - Cherokee County Health Services Council



# Getting Started

- The official grant project period began May 1, 2021.
- ✓ Thoroughly review the Notice of Grant Award (NGA).
- ✓ Familiarize yourself with the National CDSME Resource Center website:
  - <https://www.ncoa.org/professionals/health/center-for-healthy-aging/national-cdsme-resource-center>
  - <https://www.ncoa.org/professionals/health/center-for-healthy-aging/national-cdsme-resource-center/national-cdsme-resource-center-grantee-information>

# Required Reporting

- Semi-Annual Progress Reports
  - May 30 and November 30
- Financial Status Reports (SF-425)
  - Quarterly
  - 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) submitted via GrantSolutions
  - <https://home.grantsolutions.gov/home>
- Resources available on ACL 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/>

# Next Steps

- Provide your grantee contacts to NCOA.
- Look out for emails from NCOA.
- NCOA will reach out about the following:
  - Training for the National CDSME database June 18 from 1 – 2 p.m. ET
  - Schedule an individual grantee kick off call in August with your ACL Project Officer and CDSME Resource Center TA liaison
  - Grantee Profiles

# Questions?

Contact your ACL Project Officer

Donna Bethge – [Donna.bethge@acl.hhs.gov](mailto:Donna.bethge@acl.hhs.gov)

Lesha Spencer-Brown – [Lesha.spencer-brown@acl.hhs.gov](mailto:Lesha.spencer-brown@acl.hhs.gov)

Shannon Skowronski – [Shannon.skowronski@acl.hhs.gov](mailto:Shannon.skowronski@acl.hhs.gov)

Contact your Grants Management Specialist (GMS)

Sean Lewis ([Sean.Lewis@acl.hhs.gov](mailto:Sean.Lewis@acl.hhs.gov))

# Grantee Introductions

Please share with us:

- Name
- Organization
- Location
- Programs to be offered
- Grantee status (new, past, current)

# **Kick-Off: Prevention and Public Health Fund Awards**

**2021 ACL Chronic  
Disease Self-Management  
Education Grantees**

**May 19, 2021**



# Agenda

1. About NCOA

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2. Meet our team

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3. Technical assistance resources

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4. Questions

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# Who we are

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## Vision

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

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## Mission

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

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## 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

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## 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

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## Tools



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

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## Best Practices



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

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## 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

1. Prevention
2. Physical Health
3. Behavioral Health
4. Aging Mastery



## Financial Security

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



# The people we serve

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## Older Adults

Parents, grandparents, neighbors, and friends, aged 60 to 80, living at home



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## Professionals

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



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## Caregivers

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



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## 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, oral health

# Meet Our Team



**Kathleen Cameron, MPH**

Senior Director

Contact Information: [kathleen.cameron@ncoa.org](mailto:kathleen.cameron@ncoa.org)



**Dorothea Vafiadis**

Director

Contact Information:

# Meet Our Team



**Jennifer Tripken, EdD, CHES**

Associate Director

Contact: [jennifer.tripken@ncoa.org](mailto:jennifer.tripken@ncoa.org)



**Kathleen Zuke, MPH**

Senior Program Manager

Contact: [kathleen.zuke@ncoa.org](mailto:kathleen.zuke@ncoa.org)

# Meet Our Team



**Laura B. Plunkett, MPH**

Program Specialist

Contact: [laura.plunkett@ncoa.org](mailto:laura.plunkett@ncoa.org)



**Tia Crayton**

Data Management and Evaluation Specialist

Contact: [tia.crayton@ncoa.org](mailto:tia.crayton@ncoa.org)

# Meet Our Team



**Michelle Mai, MPH**  
**Program Associate**

Contact: [michelle.mai@ncoa.org](mailto:michelle.mai@ncoa.org)



**Binod Suwal, MS**

Senior Manager

Point of contact for communication with the Resource Center

Contact: [binod.suwal@ncoa.org](mailto:binod.suwal@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

