

KENTUCKY 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 Kentucky Department for Independent Living, in partnership with the Kentucky Department for Public Health, has set the following objectives: 1) Strengthen the partnership between the State Unit on Aging and State Public Health Department; 2) Embed CDSME programs into existing long-term services and supports systems; and 3) Develop a sustainability plan.

Partnerships

DAIL and DPH will partner with organizations such as Area Agencies on Aging and Independent Living, which also serve as Aging and Disability Resource Centers, hospitals, Veterans Administration clinics/hospitals, Community Action Agencies, senior centers, senior housing complexes, home health agencies, state universities, local businesses, health departments, community mental health centers, university extension services, religious centers, American Legion posts, and Family Youth Resource Centers.

Key Components

Kentucky will offer the Chronic Disease Self-Management Program and Diabetes Self-Management Program (statewide), as well as the Positive Self-Management Program for HIV and Chronic Pain Self-Management Program (regionally). Targeted populations include those who are age 60+, disabled Medicare beneficiaries, and those residing in rural areas.

All 15 AAAILs have the capacity to provide the Chronic Disease

Acronyms

ADRC – Aging and Disability Resource Center
AAAIL – Area Agency on Aging and Independent Living
CDSME – Chronic Disease Self-Management Education
DAIL – Department for Aging and Independent Living
DPH – Department of Public Health

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Self-Management Program. This initiative will require that all AAALS also develop capacity to offer the Diabetes Self-Management Program. Workshop advertisement, recruitment, and referral will be through the ADRC, State Health Insurance Programs, and local health departments with additional avenues identified by the Implementation Team on an ongoing basis.

Anticipated Results

- Kentucky intends to reach 1,995 CDSME completers (those who attend at least four of the six workshop sessions) over a three-year span.
- The Implementation Team will fully develop a quality assurance plan and will use formative and summative evaluation methods to facilitate attention to fidelity and continuous program effectiveness as well as identify areas of improvement.

For more information about ACL

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