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

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)

    - 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)

Comagine Health

AgeOptions, Inc (Illinois)

AGEOPTIONS.

Central Maine AAA (Maine)

Healthy Living for ME

Mid-America Regional Council (Missouri)

MARC

MID-AMERICA REGIONAL COUNCIL

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

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

Shannon Skowronski – Shannon.skowronski@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)

national council on aging

Kick-Off: Prevention and Public Health Fund Awards

2021 ACL Chronic Disease Self-Management Education Grantees

May 19, 2021

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

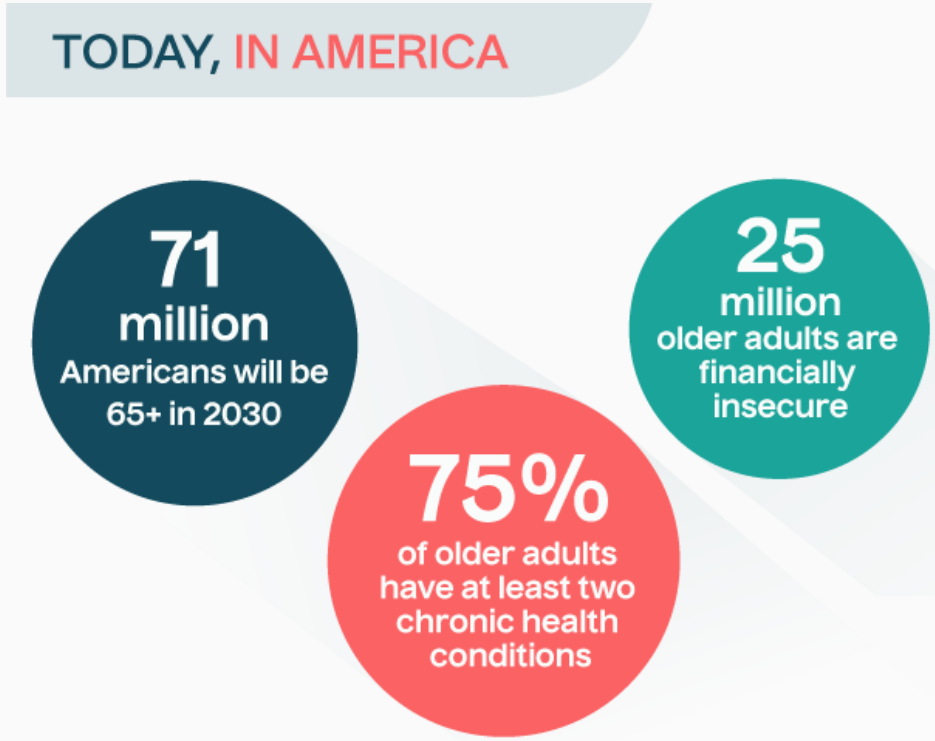
Why aging well matters

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.



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

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

Older Adults

Parents, grandparents, neighbors, and friends, aged 60 to 80, 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, oral health

Meet Our Team

Kathleen Cameron, MPH

Senior Director

Contact Information: kathleen.cameron@ncoa.org

Dorothea Vafiadis

Director

Contact Information:

Meet Our Team

Jennifer Tripken, EdD, CHES

Associate Director

Contact: jennifer.tripken@ncoa.org

Kathleen Zuke, MPH

Senior Program Manager

Contact: kathleen.zuke@ncoa.org

Meet Our Team

Laura B. Plunkett, MPH

Program Specialist

Contact: laura.plunkett@ncoa.org

Tia Crayton

Data Management and Evaluation Specialist

Contact: tia.crayton@ncoa.org

Meet Our Team

Michelle Mai, MPH

Program Associate

Contact**:** michelle.mai@ncoa.org

Binod Suwal, MS

Senior Manager

Point of contact for communication with the Resource Center

Contact: 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

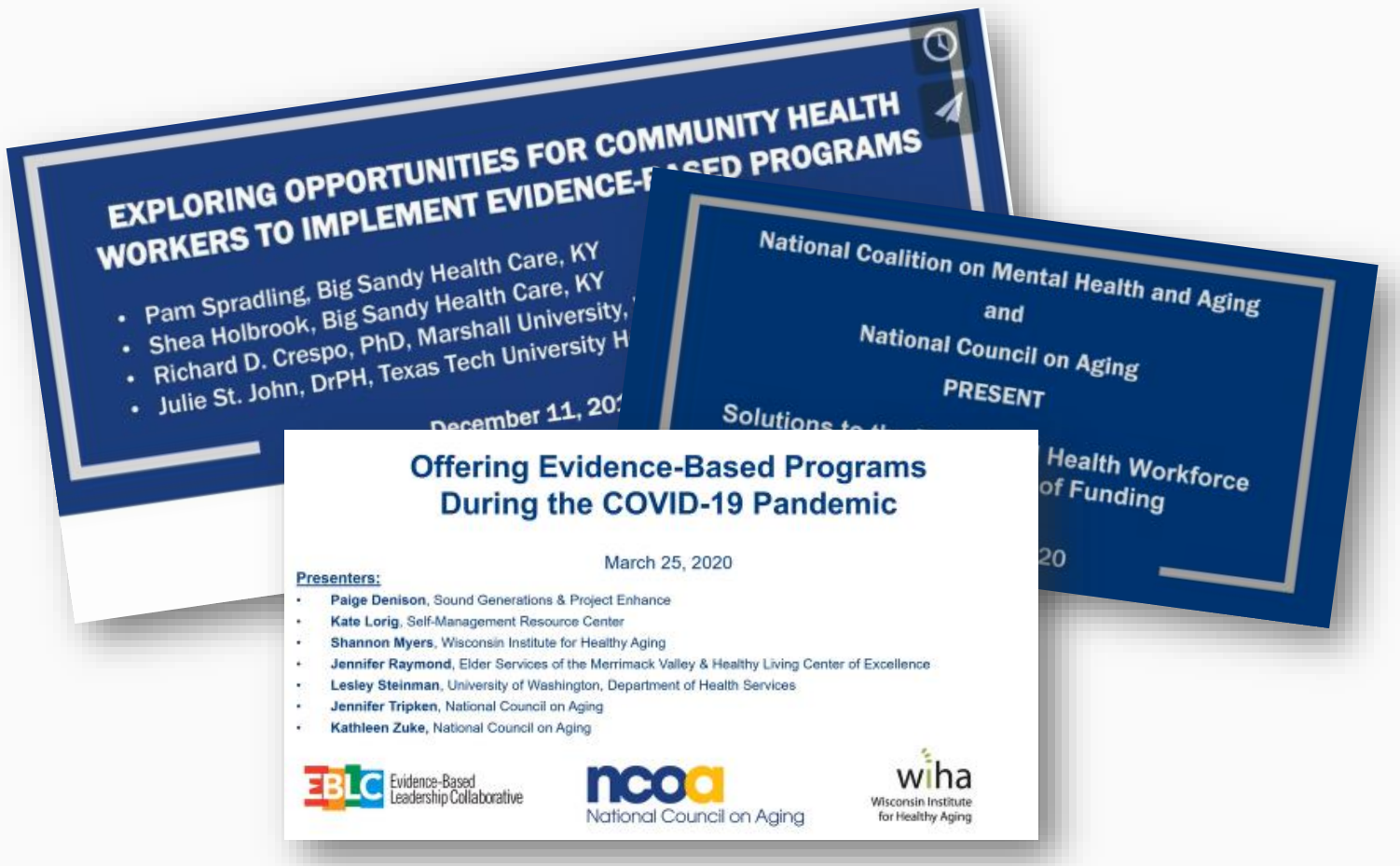
Monthly or bi-monthly technical assistance calls