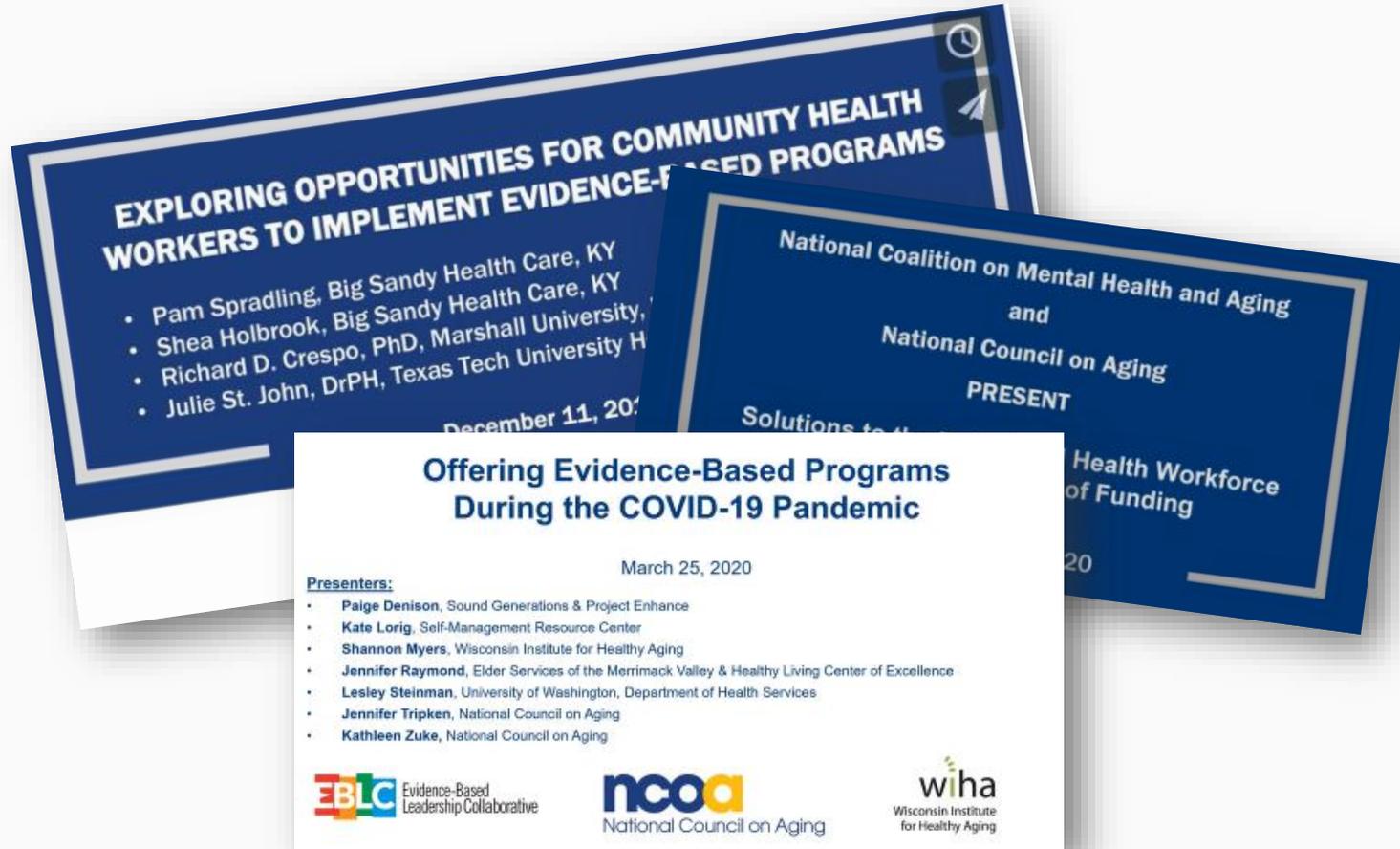
## Monthly or bi-monthly technical assistance calls

- 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 (A Matter of Balance, SAIL, Otago, Tai Chi, Better Choices, Better Health online, etc.
- Organizations serving American Indian, Alaska Native, and Native Hawaiian communities

# Webinars



**EXPLORING OPPORTUNITIES FOR COMMUNITY HEALTH WORKERS TO IMPLEMENT EVIDENCE-BASED PROGRAMS**

- Pam Spradling, Big Sandy Health Care, KY
- Shea Holbrook, Big Sandy Health Care, KY
- Richard D. Crespo, PhD, Marshall University,
- Julie St. John, DrPH, Texas Tech University H

December 11, 2019

**National Coalition on Mental Health and Aging and National Council on Aging PRESENT Solutions to Health Workforce of Funding**

20

**Offering Evidence-Based Programs During the COVID-19 Pandemic**

March 25, 2020

**Presenters:**

- **Paige Denison**, Sound Generations & Project Enhance
- **Kate Lorig**, Self-Management Resource Center
- **Shannon Myers**, Wisconsin Institute for Healthy Aging
- **Jennifer Raymond**, Elder Services of the Merrimack Valley & Healthy Living Center of Excellence
- **Lesley Steinman**, University of Washington, Department of Health Services
- **Jennifer Tripken**, National Council on Aging
- **Kathleen Zuke**, National Council on Aging

