

# University of Louisville Research Foundation

*Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2024*

## Goals

This 4-year grant aims to:

- Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based chronic disease self-management education (CDSME) programs and self-management support programs to empower them to better manage their chronic conditions.
- Identify and implement one or more robust strategies that will promote the sustainability of evidence-based self-management education and self-management support programs.

## Activities

The grantee and its partners will:

- Empower participants to better manage their chronic conditions.
- Improve confidence in diabetes management through the Diabetes Self-Management Program (DSMP).
- Reduce perceived unmet needs and relationship strain for people with dementia and their caregivers.
- Reduce symptoms of depression in Program to Encourage Active, Rewarding Lives (PEARLS) participants.

## Interventions

- BRI Care Consultation (phone, email, and mail)
- Diabetes Self-Management Program (DSMP) (remote)
- Program to Encourage Active, Rewarding Lives (PEARLS) (remote)

## Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Cumberland Valley Area Agencies on Aging KIPDA Area Agencies on Aging
- Kentucky Department of Aging and Living Kentucky Coalition for Healthy Communities
- University of Louisville Health

## Outcomes

The grantee anticipates the following results from this project.

- Recruit 516 older adults to participate in CDSME programming.
- DSMP completers will report an increase in their confidence in managing their diabetes by 20%.
- PEARLS completers will report a reduction in their depression by 15%.
- Reduce perceived unmet needs and relationship strain among people with dementia and their caregivers by 30%.

## Grantee Contact

- Anna Faul, Executive Director, Institute of Sustainable Health & Optimal Aging: [acfaul01@louisville.edu](mailto:acfaul01@louisville.edu)
- Barbara Gordon, Director of Community Engagement: [barbara.gordon@louisville.edu](mailto:barbara.gordon@louisville.edu)