

Building a Sustainable Infrastructure for Chronic Disease Self-Management in Oregon



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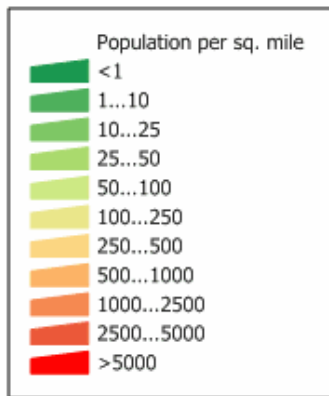


Agenda

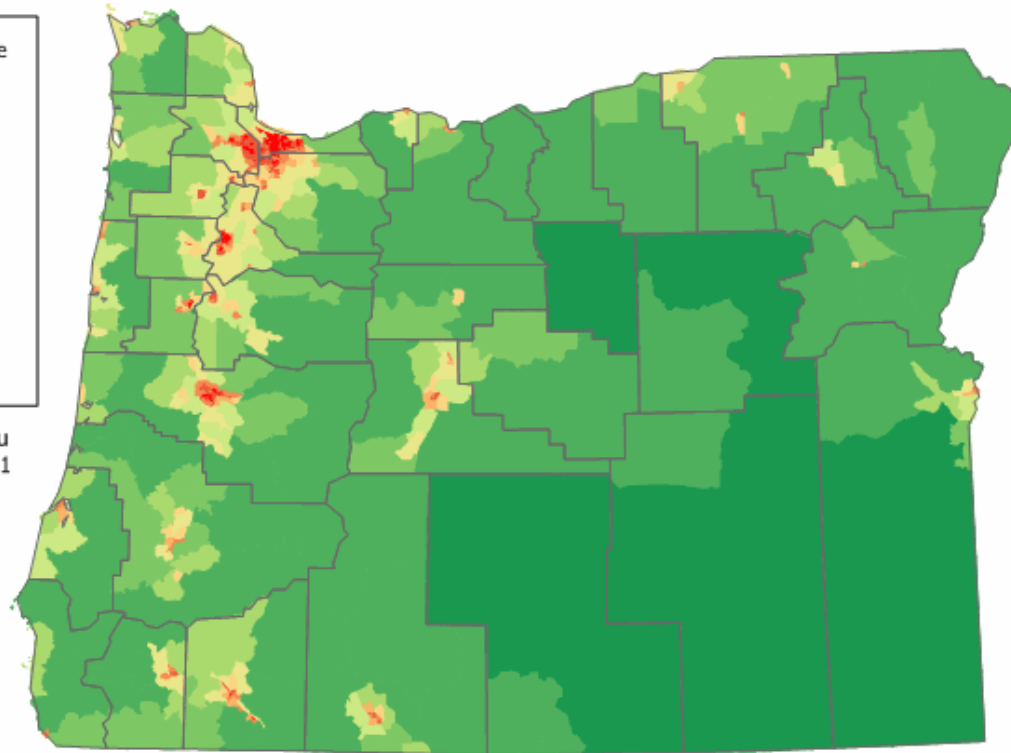
- Describe Oregon's experience in developing self-management infrastructure
- Workshops held and participants reached
- Successes, challenges, and lessons learned
- Plans for sustainability



