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.)

ACL

- Office of the Administrator
- Administration on Aging
- Administration on Disabilities
- National Institute on Disability, Independent Living, and Rehabilitation Research
- Center for Policy and Evaluation
- Center for Management and Budget
- Center for Innovation and Partnership
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)

• 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)
AgeOptions, Inc (Illinois)
Central Maine AAA (Maine)
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:
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:
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/](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)
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

<table>
<thead>
<tr>
<th>Vision</th>
<th>A just and caring society in which each of us, as we age, lives with dignity, purpose, and security</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mission</td>
<td>Improve the lives of millions of older adults, especially those who are struggling</td>
</tr>
<tr>
<td>Goal</td>
<td>Impact the health and economic security of 40 million older adults by 2030, especially women, people of color, LGBTQ+, low-income, and rural individuals</td>
</tr>
</tbody>
</table>
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
Trusteed, 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

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

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

**Advocates**
Individuals who want to shape aging policy and influence policymakers
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
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

Online Tools and Resources
- Ongoing webinars
- Best practices from organizations across the country

Networking & Peer Learning
- Work groups
- Learning Collaboratives
- Listservs for professionals

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) 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
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

Professionals

Improving the lives of millions of older adults, especially those who are struggling, is not just your job—it's at your core. Gain your inspiration here and walking the walk so that each of us can live and age with dignity, purpose, and economic security.

- 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
# 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

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

Getting Started in the CDSME Database

- Migrating Data from Vendors
- Data analyses & evaluation
- Assistance with pulling reports and #s
- Troubleshooting Data Entry
- Getting you set up in 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!
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?