

ALABAMA CHRONIC DISEASE SELF-MANAGEMENT EDUCATION



Goals, Strategies, and Activities

The overall purpose of this cooperative agreement is to increase access to evidence-based chronic disease self-management education programs for older adults and adults with disabilities. The Alabama Department of Senior Services, in partnership with the Alabama Department of Public Health, will create a centralized leadership structure to provide support for CDSME providers and participants.

Partnerships

ADSS and ADPH will partner with organizations such as Alabama Medicaid Agency, AAAs, Alabama Department of Mental Health, Alabama Quality Assurance Foundation, AARP, and state prisons.

Key Components

Alabama will offer the Chronic Disease Self-Management Program and Tomando Control de su Salud. Targeted populations include Medicare and Medicaid older adult populations, adults with severe mental illness, persons over age 18 with disabilities, Native American populations, low English literacy populations, and other adult populations with chronic health conditions.

Currently, CDSMP is an intervention listed in Alabama Medicaid's Long-Term Care Advisory Rebalancing Plan and Alabama's updated Olmstead Plan: Gateway to Community Living.

The state's AAAs already possesses a strong working relationship with local aging and health organizations and will embed the CDSME programs into this network and ADRCs to target low-income older adults.

Acronyms

ADRC – Aging and Disability Resource Center
ADSS – Alabama Department of Senior Services
ADPH – Alabama Department of Public Health
AAA – Area Agency on Aging
CDSME – Chronic Disease Self-Management Education
CDSMP – Chronic Disease Self-Management Program

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Anticipated Results

- Alabama intends to reach 1,590 CDSME completers (those who attend at least four of the six workshop sessions) over a three-year span.
- Alabama intends to expand program implementation into two new regions that encompass 18 new counties.
- Alabama will include CDSMEs in all state plan activities for both ADSS and ADPH.
- Working in partnership with the Alabama Department of Mental Health and the Alabama Certified Peer Specialist Program, Alabama will train Peer Specialists (individuals in recovery who have experienced mental illness) as CDSME lay leaders to facilitate workshops for behavioral health consumers.

For more information about ACL

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