

# Education Health and Research International, Inc Chronic Disease Self-Management Education Program Grantee



## Goals

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

- **Goal 1:** Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based chronic disease self-management education and self-management support programs to empower them to better manage their chronic conditions.
  - **Goal 2:** Enhance the sustainability of evidence-based chronic disease self-management education and self-management support programs through the implementation of robust sustainability strategies.
- Engage and motivate older adult diabetics and those with other chronic conditions to participate.
  - Recruit volunteers age 55+ with chronic conditions to train as peer leaders.
  - Enable virtual participation, including removing barriers due to disabilities and impairments.
  - Train CDSME peer leaders in partnership with Delaware Division of Public Health (DPH).
  - Train EHRI's Nurse Advocate and Reliant Care Solutions (RCS) staff in the HomeMeds program.
  - Partner with key local stakeholders who will consider integrating CDSMEs as part of their treatment and exit plans.

## Strategies and Activities

EHRI and its partners will:

- Embed CDSMEs into Title III nutrition programs, including home-delivered meals and congregate meals.

## Proposed Interventions

- Chronic Disease Self-Management
- Diabetes Self-Management
- HomeMeds
- Volunteers recruited and trained
- Technology use via DATI and others

Prevention and Public Health Fund 2022, effective May 1, 2022

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## Partnerships

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

- DATI – Delaware Assistive Technology Initiative
- DPH – Delaware Division of Public Health
- DSAAPD – Delaware Division of Services for Aging and Adults with Physical Disabilities
- HomeMeds – Medication for in-home services
- MMC – Modern Maturity
- La Red – FQHC
- Reliant Care Solutions

## Anticipated Results

EHRI and its partners propose to achieve the following results:

- Improved health of participating seniors, *as measured by CDSME-suggested assessment tools (e.g., blood sugar levels for diabetics; blood pressure for hypertensives).*

- Enhanced sense of wellbeing in participants, *as measured by surveys of participants compared to Meals on Wheels 2020 data cited above.*
- Reduction of health costs among participants, *as measured by reduced pm/pm costs.*
- Greater government and payer integration, *as measured by level of \$ financial support for CDSMEs and SMPS.*
- Greater CBO buy-in and support, *as measured by the number of CBOs integrating CDSMEs and SMPS into their treatment and existing plans.*
- Stronger platform for virtual delivery of CDSMEs.

### Contact:

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### For more information:

Administration for Community Living

U.S. Department of Health and Human Services

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