



AoA Evidence-Based Disease and Disability Prevention Program

Connecticut State Profile

The Evidence-Based Disease and Disability Prevention Program was designed to expand seniors' access to effective interventions in the effort to reduce their risk of disease, injury, and disability. This profile provides a brief synopsis of how states and leading community aging provider organizations have tailored evidence-based health promotion programs to meet the needs of the older adult communities they serve.

Lead Organization: Connecticut Department of Social Services

State Health Department: Connecticut Department of Public Health

Project Title: Empowering Older People

Project Period: June 1, 2007 to May 31, 2010

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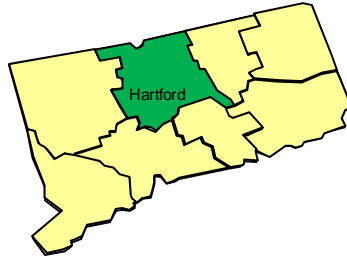
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- Step by Step (SbS)

Trainer and Leader Capacity by Program (as of December 2007)

- Chronic Disease Self-Management Program: 3 Master Trainers

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 5 sites
 - senior centers

Participants by Program (through November 30, 2008)

- Chronic Disease Self-Management Program: 60 enrolled; 88% completed the course

Evaluation and Outcomes

- Results of pre-post study of Chronic Disease Self-Management Program participants

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