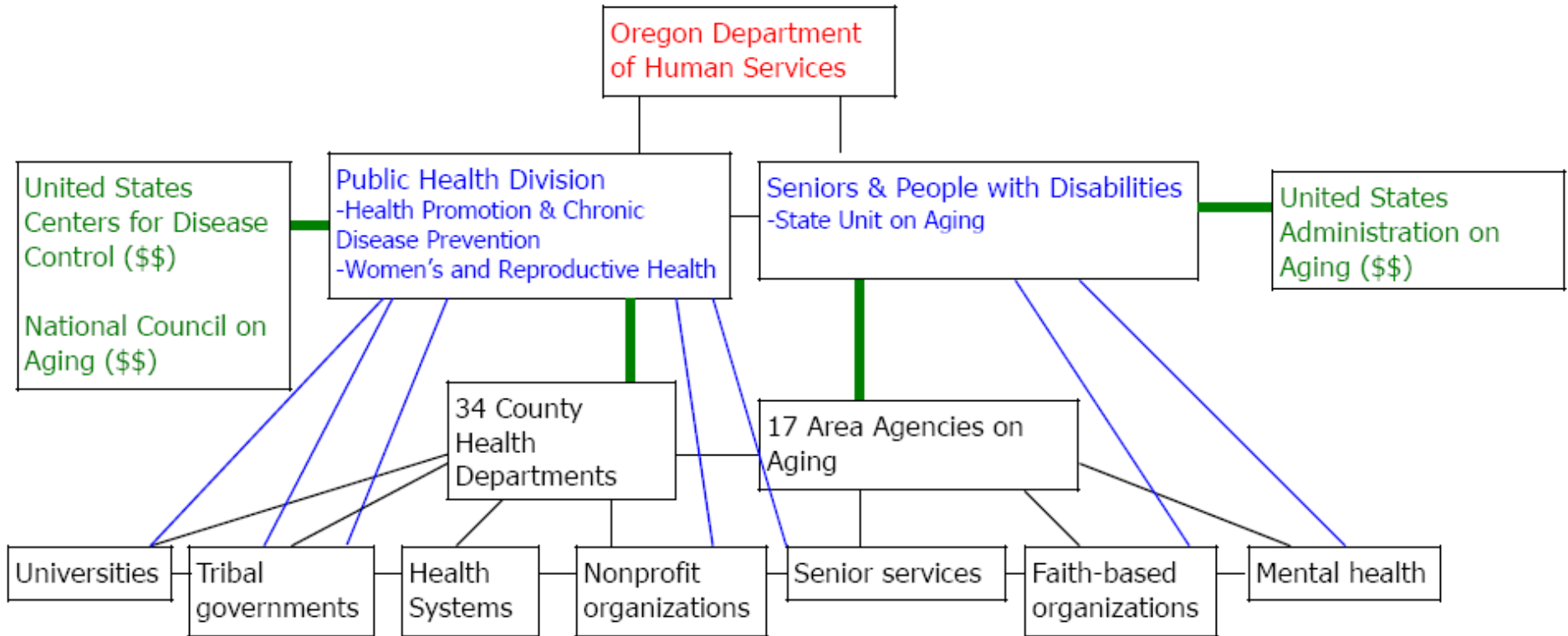
Oregon's Geography



Source: U. S. Census Bureau
Census 2000 Summary File 1
population by census tract.



Delivery Systems



The Oregon CDSMP Experience

- Oregon Department of Human Services has supported CDSMP (Living Well with Chronic Conditions) since 2001

Cross-program partnership since 2005

- Living Well fits the needs of multiple programs
 - Brings together people with a variety of chronic conditions
 - Better suited to rural/frontier areas than disease-specific programs

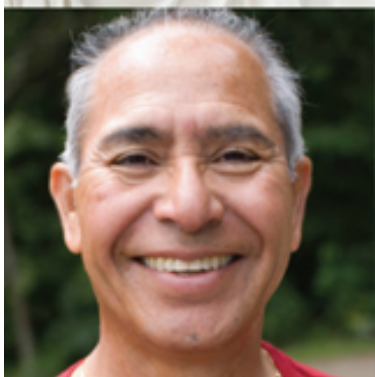


Cross-Program Partnership



- Public Health Division - Health Promotion & Chronic Disease Prevention Section

Arthritis, Asthma, Diabetes, Heart Disease and Stroke Prevention (*Centers for Disease Control & Prevention*)



- Public Health Division - Women's & Reproductive Health Section

WISEWOMAN (*Centers for Disease Control & Prevention*)



- Seniors & People with Disabilities Division - State Unit on Aging

Evidence-Based Healthy Aging Programs (*Administration on Aging*)

National Council on Aging Sustainable Systems grant (*Atlantic Philanthropies*)





Local Public Health

Pooled funding to 12 of 34 county health departments to:

- Build community capacity for prevention, early detection, and self-management of chronic disease
- Develop partnerships to build local Living Well programs
- Advocate for policy change to support healthier environments in which people live, work and play

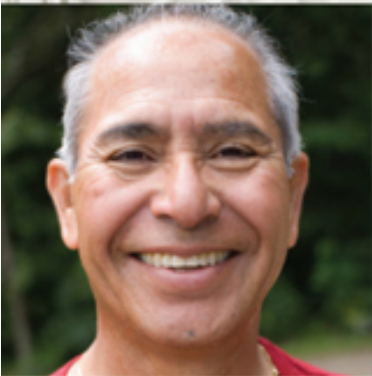




Healthy Aging and the Aging Network

Grants to three Area Agencies on Aging and one federally-recognized tribe

- Implement evidence-based healthy aging programs for older adults, including Living Well
- Must partner with local health departments



Other Partner Organizations

These organizations:

- Hospitals
- Clinic systems
- Parish nurses
- Veterans' Administration
- DHS - Self-Sufficiency
- Universities/community colleges
- Extension Services
- Mental health departments
- Senior centers
- Nonprofit organizations
- Housing organizations
- Employee benefits boards
- Parks and Recreation
- Community foundations

