

MARYLAND  
**Living**  **Well**  
CENTER of EXCELLENCE

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CAREGIVING CONFERENCE NOVEMBER 3, 2018

WENDY FARTHING

DIRECTOR OF EVIDENCE-BASED INTEGRATION CDSME/FALLS



MAC INC.

# MARYLAND **LIVING WELL** CENTER OF **EXCELLENCE**

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- MAC, Inc. a non-profit 501(C3) Area Agency on Aging located in Salisbury, MD. The Maryland Living Well Center of Excellence (LWCE) is a division of MAC and oversees delivery of evidence-based programs to residents across the state.
- The LWCE holds the statewide license, coordinates statewide trainings and data collection, provides technical assistance for all CDSME programs.
- The LWCE partners with regional health systems, Area Agencies on Aging, MD State government agencies, and organizations serving older adults, adults with disabilities to build an integrated, sustainable CDSME network across the state of MD.

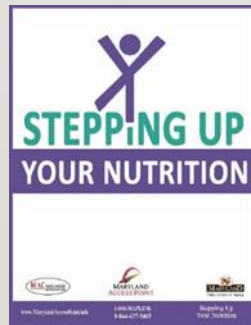
# EVIDENCE-BASED PROGRAMS OFFERED



**CHRONIC DISEASE  
SELF-MANAGEMENT  
EDUCATION PROGRAMS**



**PEARLS™**





AAAs

Aetna Better Health of MD (Medicaid Managed Care)

Atlantic General

CRISP – Chesapeake Regional Information System for Patients

Frederick Regional Health System Chronic Care Clinic

Geriatric House Calls

Health Departments

Health Quality Innovators (QIN/QIO)

Johns Hopkins Geriatric Workforce Enhancement Program

Keswick Community Health

Maryland Department of Aging

Maryland Department of Health

Maryland Department of Disabilities

Maryland Association of Area Agencies on Aging

MedStar Health

PASRR (Maryland Older Adults Behavioral Preadmission Screening and Resident Review Organization)

Peninsula Regional Medical Center

University of MD Medical System

# LIVING WELL BASICS




- Living Well is **evidence based**. This means that participants in *Living Well workshops have **predictable outcomes**, similar to the people participating in the research.*
- Designed for anyone 18 and up with a chronic condition or care-givers of those with chronic conditions
- The self-management program outcomes include: improved quality of life, reduced health complications, and the need for emergency care.



# ACUTE VS. CHRONIC

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“ Acute = Intense;  
Chronic = Recurring.”

- Dealing with a chronic physical condition or mental health issue, both the health provider's role and ours is different than when treating acute health problems.
  - With acute conditions, such as the flu, tooth ache, infection, broken leg or appendicitis the causes, diagnoses, tests and treatments are usually pretty clear cut. The health provider chooses what to do and we follow his or her orders.
  - With chronic conditions, however, everything is more complicated and uncertain. Examples are diabetes, pain, anxiety, heart disease, asthma, arthritis and depression. Chronic conditions evolve and can wax and wane.
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# WHO SHOULD ATTEND A CDSMP WORKSHOP?

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<b>ANYONE WITH A CHRONIC CONDITION</b>		
ADDICTION	ANXIETY	ARTHRITIS
ASTHMA/COPD	CANCER	CHRONIC PAIN
DEPRESSION	DIABETES	FIBROMYALGIA
HEART DISEASE	HIGH CHOLESTEROL	HYPERTENSION
MENTAL ILLNESS	MULTIPLE SCLEROSIS	OBESITY
PARKINSON'S	STROKE	<b>....AND MORE</b>

