COLORADO
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 Colorado Department of Human Services, in partnership with the Department of Public Health and Environment, Department of Health Care Policy and Financing, and a network of local aging, health, and nonprofit organizations, will expand and strengthen the infrastructure to offer CDSME programs to low-income older adults and adults with disabilities.

Partnerships

The Department of Human Services will partner with the area agencies on aging, local public health departments, the Central Colorado Area Health Education Center, Consortium for Older Adult Wellness, health systems, quality improvement organizations, and other community-based organizations and clinics to reach large populations.

Key Components

Colorado plans to offer the Chronic Disease Self-Management and Diabetes Self-Management Programs in English and Spanish. Chronic Pain Self-Management Program and Positive Self-Management Program for HIV will be offered to older adults living with chronic pain and HIV, respectively. The workshops will be integrated with the Aging and Disability Resource Center, federally qualified health centers, primary care physicians, and primary care medical homes.

Anticipated Results

- Colorado plans to reach a total of 1,054 adults with disabilities or low-income older adults over a three-year period.
- Potential participants will be referred through Aging and Disability Resource Centers, federally qualified health centers, primary care physicians, and primary care

Acronyms

CDSME – Chronic Disease Self-Management Education
ADRC – Aging and Disability Resource Center

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medical homes.

For more information about ACL

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