Provide:

- In-kind support
- Direct funding for staff time, leader stipends, supplies
- Meeting space
- Volunteers or staff to be trained as leaders
- Venues for advertising workshops and leader training
- Evaluation and Web development skills
- Referrals to workshops





Regional Training Contractors

- Provide 2-3 leader trainings per year in their region (Living Well and Tomando Control)
- Assure quality and fidelity of all leaders within their region, assisted with development of fidelity observation tools
- Provide support and technical assistance to partner organizations and leaders
- Recruit new partner organizations





Technical Assistance and Support

Pooled funding for infrastructure development:

- Direct technical assistance to leaders, Master Trainers & coordinators
- Data collection & reporting
- Communications - listserv, monthly e-newsletter, Web site, toll-free phone number, marketing materials
- Statewide workshop and training calendars
- Leader training (free of charge to participants with additional incentive for lay leaders)
- Annual Living Well Forum



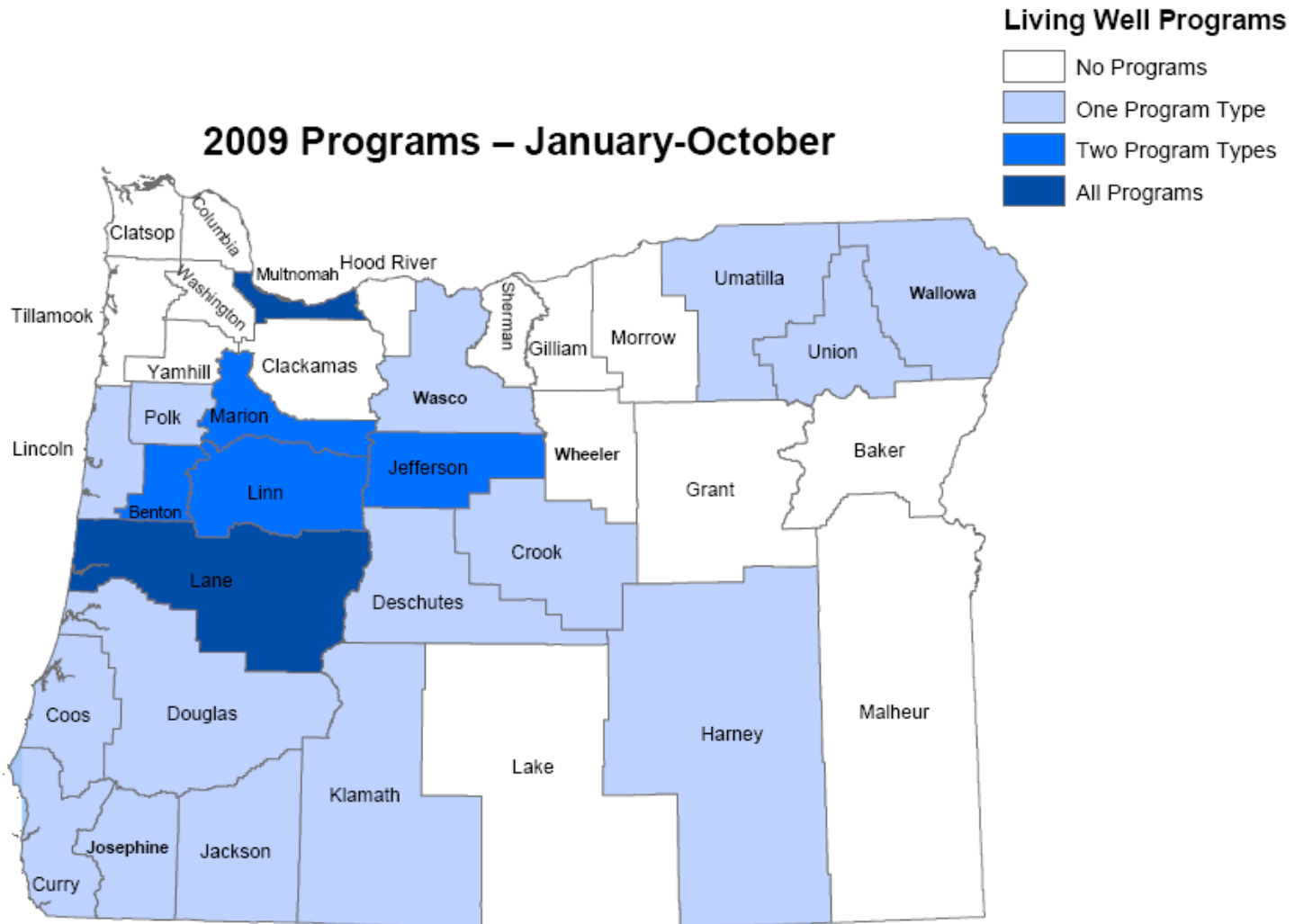


Living Well Network

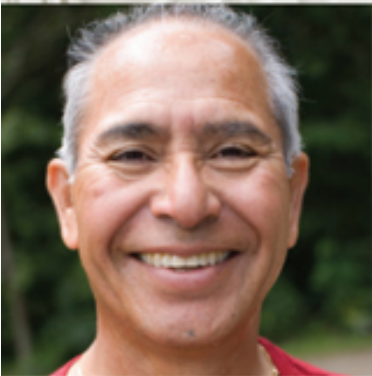
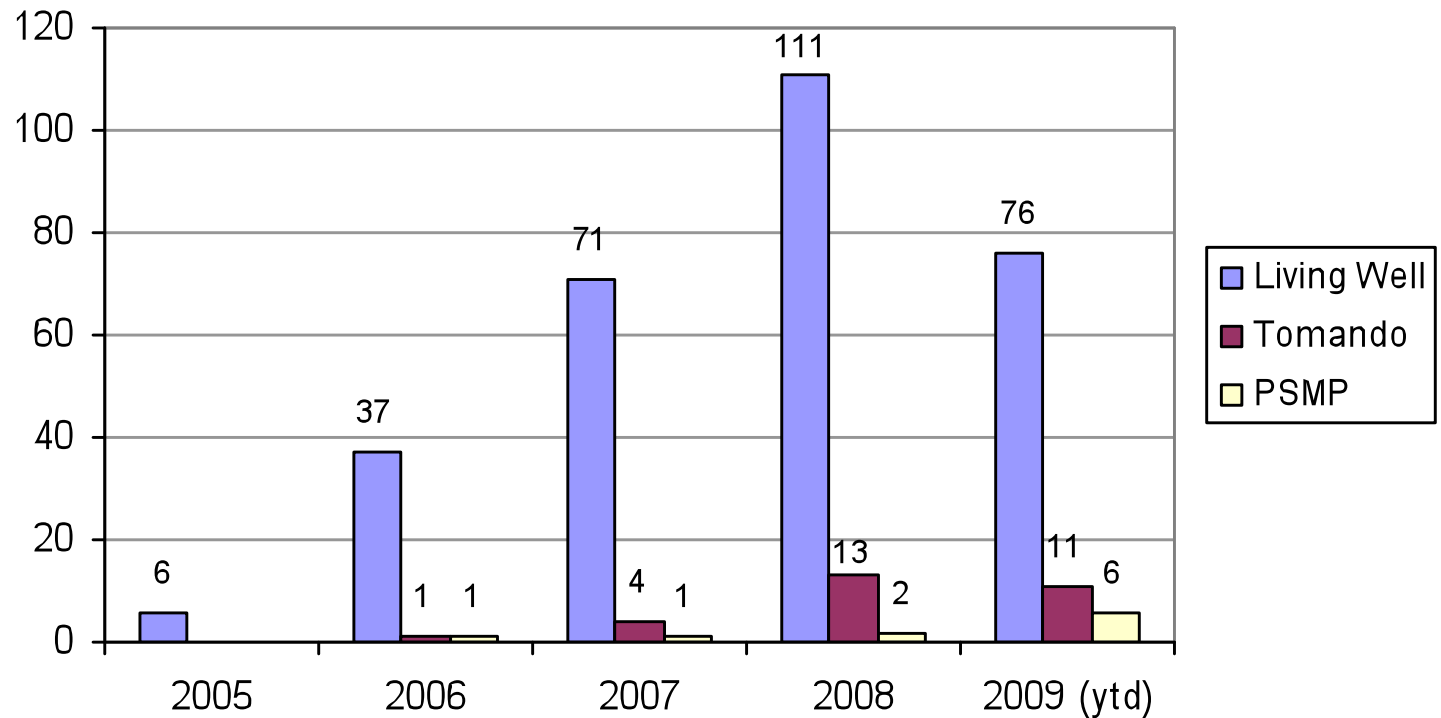
- Established in March 2008
- Represents Living Well, Tomando, PSMP
- Developing tools for statewide use
- Sharing strategies, resources, and best practices
- Convening three workgroups - Marketing and Recruitment, Quality Assurance and Fidelity, and Reimbursement
- Meet quarterly by conference call and once in person per year



