

NEW MEXICO 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. New Mexico will work with various organizations to expand and strengthen an integrated, sustainable service system to provide CDSME programs to older adults throughout the state.

Partnerships

The NM Department of Health and the NM Aging and Long Term Services Department will partner with the City of Albuquerque, Department of Senior Affairs, AAAs, New Mexico VA Health Care System, Area Health Education Centers, and health care and community organizations to reach older and disabled adults, with special attention to Native Americans and Hispanic populations.

Key Components

The CDSME workshops will be integrated with New Mexico's statewide health and long-term services and support systems.

Anticipated Results

- NM will offer the Chronic Disease Self-Management Program in English and Spanish.
- After three years, NM plans to have reached 1,000 older and disabled adults.
- A feasible financial sustainability plan will be developed to sustain CDSME beyond the grant period.

For more information about ACL

U.S. Department of Health and Human Services

Acronyms

AAA – Area Agency on Aging
CDSME – Chronic Disease Self-Management Education
NM – New Mexico

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