

Sanford Center for Aging of the University of Nevada, Reno Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

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

- **Goal 1:** Through robust partnerships, develop a result-based, comprehensive 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 (CDSME) 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.

The Sanford Center for Aging (SCA) of the University of Nevada, Reno and its partners will:

- Develop a results-based, comprehensive strategy for addressing chronic pain;
- Increase the number of people who participate in the Chronic Pain Self-Management Program (CPSMP) and Fit & Strong! (F&S); and

- Build a sustainable reimbursement mechanism for program delivery to address chronic pain among older adults and adults with disabilities residing in Northern Nevada.

Proposed Interventions

- Chronic Pain Self-Management Program
- Fit & Strong!

Partnerships

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

- Prominence Health Plan (PHP)

Anticipated Results

The SCA and its partners propose to achieve the following results:

- Engage 210 CPSMP participants and 100 F&S participants;
- Achieve a 70% participant completion rate in CPSMP and 75% participant completion rate in F&S;
- Develop a reimbursement plan for PHP members who complete CPSMP and F&S; and
- Embed a referral system in the electronic medical record for PHP providers to utilize.

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



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