



**Program:** Evidence-Based Disease Prevention:  
**Disease Self-Management**

**Organization:** Area Agency on Aging of Western Michigan, Grand Rapids, MI

**Project Title:** Improving Self Management of Chronic Disease in the Elderly: A Partnership Between Managed Health Care Providers and the Aging Network.

**Project Period:** September 30, 2003 TO September 29, 2006

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**Evidence Base**

This intervention will be based on the Chronic Disease Self-Management Program (CDSMP) developed by K. Lorig *et al* (1999) at Stanford University. The CDSMP is a self-management program designed to address a broad spectrum of chronic diseases. The program seeks to promote increases in participants' positive health behaviors, health status, and self-efficacy with regard to disease management and to reduce inappropriate health care utilization. Participants complete a 6-8 week workshop, taught by a trained lay leader, covering topics such as managing disease symptoms, medication management, and communications with health care providers. Workshops offer highly interactive strategies such as skills mastery, modeling, and group problem solving.

**Original Research Evidence**

The original research, led by Kate Lorig at Stanford, was published in 1996. The study evaluated the effectiveness of a chronic disease self-management program on changes in health behavior, health status, and health service utilization.

A group of 952 participants age 40 or older, all with chronic disease (heart disease, lung disease, stroke or arthritis), were randomly assigned to a treatment group or a control group.

Health behaviors, health status and health service utilization were measured by questionnaire.

After 6 months, results showed that those in the treatment group had improvements in weekly minutes of exercise, frequency of cognitive symptom management,

communications with physicians, self-reported health, health distress, fatigue, disability, and social/role activities limitations. Hospitalizations and days in the hospital were also less for the treatment group.

### **Adaptation of Model**

Western Michigan Area Agency on Aging is pairing with a managed care company to recruit participants, as well as using enhanced outreach through trained lay leaders from the community.

### **Project's Overall Design**

The Area Agency on Aging of Western Michigan will conduct a three-year program using the Chronic Disease Self-Management Program (CDSMP) and enhanced outreach. The project seeks to model how the aging network in partnership with a managed care plan can improve the health outcomes for older adults.

Participants will complete a health risk assessment and will be assigned an outreach worker to follow them through the program. The CDSMP workshop will be offered in familiar aging network settings.

Half of the participants in this project will be referred by a managed care organization, while the other half will be referred by a Community Aging Service Provider (CASP). Participants will receive enhanced outreach services from CASP workers who have been trained in the principles of CDSMP and motivational interviewing. All enrollees will be offered participation in the CDSMP.

The overall goal is to implement the Stanford CDSMP and maintain the fidelity of the program for 200 participants

### **Target Population**

The project targets seniors living in Kent County, Michigan. Four hundred adults, age 60 and older, who have one of four chronic conditions, will be enrolled in the study. Each of the four partner CASPs target one or more under-served populations. This project will ultimately serve both African-American and Hispanic elders living in urban and rural settings.

### **Anticipated Outcomes**

- An ongoing project assessment that will result in continuous quality improvement
- Knowledge and skills of aging network staff will be strengthened with regard to chronic disease self-management.
- Increased appropriate health behaviors, improved health status, decreases health care utilization, and increased sense of self-confidence on the part of participants receiving the CDSMP
- An assessment of the effectiveness and cost savings derived from using the CDSMP will indicate a reduced cost to patients and insurers for those receiving the CDSMP.

### **Evaluation Design**

The Impact Evaluation will include a series of surveys to measure health-related outcomes. CDSMP pre-surveys will be completed on all enrollees at intake. Mid-Project surveys will be completed after attendees complete the CDSMP classes, and a final survey will be completed six months after completion of the classes. Evaluators hope to determine whether changes in health outcomes (health status, health care utilization) vary with changes in health behaviors and self-efficacy.

The Project Team will be responsible for the Process Evaluation. Representatives from each partner will maintain documentation of meetings and notes on their clients for the purposes of continuous quality improvement and recording lessons learned.

### **Partnerships**

- Western Michigan Area Agency on Aging (AAA) will be in charge of the day-to-day management for this program. They will be responsible for coordinating the partners and the CDSMP workshops.
- Priority Health, a local managed care organization, will act as the health care providers, and help identify participants for the program. They will also be responsible for administering the Health Risk Assessment to participants.
- Four Community Aging Services Providers (CASPs) in the Kent County area will also help identify participants for the program. They will also participate in the CDSMP training, assist participants in various forms for this project (informed consent, HRA, outcomes assessments), and encourage participants to incorporate
- Grand Valley State University, Kirkhof School of Nursing, will provide research support and be responsible for the program evaluation.