

# CONNECTICUT 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 for older adults and adults with disabilities. The Connecticut State Department on Aging, in partnership with the Department of Public Health and a network of local aging, health, and nonprofit organizations, will develop and expand the infrastructure to offer CDSME programs to older adults across state. They will target underserved areas and build a sustainable system for CDSME.

## Partnerships

The State Department on Aging and Public Health will partner with the five area agencies on aging, CT Community Care, Inc., hospitals, and other community-based organizations to expand the program to statewide coverage.

## Key Components

*Programs to be offered are:* The Chronic Disease Self-Management Program, Diabetes Self-Management Program, and Tomando Control de su Salud to older adults living with chronic disease. The workshops will be integrated with the Aging and Disability Resource Center, Centers for Independent Living, the CT Home Care Program for Elders, and other community-based organizations.

*Targeted audiences are:* Minority, low-income, and underserved populations. Medicare/Medicaid Dual eligible population will be targeted. The Pequot and Mohegan nations have committed to embedding CDSMP into their health and service systems in the Eastern Region. The Eastern Region will also target local veterans through Vet Centers; and Area Agency on Aging of South Central

## Acronyms

AAAs - Area Agencies on Aging  
ADRC - Aging and Disability Resource Center  
CCCI - CT Community Care, Inc.  
CDSME - Chronic Disease Self-Management Education  
CDSMP - Chronic Disease Self-Management Program  
CT - Connecticut

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CT will focus on clients of Veterans Directed Home and Community-Based Services and other programs such as the CT Home Care Program for Elders and ADRC's that are administered by the AAA.

*Integration with the ADRCs includes:* ADRCs are currently being operated in all five State Regions. ADRC community choices counselors have been trained as lay leaders in three regions and will also be trained in the two new regions. The State Unit on Aging has been working with lead project staff to identify strategies for referring clients from the ADRC who could benefit from the CDSMP.

All AAAs maintain coordinated websites to access information and, related to the CDSMP, a workshop calendar and contact information for participants to register for workshops. CCCI may have a dedicated website, but if they do not have one, they will have links to the AAAs. DSS also maintains a calendar of CDSMP workshops and is continuing to build its website capacity.

### **Anticipated Results**

- Connecticut will reach 1,200 older adults over the next three years.
- Connecticut has developed a comprehensive plan to sustain CDSMEs by:
  - Using Title IIID funds of the Older Americans Act;
  - Agency investment in CDSMP and community connections at the local level;
  - The DPH also remains committed to CDSMP by providing health districts with the opportunity to apply for CDSMP funding through Community Development Block Grants. It has also funded the AAA's and the Technical Assistance Coordinator with Center for Disease Control and Prevention Diabetes grant dollars to assist with program sustainability;
  - Exploration of Medicare reimbursement for DSMP;
  - Partnering with the state Medicaid Access Agency to further explore reimbursement through CMS funded initiatives; and
  - The expectation is for agencies to make investments in the program since grant funding will not always be available.
- CDSMP has been identified as a core community referral for all Medicare beneficiaries who receive the care transition service through CCCI's Community Passport to Care Program.
- Medicare and Medicaid beneficiaries who receive CT Home Care for Elders services through CCCI will be referred to CDSME if the Care Manager determines the client is a good candidate for the program.



**For more information about ACL**

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