NEW JERSEY
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 programs for older adults and adults with disabilities. New Jersey will enhance workforce development and maintain their high standard of administrative oversight for delivery of high quality CDSME. CDSME will be integrated into emerging health care reform models and aging disability and public health models. CDSME will be established in the Medicaid Long-term Services and Support System and will link members of the four Managed Care Organizations/Health Plans that provide MLTSS to community-based and on-line (Better Choices, Better Health) CDSME workshops. CDSME will be further established as a core component of the Aging and Disability Resource Center, with an emphasis on expanding access to people with disabilities. In collaboration with the Department of Health's Chronic Disease Prevention Program, CDSME will be included as a strategy in its evidence-based program toolkit, specifically targeting worksite wellness. In collaboration with Department of Health's Office of Minority and Multicultural Health, capacity will be developed for delivery of CDSMP, Tomando Control de su Salud, and DSMP in six agencies funded to address health disparities, particularly diabetes among Hispanics.

Partnerships

In 2012, New Jersey state government was reorganized to create a Division of Aging Services (the State Unit on Aging) in the Department of Human Services. This provides an opportunity to integrate CDSMP and DSMP into Medicaid programs, while maintaining a strong partnership with the Department of Health. Partnership opportunities with the Department of Human

Acronyms

ADRC – Aging and Disability Resource Center
CDSME – Chronic Disease Self-Management Education
CDSMP – Chronic Disease Self-Management Program
DSMP – Diabetes Self-Management Program
MLTSS – Medicaid Long-term Services and Support System

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Services exist with addiction services, mental health, and disabilities. Other partners include: area agencies on aging, ADRC, hospital systems, Federally Qualified Health Centers, community and faith-based organizations, Retired and Senior Volunteer Programs, health departments, and state health associations. In addition, CDSMP (and DSMP, beginning in 2012) is offered in all 14 state prisons.

Key Components

New Jersey has a state CDSMP webpage and a toll-free number.

Older adults with chronic conditions and people with disabilities are targeted. Additional groups to be targeted are: Latinos/Hispanics, who represent 17.7% of the state's population and experience disparities in health outcomes and access to care; low-income individuals experiencing socio-economic challenges that negatively impact their ability to prevent/manage chronic conditions; and people with physical disabilities who may not be connected to services to support chronic disease management.

Full integration of CDSMP/DSMP into the ADRC's Information and Assistance and Assessment protocols will improve consumer access to workshops. The Division of Aging Services will also partner with Department of Human Services Office of Disability Services and NJ Association of Centers for Independent Living to increase awareness of CDSMP within the disability community through provider education, consumer outreach, and referral.

Anticipated Results

CDSME will reach 8,374 participants in New Jersey. It will be embedded into emerging health care reform models including the Comprehensive Waiver for Medicaid Long-Term Services and Supports and Care Transitions. In collaboration with at least three community partners, steps will be implemented to assist these local agencies in securing accreditation, recognition, and Medicare reimbursement for DSMP.

For more information about ACL

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