**EBLC** Evidence-Based Leadership Collaborative

**ncoa** National Council on Aging

**wiha** Wisconsin Institute for Healthy Aging

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:**

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

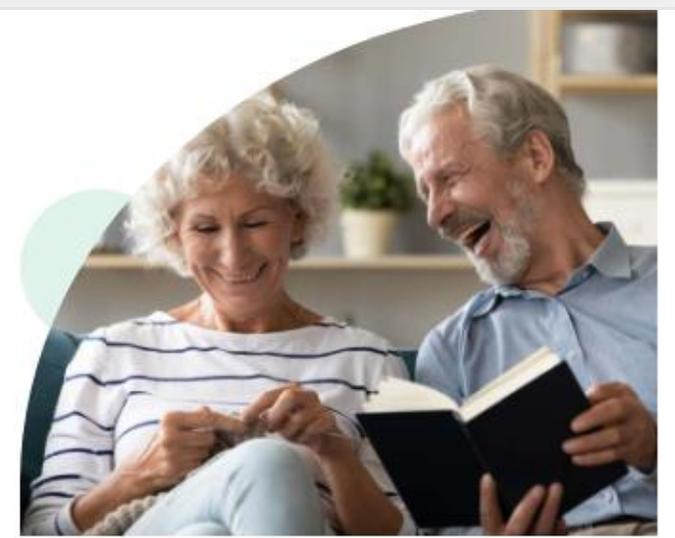
The screenshot shows the NCOA website homepage. At the top left is the NCOA logo (national council on aging). The top navigation bar includes links for 'Age Well Planner', 'About Us', 'Get Involved', 'En Español', and 'A A', along with a search bar. Below this is a secondary navigation bar with 'Older Adults', 'Caregivers', 'Professionals', and 'Advocates', and a prominent 'Donate' button. The main content area features a large banner with the headline 'Reconnecting with Gratitude' and a 'Read Article' button. Below the banner is a section titled 'Find Content For You' with four columns, each representing a user group: 'Older Adults', 'Caregivers', 'Professionals', and 'Advocates', each with a 'Find Content' link and a right-pointing arrow. The background of the banner shows a young girl and an older man smiling while baking together in a kitchen.