- 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



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

Learning Collaboratives

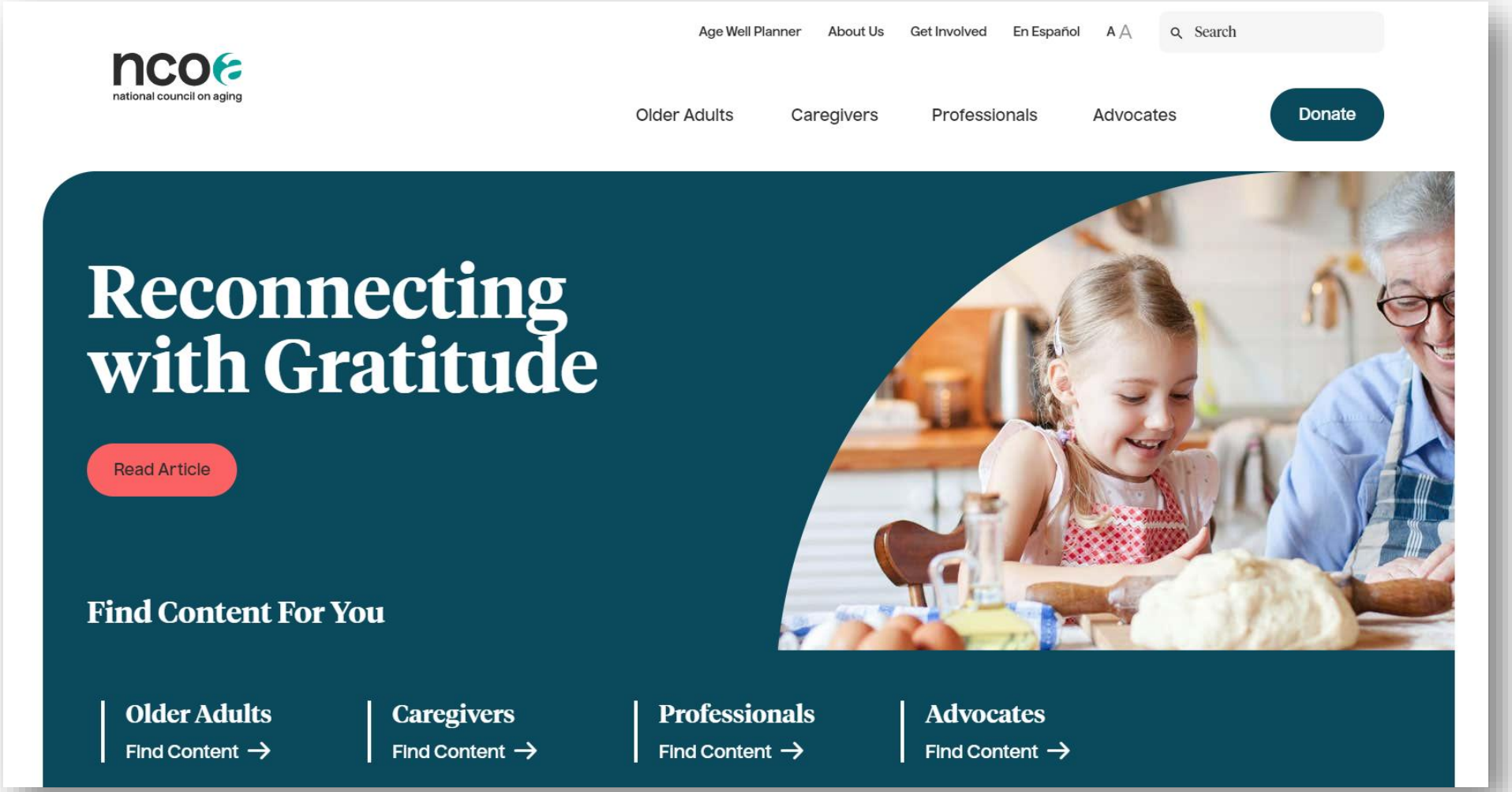
Focused on developing advanced, complex strategies to implement, scale, and sustain home and community-based services.

