

ARIZONA 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. ADES-DAAS and ADHS-BTCD propose to serve 1,686 individuals through CDSMP and DSMP offered in English and Spanish. ADES-DAAS and ADHS-BTCD will work together to coordinate all state-level activities to:

- Recruit and partner with organizations that can embed CDSME into their ongoing operations with priority to delivery system partners with multiple delivery sites and/or capacity to reach large populations;
- Strategically develop and maintain partnerships with other key agencies and relevant stakeholders to continue to develop the long-term services and supports available in communities;
- Expand and/or strengthen geographic and population reach; and
- Implement centralized or coordinated outreach and marketing efforts to targeted individuals.

Partnerships

Effective partnerships to embed CDSME programs into statewide health and long-term services and supports systems to reach older adults and disabled adults with chronic conditions include: AAAs/ADRCs, Arizona Small Business Association, and Viridian Health Management; working with small, mid, and large employers; behavioral health providers and peer-run organizations that refer individuals with serious mental illness; 15 county health departments implementing evidence-based interventions with support from the Arizona Chronic Disease Fund; agencies utilizing promotoras and patient navigators to leverage CDSME; and Indian Health Service Systems, voluntary health organizations, and Arizona Public Health Association to increase reimbursement within health care. The AZ Living Well Institute provides coordination,

Acronyms

AAA – Area Agency on Aging
ADES – DAAS - Arizona Department of Economic Security, Division of Adult and Aging Services
ADHS – BTCD - Arizona Department of Health Services, Bureau of Tobacco and Chronic Disease
ADRC – Aging and Disability Resource Center
AZLWI – Arizona Living Well Institute
CDSME – Chronic Disease Self-Management Education
CDSMP – Chronic Disease Self-Management Program
DSMP – Diabetes Self-Management Program

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broad communication; promotion via www.AZLinks.gov; mapping to ensure a systematic approach to recruit, refer, intake, register, and enroll individuals; and regional coordination of enrollment processes through partners.

Arizona will focus on expanding access in rural areas, increasing from 14 to 15 counties that provide CDSMP and seven counties that will provide CDSMP/DSMP in English or Spanish.

Key Components

Programs to be offered are: CDSMP and DSMP in English and Spanish.

Targeted audiences are: Spanish speaking, rural, low income, African American, Hispanic, Native American, and Asian American populations, designated Medically Underserved Areas, and border regions.

Integration with ADRCs includes: leveraging ADRCs' capacity to provide "no wrong door/single entry point" and access to the Caregiver Coalition and the Lifespan Respite Network.

State leadership will utilize the RE-AIM framework for quality assurance, including evaluation of the systematic collection of quantitative and qualitative data (reach). Effectiveness will be measured through participant demographics and provider demographics.

ADHS has a Continuous Quality Improvement demonstration grant to address environmental health and chronic disease outcomes through home health workers. Area Agencies on Aging and/or AZLWI will integrate, track, and report eligible Home Visiting Program clients with chronic disease issue referrals, enrollments, and completion of CDSMP.

Plans for sustainability include: Care Transitions; Senior Community Service Employment Program is also utilized as referral for both workshops and leader training; AZWLI, key partners and consultants will develop sustainable business plans; the ADHS Research and Evaluation Team and Leadership Council will track development of systems, finances, training, delivery readiness; several AAAs offer CDSMP, EnhanceFitness and/or A Matter of Balance. The Arizona Quality Improvement Organization and the Arizona Association of Community Health Centers are assessing Federally Qualified Health Center capacity and enrolling individuals with chronic disease to CDSME programs; ADHS Health Check Well Women program is leveraging health screenings to increase delivery of CDSME.

Anticipated Results

- Reaching 1,774 completers over the course of three years



- Expanding the reach of the program to one additional county for CDSMP and seven new counties for CDSMP in Spanish and/or DSMP in Spanish or English

Arizona's Medicaid office is part of the Leadership Council and guides ADRC initiatives; Arizona is working with the AAAs, the Veterans' Administration, and Tribal governments in remote frontier areas.

For more information about ACL

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