

# North Carolina Center for Health & Wellness of the University of North Carolina Asheville Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this two-year grant are to:

- Significantly increase the number of participants in evidence-based self-management education and support programs; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

The North Carolina Center for Health & Wellness at the University of North Carolina (UNC) Asheville and its partners will:

- Focus on helping adults manage chronic conditions, improve quality of life, and lower health care costs by expanding the program reach in 13 counties;
- Improve outreach to adults with disabilities who are disproportionately burdened with chronic disease, including older adults, low income individuals, and minority populations;

- Integrate the chronic disease self-management education (CDSME) and falls prevention hub into one centralized referral and participant tracking system;
- Develop an annual training academy with Area Agencies on Aging (AAA) to increase the number of master trainers and leaders;
- Identify opportunities for payment through state health plans and employers, including expansion of the Medicare reimbursement process developed by the Centralina AAA; and
- Increase sustainability of the CDSME and falls prevention hub through fundraising efforts and a fee-for-service business model.

## Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Chronic Pain Self-Management Program (CPSMP)

## Partnerships

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

- NC Division of Aging and Adult Services
- NC Division of Medical Assistance
- NC Office of Minority Health and Health Disparities
- NC Office on Disability and Health
- NC Office of Rural Health and Community Care
- NC Rural Health Leadership Alliance
- NC Community Health Center Association
- NC Association of AAAs
- 16 AAAs in NC
- American Cancer Society
- Western NC Community Health Services
- Community Care of NC
- Other partners, such as Centers for Independent Living, traumatic brain injury clubhouses, and Federally Qualified Health Centers

- Significantly increase self-management behaviors among program participants;
- Increase capacity to offer CDSME workshops and leader trainings statewide; and
- Increase health care provider knowledge of CDSME programs and their ability to refer individuals to them.

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### For more information:

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U.S. Department of Health and Human Services  
Washington, DC 20201  
<http://www.acl.gov>

## Anticipated Results

UNC Asheville and its partners propose to achieve the following results:

- Recruit over 4,000 individuals to participate in programs;
- Achieve a 74% completion rate;
- Increase the number of older adults, adults with disabilities, low-income adults, and minority adults who participate in CDSME programs;

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