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) t 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)

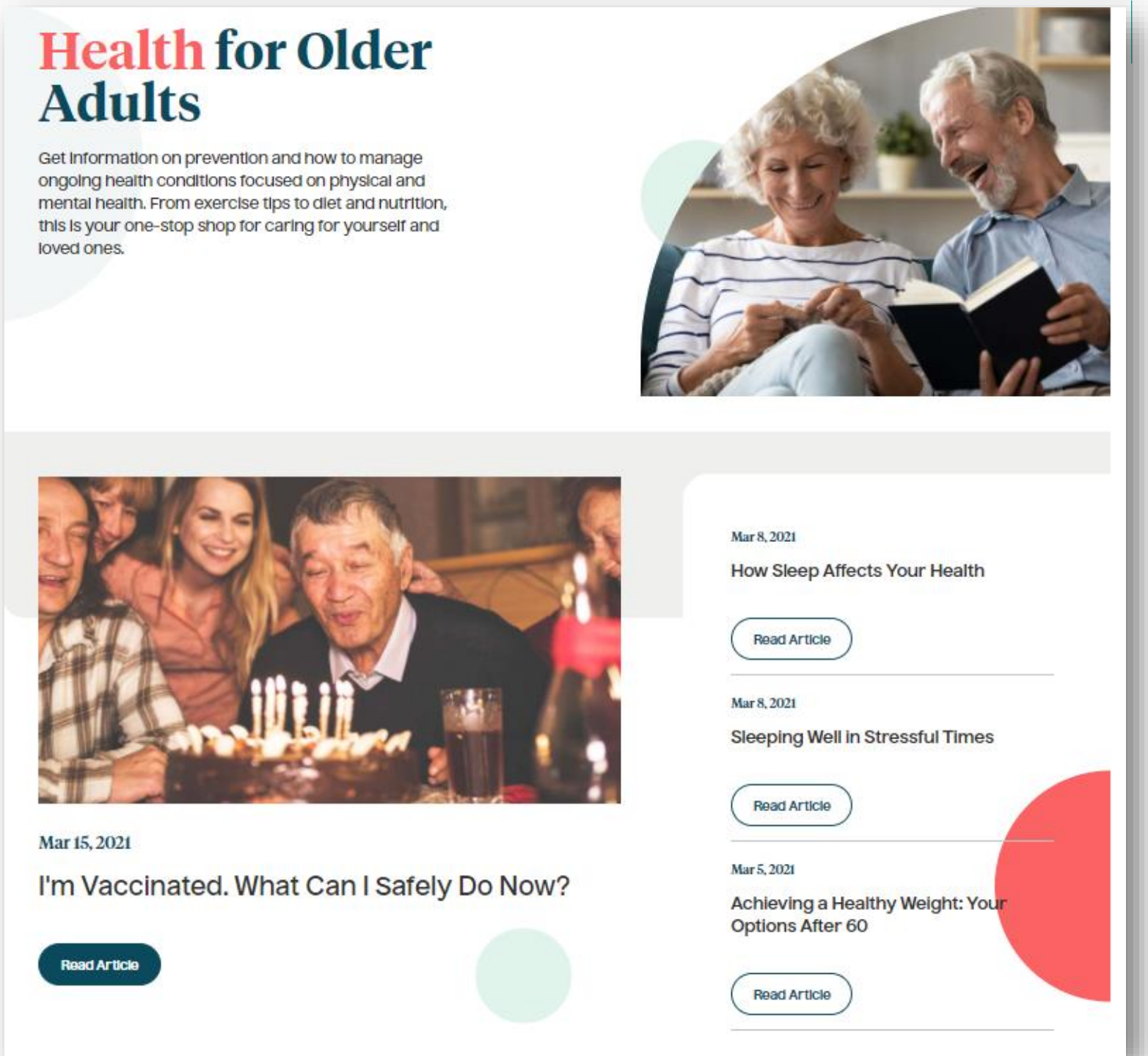
NCOA Website

View Video Tutorial: https://vimeo.com/520127084