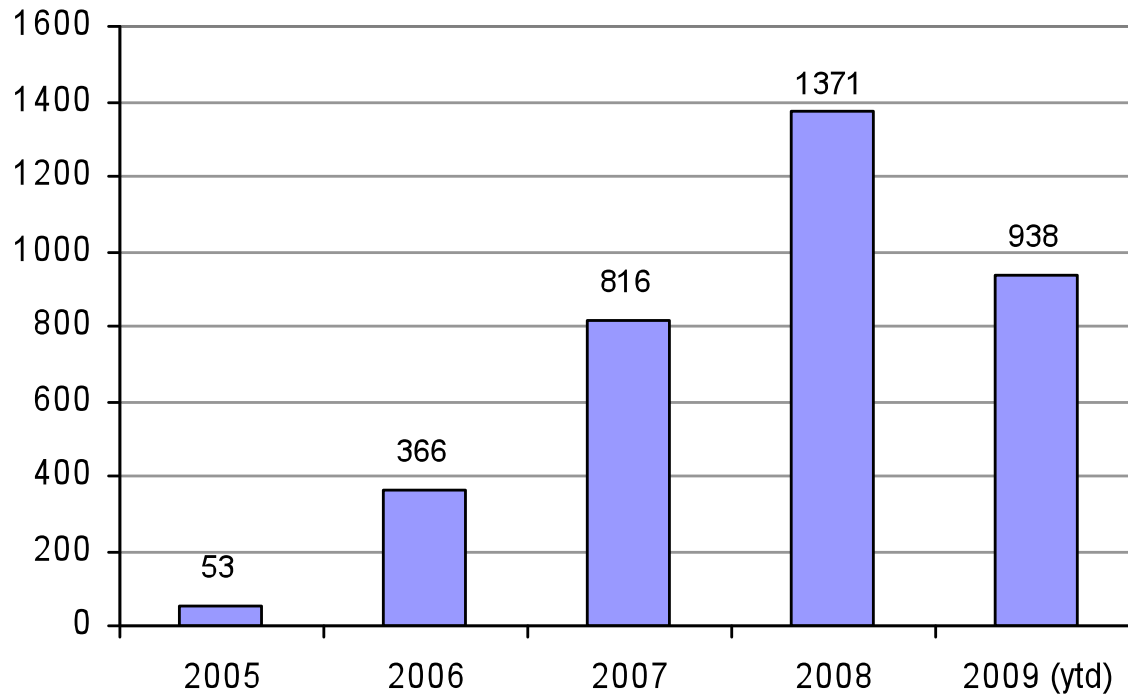
2009 Programs – January-October



Living Well Programs 2005-10/2009



Living Well Participation 2005-10/2009





Living Well in Oregon

- 400 trained leaders
- 70+ Master Trainers
- 46 licensed organizations
- Regional coordinators/collaboration

Central Oregon

Southern Oregon

West/Central Oregon

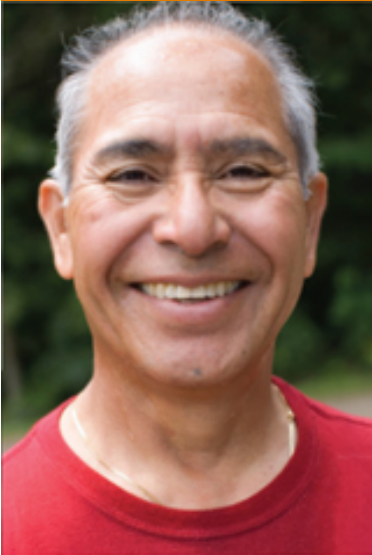




Successes

- Partnership at the state level
- Statewide coordination
- Diversity of partners and dedication
- Growth in new programs and partners despite economic downturn
- Leadership of Living Well Network





Challenges

- Diversity of licensed organizations - development of a “one size fits all” approach is impossible
- Sustainable funding for program coordinators across the state to organize efforts
- Access to rural and frontier populations
- Buy-in at health care system level
- Leader retention





Lessons Learned

- Seek diverse partnerships and leverage common goals
- Value the position of a central coordinator
- Combine funding streams and seek diversity in funding sources
- Let the program and participants speak for themselves!





Plans for Sustainability

- Develop supportive regional level infrastructure (coordinator position, funding, leaders, Master Trainers), rather than emphasize state coordinated role
- Support all 36 counties through ongoing Healthy Communities and Evidence-Based Healthy Aging programs, using a sustainable funding source
- Develop state level, systems-based approach for reimbursement from health plans (state employees, Medicaid, commercial plans)



Questions?

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Oregon Living Well