

RESOURCE GUIDE: TAKING CHARGE!

EVIDENCE-BASED SELF-MANAGEMENT PROGRAMS

This is a supplemental resource guide to the Resources for Integrated Care (RIC) webinar held on September 13, 2017, *Taking Charge! Evidence-Based Self-Management Programs*. This guide is intended to support plans and providers in their member engagement efforts with a particular focus on members who have coverage through Medicare and Medicaid. The webinar recording, slides, and transcript can be found on the Resources for Integrated Care website:

https://www.resourcesforintegratedcare.com/MemberEngagement/2017_ME_Webinar_Series/Taking_Charge

RESOURCE CENTERS AND WEBSITES

The **National Chronic Disease Self-Management Education Resource Center** provides toolkits, webinar recordings, learning modules, and other resources regarding Chronic Disease Self-Management Education (CDSME) programs across the United States.

<https://www.ncoa.org/center-for-healthy-aging>

The **Self-Management Resource Center** conducts the Chronic Disease Self-Management Program (CDSMP) and provides resources such as peer-reviewed journal articles, published books, and evaluation tools for organizations that wish to adopt or enhance their self-management programs.

<https://www.selfmanagementresource.com>

The **Administration for Community Living** provides federal resources that can be used to support the development of No Wrong Door programs in states.

<https://nwd.acl.gov/index.html>

The **Virginia Department for Aging and Rehabilitative Services** provides resources and services to improve the employment, quality of life, security, and independence of older Virginians and Virginians with disabilities.

<https://www.vadars.org>

PUBLICATIONS

This issue brief from **The Administration for Community Living** titled, *Educating Adults on Chronic Disease Self-Management*, discusses self-management programs for adults with chronic conditions. The brief presents the evidence for these programs and describes options for states and localities seeking to implement and sustain them.

🔗 <https://www.acl.gov/news-and-events/announcements/acl-releases-new-briefing-educating-adults-about-chronic-disease-self>

PROGRAMS

The Administration for Community Living provides *Chronic Disease Self-Management Education Programs*, an overview of the federal grant program supporting CDMSE programs. This resource provides information on the progress of the grants and includes grantee profiles.

🔗 <https://www.acl.gov/programs/health-wellness/chronic-disease-self-management-education-programs>

The **Evidence-Based Leadership Council** provides a program locator for CDSMPs across the United States.

🔗 <http://www.eblcprograms.org/evidence-based/map-of-programs>

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The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to help beneficiaries enrolled in both Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This guide is intended to support health plans and providers in integrating and coordinating care for Medicare-Medicaid beneficiaries. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to <https://www.resourcesforintegratedcare.com>. Please submit any feedback on this guide or topic suggestions for other resources to RIC@Lewin.com.