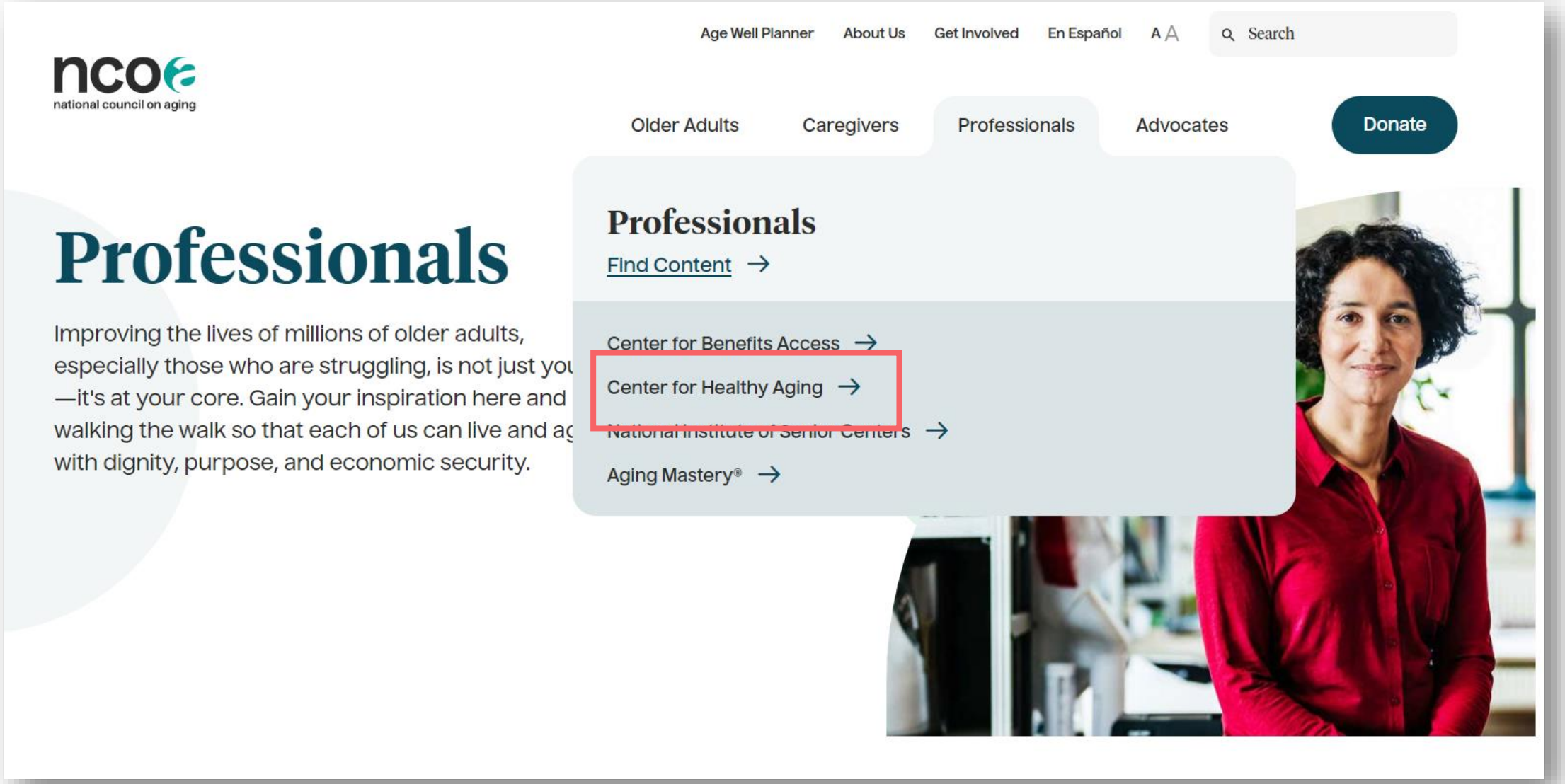


Information By Audience

- Content specifically for older adults and caregivers
- Focus on health, money, senior centers, benefits, and public policy
- Interactive tools and resources



