MAC, Incorporated
Chronic Disease Self-Management Education Program Grantee

Goals, Strategies, and Activities

The overall purposes of this 3-year Sustainable Systems grant are to:

- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and support programs to improve their confidence in managing their chronic condition(s); and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

MAC, Inc. and its partners will:

- Increase engagement of older adults and adults with disabilities in Chronic Disease Self-Management Education (CDSME) and PEARLS in rural counties and underserved areas of Maryland.
- Utilize screening for social determinants of health and social isolation to refer individuals to evidence-based programs and long-term services and supports.
- Partner with diverse health care organizations to establish provider referrals and reimbursement for evidence-based programs.

Proposed Interventions

- Cancer: Thriving and Surviving
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Diabetes Self-Management Program
- PEARLS
- Programa de Manejo Personal de la Diabetes
- Tomando Control de su Salud
- Workplace Chronic Disease Self-Management Program

Partnerships

To achieve the goals of the grant, MAC, Inc. will collaborate with the following key partners:

- Aetna Better Health of MD (Medicaid Managed Care)
- Chesapeake Regional Information System for our Patients
- Frederick Regional Health System Chronic Care Clinic
- Geriatric House Calls
- Health Quality Innovators

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- Johns Hopkins Geriatric Workforce Enhancement Program
- Keswick Community Health
- Maryland Access Point (Aging and Disability Resource Center)
- Maryland Association of Area Agencies on Aging
- Maryland Department of Aging
- Maryland Department of Disabilities
- Maryland Department of Health
- Maryland Pre-Admission Screening and Resident Review (Behavioral Health)
- MedStar Health
- Peninsula Regional Medical Center

Anticipated Results

MAC, Inc. and its partners propose to achieve the following results:

- Engage 3,500 participants in CDSME programs and 300 participants in PEARLS.
- Achieve a 70% participant retention rate for CDSME and a 50% participant retention rate for PEARLS.
- Increase the percentage of low income, African American, and Hispanic/Latino adults served by evidence-based programs.
- Increase the number and type of contracts with health care organizations to offer and provide reimbursement for evidence-based programs.

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