# 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

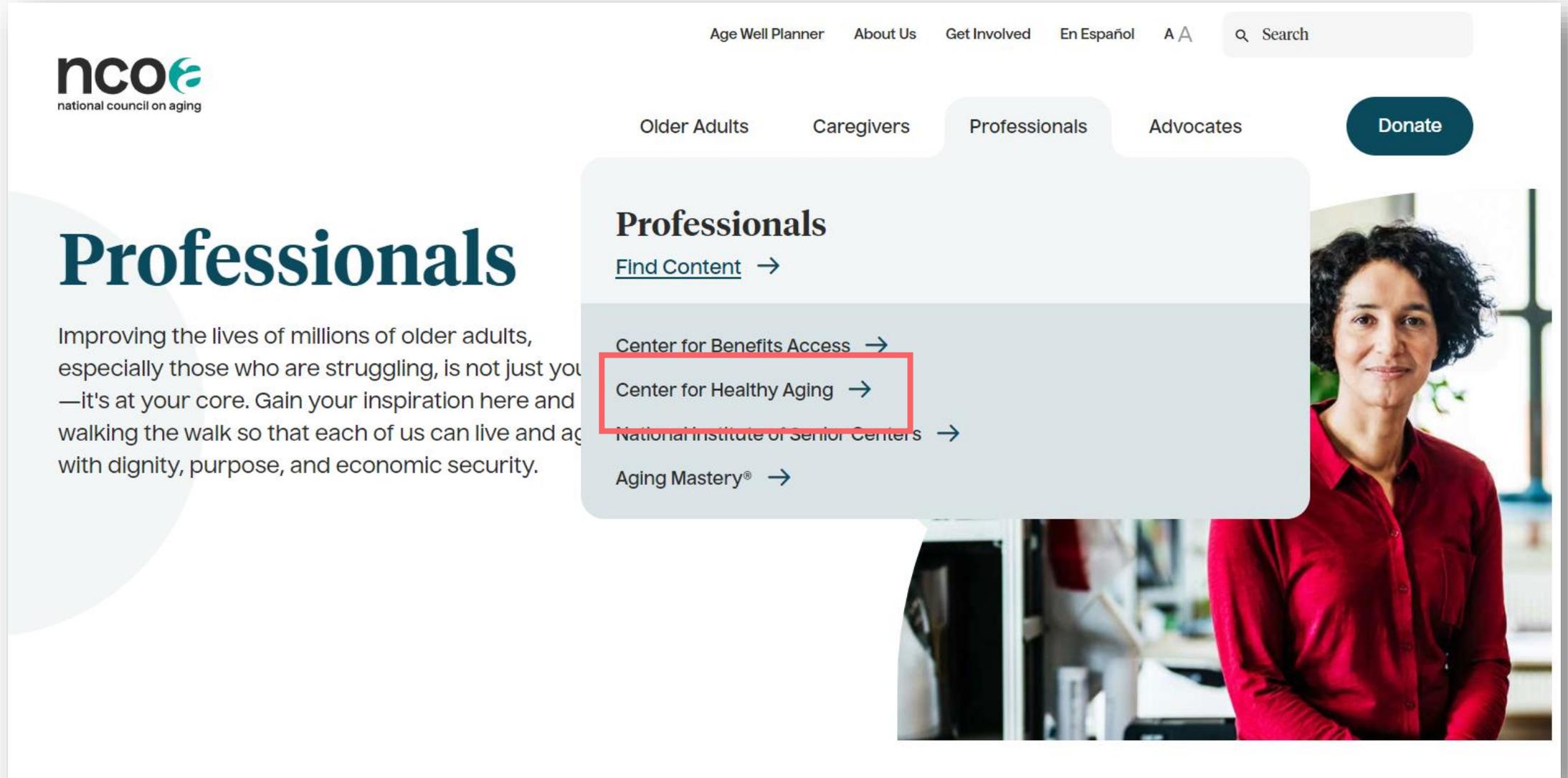
Read Article

Mar 5, 2021

Achieving a Healthy Weight: Your Options After 60

Read Article

# Information by Audience- Professionals



The screenshot shows the NCOA website's navigation and content for the Professionals audience. The top navigation bar includes links for "Age Well Planner", "About Us", "Get Involved", "En Español", and "AA", along with a search bar. The main navigation menu features "Older Adults", "Caregivers", "Professionals" (which is highlighted), and "Advocates", with a "Donate" button to the right. The "Professionals" section is titled "Professionals" and includes a "Find Content" link with a right-pointing arrow. Below this, a list of organizations is displayed, with "Center for Healthy Aging" highlighted by a red box. Other organizations listed include "Center for Benefits Access", "National Institute of Senior Centers", and "Aging Mastery". The background of the page features a photograph of a woman with dark curly hair wearing a red shirt.

