

# WASHINGTON 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. The Washington Department of Social and Health Services, Aging and Disability Services Administration (ADSA) proposes to serve 3,375 individuals with the Chronic Disease Self-Management Program (CDSMP), Tomando Control de su Salud, Diabetes Self-Management Program (DSMP), Chronic Pain Self-Management Program, Positive Self-Management Program for HIV, and Better Choices, Better Health (online CDSMP). The ADSA and the Washington State Department of Health (DOH), the co-lead agency, will work together to coordinate all state-level activities to:

- Develop and sustain coordinated recruitment, intake, referral, and registration mechanisms with Aging and Disability Resource Centers and other community-based organizations;
- Implement a sustainable infrastructure plan including expansion of the Living Well website, ADRCs, managed care plans, employer health plans, and Affordable Care Act opportunities;
- Develop and sustain tools for outreach and recruitment of adults with developmental disabilities;
- Complete evaluation of the effectiveness of CDSMEs for people with developmental disabilities; and
- Integrate and sustain CDSMEs in DOH patient-centered health homes.

## Acronyms

AAA – Area Agency on Aging  
ADRC – Aging and Disability Resource Center  
ADSA – Aging and Disability Services Administration  
CCO – Coordinated Care Organization  
CDSME – Chronic Disease Self-Management Education  
CDSMP – Chronic Disease Self-Management Program  
CIL – Center for Independent Living  
COPEs – Community Options Program Entry System  
DOH – Department of Health  
HCAA – Health Care Authority (state Medicaid agency)  
PEBB – Public Employee Benefits Board

## Contact

Candace Goehring, MN, RN  
Aging and Disability Services Administration, Home and Community Programs  
Department of Social & Health Services  
[goehrcs@dshs.wa.gov](mailto:goehrcs@dshs.wa.gov)



## Partnerships

Effective partnerships to embed CDSME programs into statewide health and long-term services and supports systems include: partner organizations that represent large health system organizations with multiple locations and services, as well as the ability to reach diverse populations. These organizations include: the Health Care Authority (state Medicaid agency), Washington Association of Area Agencies on Aging, People First (self-advocacy organization for people with developmental disabilities), and Northwest Regional Council AAA, which will provide technical assistance specific to tribal partnerships.

Washington has already disseminated CDSMP in 18 counties; the state plans to expand coverage to 37 of the 39 counties over the three-year grant period.

## Key Components

*Programs to be offered are:* CDSMP, Tomando Control de su Salud, Diabetes Self-Management Program, Chronic Pain Self-Management Program, Positive Self-Management Program for HIV, and Better Choices, Better Health (online CDSMP).

*Targeted audiences are:* older adults, adults age 18+ with disabilities, tribal populations, and other ethnic and minority groups. Washington plans to engage all of the state's 29 tribes through a partnership with the Northwest Regional Council AAA; a partnership with 30 chapters of People First will champion the program in the Developmental Disability community.

*Integration with ADRCs includes:* engaging them as a referral source.

*State level coordinators will:* ensure quality through participant evaluations and intake summaries from host organizations and implementation sites, and tracking progress towards overall achievement of targets for sustainability. Washington will provide resources and opportunities for its workforce to receive peer-to-peer mentoring and support.

*Plans for sustainability include:* integrating CDSME referrals into existing systems used by managed care plans, primary care providers, and others to obtain services for adults with disabilities or chronic conditions. Washington will work with participating collaborative clinics to demonstrate an integrated referral system for services for older adults. CDSMP is reimbursable through Washington's COPES Medicaid waiver. Washington is seeking to increase the number of waiver-contracted providers and funded participants. ADSA, DOH, and the state Medicaid agency (HCA) will promote CDSMEs as value-added service for reimbursement through additional Medicaid and Medicare funding. DOH is working with the HCA Public Employee Benefits Board (PEBB) to expand benefits for CDSMP as a benefit for



the health plan available to state employees through the Washington's Uniform Medical Plan. DOH is working with a local physicians association to put in place mechanisms for billing so Uniform Medical Plan members can access CDSMP and the administering organization can be reimbursed by the plan. Currently-funded AAAs will fund CDSMEs with state and Older Americans Act funding.

### **Anticipated Results**

- Reaching 3,375 completers over the course of three years
- Expanding the reach of the program to 37 counties and 29 tribes

Tools and resources from the Fidelity and Quality Assurance Plan for Washington State will be provided to partners, trainers, and leaders. Mentoring opportunities, interactive activities via the Living Well website, and regional quality assurance practice sessions will be used to ensure high quality program delivery.

### **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)

