

Lamprey Health Care, 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.

Strategies and Activities

SNHAHEC and its partners will:

- Develop a strategy to address chronic disease, behavioral health, and chronic

pain among older adults and adults living with disabilities by increasing participation in self-management programs over three years;

- Implement innovative funding to sustain programs
- Expand outreach and promotion efforts
- Expand partnership with Regional Public Health Networks and disability communities.
- Train leaders and master trainers.

Proposed Interventions

- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Walk with Ease

Partnerships

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

- North Country Health Consortium
- UNH Extension

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- NH Bureau of Elderly & Adult Services
- NH Healthy Lives Program
- Regional Public Health Networks
- Center on Aging and Community Living at University of New Hampshire

- Establish sustainable funding mechanisms by working with insurers.
- Utilize USDA SNAP-Ed funds to support sustainability of CDSMP implementation.

Anticipated Results

SNHAHEC and its partners propose to achieve the following results:

- Engage 800 participants in Chronic Disease and/or Chronic Pain self-management programs.
- Increase participation in Walk with Ease by 1050 individuals.
- Achieve 75% participant completion rate in CDSM & CPSM

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For more information:

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