

# Massachusetts CHRONIC DISEASE SELF-MANAGEMENT EDUCATION



## Goals, Strategies, and Activities

The Massachusetts Executive Office of Elder Affairs, in partnership with the Massachusetts Department of Public Health, will increase access to evidence-based chronic disease self-management programs for older adults and adults with disabilities and chronic conditions across the lifespan by making CDSME available across the Commonwealth of Massachusetts.

## Partnerships

The Executive Office of Elder Affairs and the Department of Public Health are partnering with Elder Services of Merrimack Valley, Hebrew Senior Life, Healthy Living Center for Excellence, Massachusetts Department of Veterans Services, two Pioneer Accountable Care Organizations, Aging and Disability Resource Consortia, community health centers, Tufts Medicare Advantage HMO, Area Agencies on Aging/Aging Services Access Point, Councils on Aging, Senior Care Options, and other community-based organizations to expand the CDSME statewide, integrating it into programs interacting with older adults and people with disabilities and chronic conditions across the lifespan.

## Key Components

There are currently six regional CDSME collaboratives covering the entire Commonwealth. They are at varying levels of development. The regional collaboratives are made up of a wide range of agencies that are involved in providing and promoting healthy aging programs. The HLCE will serve as a comprehensive, statewide source of information on CDSME for consumers and referring agencies throughout the state, with distribution of promotional materials, a toll-free number, and a

## Acronyms

CDSME – Chronic Disease Self-Management Education  
CDSMP – Chronic Disease Self-Management Program  
DSMP – Diabetes Self-Management Program  
ESMV – Elder Services of the Merrimack Valley  
HLCE – Healthy Living Center for Excellence  
HMO – Health Maintenance Organization

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website dedicated to program delivery. The HLCE will also be assisting the regional collaboratives in their development and sustainability.

To further enhance outreach to underserved communities, collaborative work will be expanded with the Latino Health Insurance Project, Greater Boston Chinese Golden Age Center, and the Wampanoag Indian Tribe of Mashpee.

### **Anticipated Results**

Anticipated outcomes include the following:

- The CDSME workshops that are offered in Massachusetts (and will continue to be offered) are: CDSMP, Tomando Control de su Salud, DSMP, Spanish DSMP, Positive Self-Management Program for HIV, Chronic Pain Self-Management Program, and online CDSMP and DSMP;
- Over the course of the next three years, 4,350 older adults and adults with disabilities and chronic conditions across the lifespan will participate CDSMEs;
- One provider agency (ESMV) has been accredited by the American Association of Diabetes Educators to offer DSMP, reimbursable by Medicare. ESVM will be providing technical assistance to other organizations interested in exploring accreditation and the ability to bill Medicare for the Stanford DSMP;
- Multiple large regional employers will pilot Better Choices, Better Health (the online CDSMP) to their employee populations as a method of improving employee satisfaction and wellness;
- Implementation of the business plan to provide a framework for sustainability, showing how CDSME can be embedded into broader preventive care financing, and infrastructure sustainability by ensuring CDSME remains a prominent strategy in the statewide health care management framework.

### **For more information about ACL**

U.S. Department of Health and Human Services  
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