



Fact Sheet:

Chronic Disease Self-Management Education

Chronic Disease Self-Management Education Expansion and Sustainability Grant
September 2012-August 2015

"I have more energy than I've had in years, and for the first time I'm confident about my health."

"The best workshop I have ever taken. I use what I learned each day."

BACKGROUND

Statement of Problem and Current Capacity

People with chronic conditions are high utilizers of the health care delivery system. Chronic conditions account for three-fourths of all health-related costs nationally. In Washington, five percent of the Medicaid chronic care population accounts for 50% of the Medicaid health care expenses. During economic recovery and evolving health system design, the major challenges are managing current health care resources while planning and sustaining funds for the future. When we consider that 38% of adults over the age of 18 have one or more chronic conditions in Washington, we have to continually consider various approaches across populations.

One viable approach, supported by an expanding body of research on the impact of chronic conditions and their management points, focuses on people learning self-management skills thereby increasing their levels of confidence with health related problem solving.

Administration for Community Living (ACL) Chronic Disease Self-Management Education Grant

The Aging and Disability Services Administration (ADSA) was awarded a three year federal grant from the Administration for Community Living, which began September 2012 and ends August 31, 2015. In collaboration with the Washington State Department of Health, thirteen Area Agencies on Aging (AAA), and People First of Washington, ADSA will disseminate, design infrastructure, and plan sustainability for Stanford University's evidence-based Chronic Disease Self Management Education (CDSME) programs.

The specific types of CDSME program that Washington State is implementing are: 1) Chronic Disease Self-Management Program; 2) Tomando Control de su Salud; 3) Diabetes Self-Management Program; 4) Chronic Pain Self-Management; 5) Better Choices, Better Health (Online CDSMP).

What is Chronic Disease Self-Management Education?

FOR MORE INFORMATION, CONTACT:

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The acronym, CDSME is used as an umbrella term that refers to the Stanford evidence based Chronic Disease Self-Management Program as well as the Spanish version of CDSMP called Tomando Control de su Salud, the Diabetes Self-Management Program, the Chronic Pain Self-Management, and Better Choices, Better Health (Online CDSMP).

CDSMP is a two and a half hour workshop given once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.

Subjects covered include: (1) techniques to deal with problems such as frustration, fatigue, pain and isolation; (2) appropriate exercise for maintaining and improving strength, flexibility, endurance, and balance; (3) appropriate use of medications; (4) communicating effectively with family, friends, and health professionals; and (5) nutrition.

PARTNER ORGANIZATIONS AND ACTIVITIES

ADSA, in collaboration with our partners, has expanded CDSMP originally funded in 2008 from the National Council on Aging Challenge Grant and in 2010 from the Administration on Aging. Local partners, host organizations and implementation sites have increased to include thirteen Area Agencies on Aging and People First for Washington. We have reached over 2000 workshop participants and have set our target at 4,500 for the next three year project period.

Host organizations and implementation sites include; Tribes, Hispanic health care providers, fitness centers, human services organizations, hospitals, libraries, and community service organizations.

The Profile of CDSME participants

- 75% female and 25% male
- Four most frequently reported conditions include arthritis, depression, diabetes and hypertension
- 44% are under 60 years of age
- Native American 9%, White 74%, Black 3% and Asian 5%

Living Well with Chronic Conditions website

On the Living Well with Chronic Conditions in Washington State website (<http://livingwell.doh.wa.gov>) providers, leaders, trainers, and participants learn about healthy aging and self-management programs. Host organizations post workshops, trainings, programs and resources for adults on this website. Community organizations providing healthy aging activities and programming are welcome to contribute to this website.