**ncoa**  
national council on aging

Age Well Planner About Us Get Involved En Español AA Search

Older Adults Caregivers **Professionals** Advocates Donate

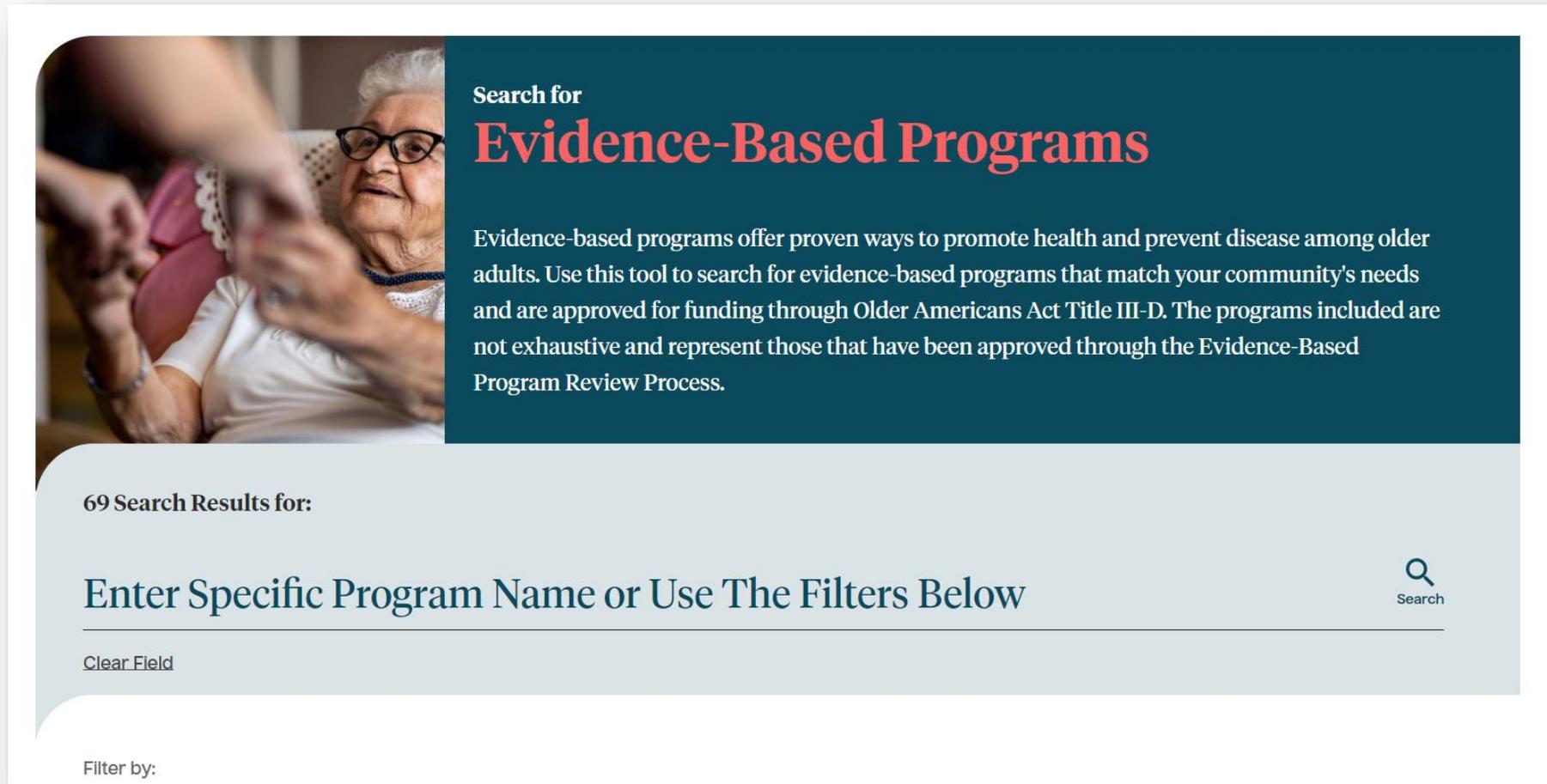
## Professionals

[Find Content](#) →

- [Center for Benefits Access](#) →
- [Center for Healthy Aging](#) →
- [National Institute of Senior Centers](#) →
- [Aging Mastery®](#) →

# 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>



The screenshot shows a search tool interface. On the left, there is a photograph of an elderly woman with glasses sitting in a chair, looking towards the camera. To the right of the photo, the text reads: "Search for Evidence-Based Programs". Below this, a paragraph explains that evidence-based programs offer proven ways to promote health and prevent disease among older adults, and that the tool is used to search for programs that match community needs and are approved for funding through Older Americans Act Title III-D. The interface also shows "69 Search Results for:" and a search input field with the placeholder text "Enter Specific Program Name or Use The Filters Below". A "Search" button with a magnifying glass icon is located to the right of the input field. Below the input field, there is a "Clear Field" link. At the bottom left, there is a "Filter by:" label.

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

## Grantee Information for CDSME

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**CDSME Grantee profiles - 2021 profiles coming soon!**

[Link](#)

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**ACL grant reporting requirements and templates**

[Link](#)

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**FAQs for CDSME Grantees**

[Link](#)

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**Contact Fellow CDSME & Falls Prevention Grantees**

[Link](#)

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**Key components of offering EBPs**

[Link](#)

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**Best Practices Clearinghouse**

[Link](#)

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**Community-Integrated Health Care**

[Link](#)

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**View past webinars**

[Link](#)

# Key Resources For Remote Programming

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**Evidence-Based Programs for Professionals**

[Link](#)

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**Tracking Health Promotion Program Guidance During COVID-19**

[Link](#)

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

[Link](#)

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**Frequently Asked Questions: COVID-19 and Technology Resources**

[Link](#)

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**Resource Guide: Remote Delivery of Evidence-based Programs**

[Link](#)

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**Resource Guide: Terminology for Virtual Programming**

[Link](#)

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

[Link](#)

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**Frequently Asked Questions: COVID-19 and Health Promotion Programs**

