

Partners in Care Foundation

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 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.

Partners in Care Foundation (PICF) and its partners will:

- Strengthen and expand the Partners at Home delivery network;
- Significantly increase participation in evidence-based chronic disease self-management education (CDSME) programs;
- Implement social determinants of health initiatives targeting food security, transportation, and loneliness; and
- Pursue opportunities for ongoing program sustainability.

Proposed Interventions

- Arthritis Foundation Exercise Program
- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Diabetes Self-Management Program
- HomeMeds
- Programa Manejo Personal de la Diabetes
- Tomando Control de su Salud

Partnerships

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

- California Department of Aging
- California Department of Public Health
- California Healthier Living Coalition
- Camarillo Health Care District
- Dignity Health Mercy & Memorial Hospitals
- Kaweah Delta Health Care District
- Lake County Tribal Health Consortium
- Meals on Wheels Orange County
- On Lok Day Services
- San Diego County Aging and Independent Services

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- Saint Agnes Medical Center
- State and local food access partners (i.e. Food banks, Supplemental Nutrition Access Programs, food pantries, etc.)

Anticipated Results

PICF and its partners propose to achieve the following results:

- Engage 5,346 participants in CDSME workshops, with a 75% completion rate;
- Provide HomeMeds and the Arthritis Foundation Exercise Program to 1,173 participants;
- Develop 18 wellness clubs to foster continued participation in health education activities; and
- Secure three payer contracts to sustain program implementation.

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