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

Grantee Information for CDSME

CDSME Grantee profiles - 2021 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

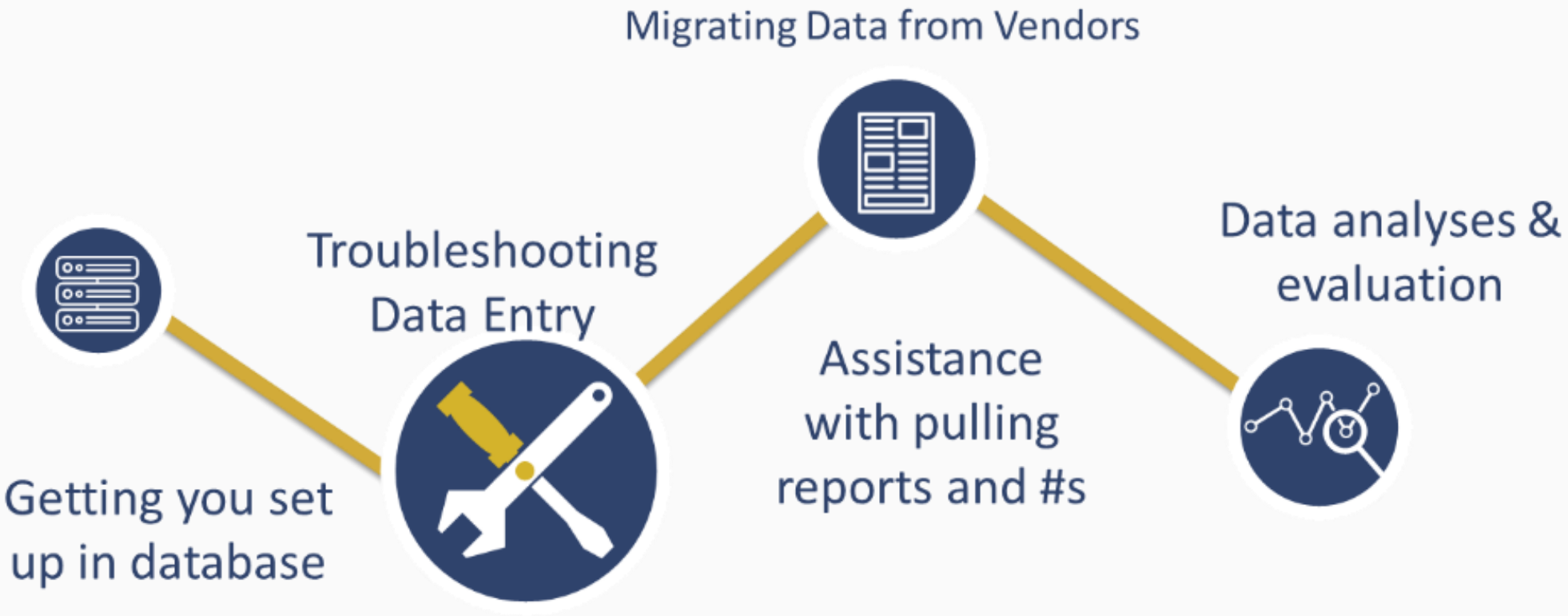
Link

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

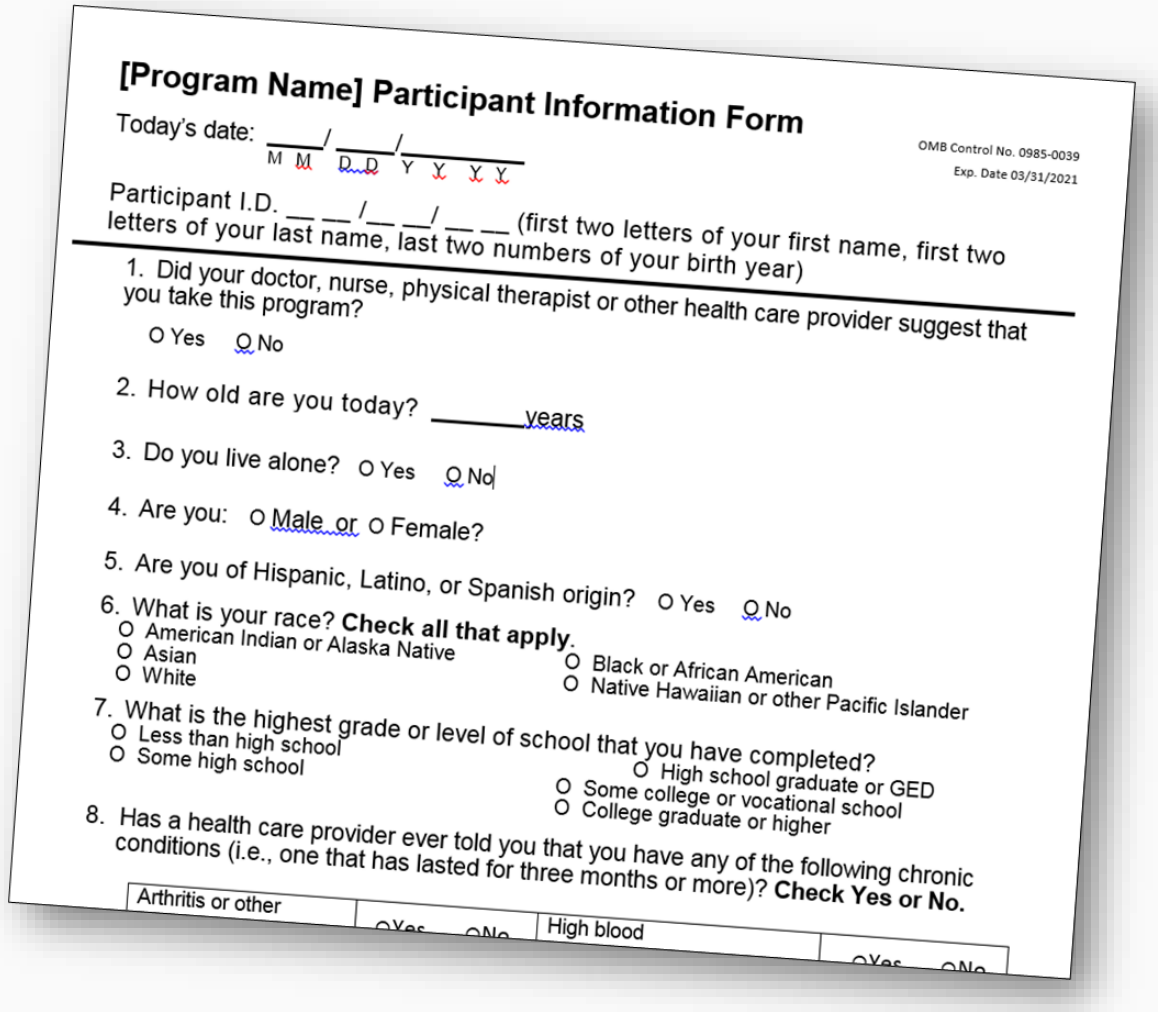


Data Collection Tools

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)

1. Did your doctor, nurse, physical therapist or other health care provider suggest that you take this program?
   O Yes O No
2. How old are you today? _____years
3. Do you live alone? O Yes O No
4. Are you: O Male or O Female?
5. Are you of Hispanic, Latino, or Spanish origin? O Yes O No
6. What is your race? **Check all that apply.**
   O American Indian or Alaska Native
   O Asian
   O White
   O Black or African American
   O Native Hawaiian or other Pacific Islander
7. What is the highest grade or level of school that you have completed?
   O Less than high school
   O Some high school
   O High school graduate or GED
   O Some college or vocational school
   O 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	O Yes O No	High blood	O Yes O No

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

national council on aging

Age+Action

2021 Virtual Conference

June 7—June 10

Questions or Comments?