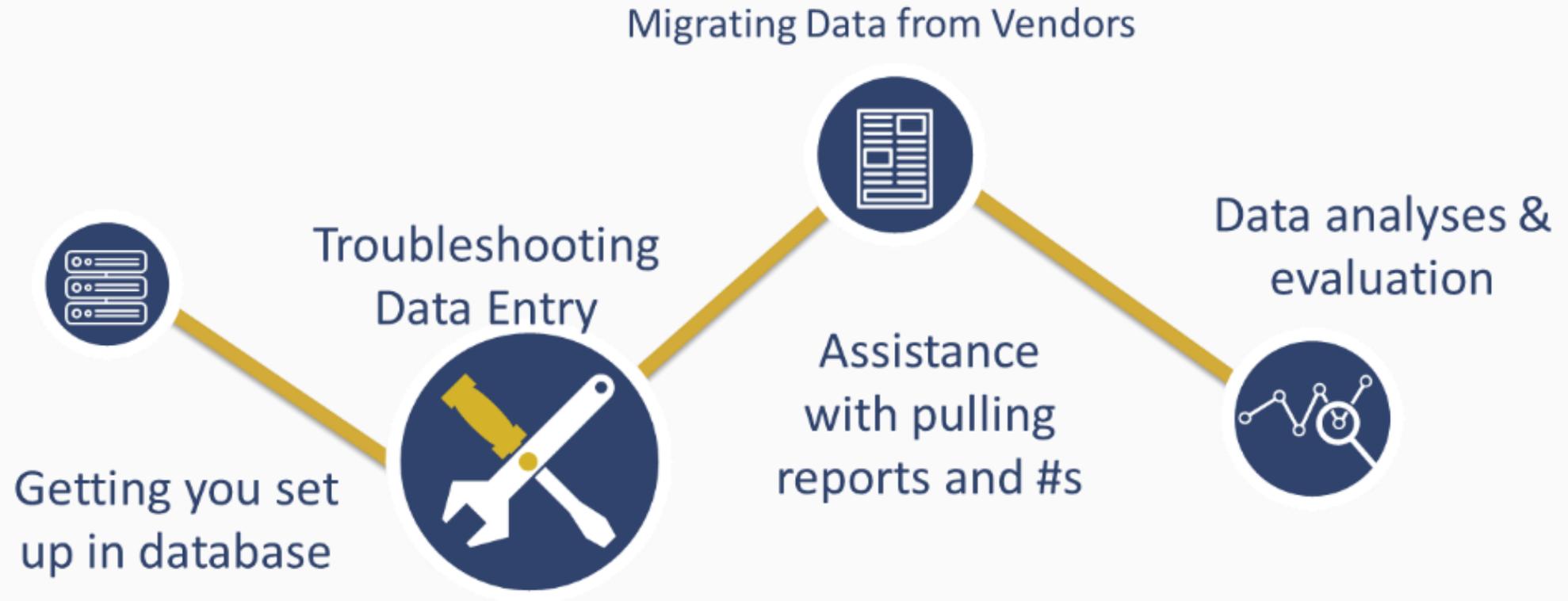
[Link](#)

# Quick Links- Center for Healthy Aging

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



# 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 the National CDSME Database Webinar on **June 18 @ 1-2 p.m. ET** for a thorough review of the Database and data collection forms—registration coming soon!

**[Program Name] Participant Information Form**

Today's date:     /    /      
M M D D Y Y Y Y

OMB Control No. 0985-0039  
Exp. Date 03/31/2021

Participant I.D.     /    /     (first two letters of your first name, first two letters of your last name, last two numbers of your birth year)

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1. Did your doctor, nurse, physical therapist or other health care provider suggest that you take this program?  
 Yes  No
2. How old are you today?      years
3. Do you live alone?  Yes  No
4. Are you:  Male  Female?
5. Are you of Hispanic, Latino, or Spanish origin?  Yes  No
6. What is your race? **Check all that apply.**  
 American Indian or Alaska Native  Black or African American  
 Asian  Native Hawaiian or other Pacific Islander  
 White
7. What is the highest grade or level of school that you have completed?  
 Less than high school  High school graduate or GED  
 Some high school  Some college or vocational school  
 College graduate or higher
8. Has a health care provider ever told you that you have any of the following chronic conditions (i.e., one that has lasted for three months or more)? **Check Yes or No.**

Arthritis or other	<input type="radio"/> Yes <input checked="" type="radio"/> No	High blood	<input type="radio"/> Yes <input checked="" type="radio"/> No
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# 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



# Age+Action

**2021 Virtual Conference**

**June 7—June 10**

**Questions or  
Comments?**

