

# MARYLAND 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. Maryland will address the unmet need for Chronic Disease Self-Management Education, address health disparities, and improve quality assurance of CDSME programs to assure financial sustainability.

## Partnerships

The Department of Aging and the Department of Health and Mental Hygiene are partnering with the Medicaid Office, Office of Disabilities, Office of Minority Health and Health Disparities, and the Office of Chronic Disease Prevention. Access to CDSME and outreach to potential participants and the medical community will be streamlined and enhanced through the DHMH, Institute for Healthiest Maryland, the MD Aging and Disability Resource Center program known as MD Access Point, and other large statewide partners. The Maryland State Health Improvement Plan will mobilize its 18 local health improvement coalitions, representing all counties in the state, to adopt CDSMP to meet community health goals.

MDOA will work with the Consortium for Older Adult Wellness in Colorado to establish an educational and outreach center.

## Key Components

Maryland will create a statewide, coordinated, chronic disease self-management education program by offering the following Programs: Chronic Disease Self-Management Program, Diabetes Self-Management Program, Arthritis Self-Management Program, Chronic Pain Self-Management Program, and the

## Acronyms

CDSME – Chronic Disease Self-Management Education  
CDSMP – Chronic Disease Self-Management Program  
MDOA – Maryland Department of Aging  
DHMH – Department of Health and Mental Hygiene  
MAP – MD Access Point  
MD – Maryland

## Contact

Judy Simon  
Maryland Department of Aging  
[judy.simon@maryland.gov](mailto:judy.simon@maryland.gov)



online Chronic Disease Self-Management Program, known as Better Choices Better Health, which will be targeted to younger persons with disabilities and individuals leaving nursing homes.

The 20 MAPS in Maryland ([www.marylandaccesspoint.info](http://www.marylandaccesspoint.info)), which cover 100% of the state's population, will screen people for CDSME.

### **Anticipated Results**

This project will reach a minimum of 2,762 older adults with chronic conditions and adults with disabilities throughout the state of Maryland and will achieve a 50% participation rate of African Americans.

Avenues for funding and sustaining the program will be explored, including Medicaid/Medicare reimbursement, integration with the MDOA Older Americans Act programs, coverage by private health insurance plans, and involvement of large health organizations and large employers.

### **For more information about ACL**

U.S. Department of Health and Human Services  
Administration for Community Living  
Washington, DC 20201  
[www.acl.gov](http://www.acl.gov)

