

University of North Carolina Asheville

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.
- Support key partner Area Agencies on Aging (AAAs) in North Carolina to implement expansion of CDSME programs, specifically Chronic Pain Self Management Program, by leveraging referral pathways from other programs and systems of care.
 - Expand partnership with key partner AAA to implement the new supportive program, Program to Encourage Active and Rewarding Lives (PEARLS), to improve mental health of participants.
 - Assist AAAs to train staff for CDSME expansion and PEARLS program needs.

Strategies and Activities

The North Carolina Center for Health and Wellness (NCCHW) at the University of North Carolina Asheville and its partners will:

Proposed Interventions

- Chronic Pain Self-Management Program (CPSMP)
- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Program to Encourage Active and Rewarding Lives (PEARLS)

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



Partnerships

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

- North Carolina Division of Aging and Adult Services
- Centralina Area Agency on Aging
- High Country Area Agency on Aging
- Land of Sky Area Agency on Aging
- Southwestern Commission Area Agency on Aging
- Triangle J Area Agency on Aging
- Upper Coastal Plains Area Agency on Aging
- Western Piedmont Area Agency on Aging

Anticipated Results

NCCHW and its partners propose to achieve the following results:

- Reach 1,200 participants with 900 completers in CDSMP.
- Reach 500 participants with 375 completers in DSMP.
- Reach 500 participants with 375 completers in CPSMP.
- Reach 205 participants with 154 completers in PEARLS.
- Improve PEARLS participants self-reported scores of depression symptoms by 10%.

Contact:

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For more information:

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