

NEW YORK CHRONIC DISEASE SELF-MANAGEMENT EDUCATION



Goals, Strategies, and Activities

In New York State, more than 7,000 people have participated in one or more CDSME community workshops, reporting improvements in symptom management, physical activity, reductions in hospital stays, and in their ability to become an active member of their health care team. Workshops are scheduled on an ongoing basis throughout the state.

The overall purpose of the current cooperative agreement is to increase access to evidence-based chronic disease self-management programs for older adults and adults with disabilities.

- New York will realize an integrated and sustainable infrastructure for chronic disease self-management education with the goal of ensuring access for at least 50% of the state's older adults and persons with disabilities.
- The reach of CDSMEs will be expanded to reach people with disabilities, HIV/AIDS, and diabetes, and at least one tribal entity/agency will be involved.

CDSMEs will be embedded in multi-site partners to maximize the potential for Medicare, Medicaid, private insurer, and Title III D of the Older Americans Act reimbursement and funding.

Partnerships

The New York State Office for Aging is partnering with the New York State Department of Health and the Quality and Technical Assistance Center at the University of Albany to embed CDSMEs into NY State's health and long-term services and supports system. The programs are central to NYSDOH's Arthritis and Disability and Health Programs and are featured in the Healthy Heart Program

Acronyms

CDC – Centers for Disease Control and Prevention

CDSME – Chronic Disease Self-Management Education

NYSOFA – New York State Office for Aging

NYSDOH – New York State Department of Health

NYSQTAC – New York State Quality and Technical Assistance Center

SMA – Self Management Alliance

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(with CDC Heart Disease and Stroke Prevention funding) and the Diabetes Prevention and Control Program. Funding/reimbursement for CDSMEs are components of NYSOFA's Title III D strategy, NYSDOH's recommendations for Medicaid reform, and both agencies' recommendations to health insurers for improved community/health care collaboration.

Other partners include NY Connects (New York's Aging and Disability Resource Center), the AIDS Institute, and Self-Management Alliances. Partnerships in the SMAs will include: Area Agencies on Aging and their contractors, rural health networks, health homes, federally qualified clinics, housing groups, faith communities, libraries, community-based agencies, hospitals, health insurers, and Naturally Occurring Retirement Communities.

Key Components

New York offers the following self-management programs: Chronic Disease, Diabetes, Positive, Chronic Pain, Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program), and Spanish Diabetes Self-Management Program.

NY Connects will be an entry point for CDSME and will be involved in the SMAs to advance referrals and registration.

Anticipated Results

- New York expects to reach 10,800 older adults with chronic conditions and persons with disabilities and hold at least 1,000 workshops in 44 of the 59 counties.
- They will develop business plans for the state and for each SMA that will incorporate utilization of the state funded Expanded In-home Services Program, Title III D, medical/health home, Medicare, and/or health insurance funding to support ongoing delivery of CDSMEs.
- SMAs will seek to attain Medicare reimbursement for the Diabetes Self-Management Program, access Title III D funds, health insurer and Medicaid reimbursement opportunities, and advance web-based NY Connects supported referrals and registration.
- Partnerships have already been established with health homes, care transitions, Disability and Health Program, Medicaid redesign, and the AIDS Institute.

For more information about ACL

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