

# Community Council of Greater Dallas Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this 3-year Sustainable Systems grant are to:

- **Goal 1:** Significantly increase the number of older adults and adults with disabilities who participate in and complete evidence-based chronic disease self-management education (CDSME) and support programs to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Implement new and innovative funding arrangements, including contracts and collaborations with multiple sustainability partners, to support evidence-based self-management education and support programs during and beyond the grant period. Additionally, embed programs into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

The Community Council of Greater Dallas (CCGD) and its partners will:

- Increase the number of older adults and adults with disabilities who participate in CDSME programs by targeting underserved rural and urban

areas, Spanish-speaking communities, and those at-risk for opioid dependency and/or depression; and

- Expand their Medicare billing model to include Chronic Care Management and pursue opportunities to contract for reimbursement through managed care organizations.

## Proposed Interventions

- Chronic Disease Self-Management Program
- Diabetes Self-Management Program
- Tomando Control de Su Salud
- Programa de Manejo Personal de la Diabetes
- Chronic Pain Self-Management Program
- Program to Encourage Active, Rewarding Lives (PEARLS)

## Partnerships

To achieve the goals of the grant, CCGD will collaborate with the following key partners:

- Foreign Consulates
- North Central Texas Council of Governments Area Agency on Aging
- Sixty & Better
- Tarrant County Public Health Department

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- Texas Healthy at Home Board
- Texas Woman's University
- TMF Quality Innovation Network
- United Way of Tarrant County/Area Agency on Aging of Tarrant County

## Anticipated Results

CCGD and its partners propose to achieve the following results:

- Engage 2,700 participants that complete CDSME workshops and 300 participants that complete PEARLS;
- Achieve a participant completion rate of 75-80%;
- Increase self-efficacy in managing chronic conditions among 10% of participants;
- Demonstrate that CDSME participation reduces hospital admissions and emergency department visits; and
- Mentor at least one Texas area agency on aging on receiving reimbursement for programs through Medicare billing and cultivate at least one new contract for funding CDSME programs.

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### For more information:

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