

Elder Services of the Merrimack Valley

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

The overall purposes of the 3-year “Integrated Networks to Deliver and Sustain Evidence-Based Chronic Disease Self-Management Education (CDSME) Programs” grants are to:

- **Goal 1:** Strengthen integrated state or regional 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 chronic disease self-management education and self-management support programs.

Elder Services of the Merrimack Valley (ESMV) in Lawrence, MA and its partners will:

- Create a first-of-its-kind sustainable New England network to embed CDSME programs;
- Strengthen an integrated regional network to address the social and behavioral determinants of health across New England; and
- Significantly increase the number of older adults and older adults with disabilities, targeting underserved populations, participating in CDSME and support programs.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program
- Chronic Pain Self-Management Program
- Tomando Control de su Salud
- Workplace CDSMP
- EnhanceFitness
- Healthy IDEAS
- HomeMeds
- Screening, Brief Intervention, and Referral to Treatment

Partnerships

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

- Area agencies on aging
- Community-based organizations
- Evidence-based program developers
- State units on aging from 6 New England states

Anticipated Results

ESMV and its partners propose to achieve the following results:

- Reaching no less than 7,550 participants and 6,040 completers;

Prevention and Public Health Fund 2020, effective August 1, 2020



- Introducing no less than one new program per state;
- Achieving 80% completion rate across programs;
- Increasing by 40% participation by homebound, non-English speaking, and populations in rural settings;
- Contracting with no less than two payors;
- Develop products including marketing materials, an annual regional conference, a Healthy IDEAS master training, and a single data entry portal across all programs.

Contact:

Jennifer Raymond
Elder Services of the Merrimack Valley
jraymond@esmv.org

For more information:

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

Prevention and Public Health Fund 2020, effective August 1, 2020

