

# RHODE ISLAND 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. Rhode Island will:

- Provide easy access for older adults and adults with disabilities to three evidence-based Living Well Rhode Island workshops: Stanford's Chronic Disease Self-Management Program (English and Spanish), Diabetes Self-Management Program (English and Spanish), and Chronic Pain Self-Management Program (English);
- Ensure that participants include low income, minority, and limited English speaking populations; and
- Create a sustainable, integrated delivery system for access to LWRI in both the community and health care systems.

## Partnerships

The Department of Health and the Division of Elder Affairs will work together to embed LWRI into the aging network, the community, and health care systems.

- CDSME is already an integral integrated program within the Chronic Care and Disease Management Team and is part of the Department of Health's larger Community Health Network.
- Other key partners in the delivery of LWRI workshops include: all of the YMCAs in the state as they move to be to be Wellness Centers in their respective communities, the Aging and Disability Resource Center, senior centers, Veterans

## Acronyms

ADRC – Aging and Disability Resource Center  
CDSME – Chronic Disease Self-Management Education  
LWRI – Living Well Rhode Island  
VA – Veterans Administration

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Administration Medical Center, community organizations serving high-risk populations, AARP, Assisted Living Centers, low-income housing facilities, third-party insurers, community organizations, health care providers, and faith-based organizations.

## Key Components

Older adults and adults with disabilities statewide are targeted, as well as low income, minority, and limited English speaking populations. High risk populations will be targeted statewide, with emphasis on Providence County, which has the highest concentration of racial/ethnic minorities in the state, and the four “core cities” in the state.

The Department of Health maintains a telephone information line for potential LWRI participants to call for more information and to register for a LWRI workshop. Department of Health staff maintains a Google Calendar which provides information on the state’s available LWRI workshops. Registration is coordinated by the Department of Health and the Aging and Disability Resource Center, known as the POINT.

The Community Health Network consists of over 500 certified diabetes educators, cardiovascular disease educations, chronic disease self-management, diabetes self-management, and chronic pain self-management leaders, community health workers, patient navigators, and resource specialists. The purpose of the Community Health Network is to support primary care practices and the health system by providing an easy link to evidence-based resources in the community. Practices can access patient education programs that are a part of the Community Health Network by submitting a single referral form to the Department of Health. The Department of Health manages the referral so that the practice will receive information on the patient’s outcomes. This centralized referral system integrates with the medical system and will make it easier for medical providers to refer to LWRI workshops.

## Anticipated Results

- Rhode Island expects to reach 2,500 older adults and adults with disabilities.
- The following multi-site delivery system partners will be the foundation for a statewide chronic disease self-management education system:
  - The ADRC system in Rhode Island, a virtual “one-stop shopping center” for community-based long-term care services, is a network of state and local organizations who provide seamless and well-coordinated access to services for older adult consumers, adults with disabilities, and their families and caregivers.



- ADRC locations will provide statewide reach as delivery sites for LWRI workshops. Benefits specialists at ADRC sites will recruit participants for these workshops;
- The YMCA of Greater Providence will offer LWRI workshops at their branches statewide. The YMCA will offer free six-week membership to all participants enrolled in YMCA-based LWRI workshops, thus making the YMCA available to adults who otherwise might not be able to join a YMCA;
  - The Providence VA Medical Center will provide LWRI workshops at both their main center and outpatient clinic. LWRI will be integrated into the VA's system so that clinical providers can make referrals to LWRI a standard part of their operations;
  - Patient-Centered Medical Home practices will be engaged to offer LWRI to their patients through the Community Health Network. Linking with medical providers is key as it will add a referral source that carries significant weight with participants;
  - Community agencies that serve low income, minority populations will be partners in offering LWRI to hard to reach communities. These agencies include free clinics, subsidized housing facilities, and the YWCA; and
  - Other implementation sites will be developed to increase the reach of LWRI workshops. Potential sites include businesses/worksite wellness programs, faith-based organizations, and hospitals.
- A Community Liaison will manage referrals to Community Health Network programs and help referred clients overcome any barriers to completing the referral. The Community Liaison will also provide academic detailing to practices so that they are trained to access the Community Health Network correctly. Furthermore, the Community Liaison will coordinate feedback to the practices on the outcome of the referral. By closing this communication loop, practices become more engaged and willing to refer their patients to programs such as LWRI.

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

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