# SELF-MANAGEMENT GOALS

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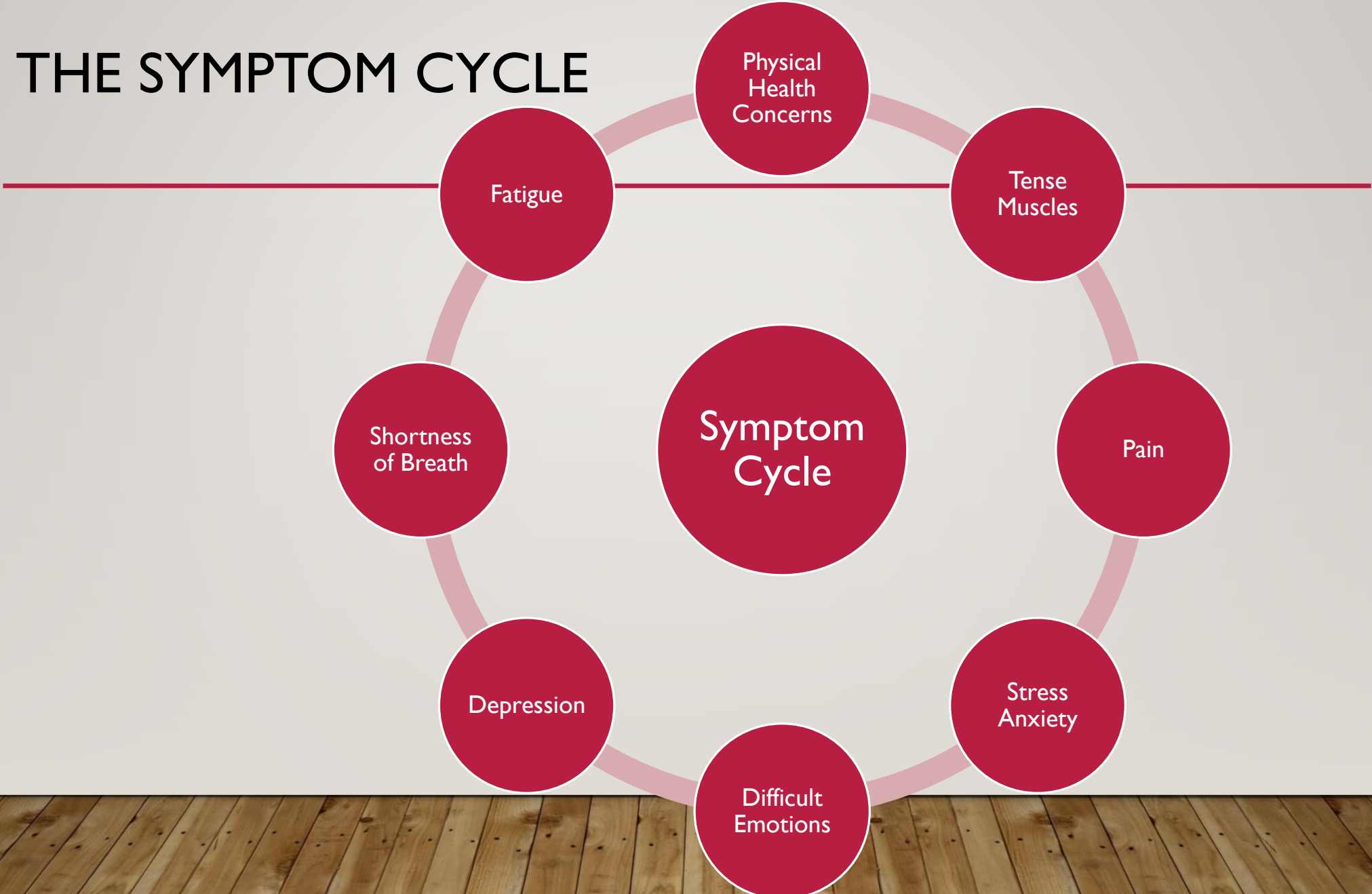
- Patients accept responsibility to manage or co-manage their own disease conditions.
- Patients become active participants in a system of coordinated health care, intervention and communication
- Patients gain confidence (self-efficacy) to perform tasks and focus on improved health status and appropriate health care utilization

# WHY DO SELF-MANAGEMENT PROGRAMS WORK?

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- People with chronic conditions have **similar concerns** and problems.
- People must deal not only with their **disease**, but also the **impact** these have on their **lives** and **emotions**.
- People with chronic conditions are more likely to **identify** with and **trust** leaders who have had **similar experiences**.
- People learn best by being taught a little bit, having a chance to try things out, getting feedback, and building on what they have learned. This is how the CDSMP is designed.

# THE SYMPTOM CYCLE



# LIVING WELL PROGRAMS



## CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)

- Nutrition and healthy eating
- Appropriate exercise to maintain and improve strength, flexibility, and endurance
- Communicating effectively with family, friends and health care providers
- Appropriate use of medications
- Techniques to deal with pain, fatigue, frustration, isolation
- Making informed treatment decisions and disease-related problem solving
- Action Planning / Goal Setting

## DIABETES SELF-MANAGEMENT PROGRAM (DSMP)

- Similar to CDSMP but also covers information specific to Diabetes:
- Glucose monitoring
- Healthy eating and prevention of low blood sugar
- Preventing or dealing with complications specific to diabetes
- Medication usage
- Exercise and maintaining a balance of blood sugar
- Skin and foot care


# LIVING WELL PROGRAMS

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## CHRONIC PAIN SELF-MANAGEMENT (CPSMP)

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Exercise introduced in Session 2. Moving Easy Program in Sessions 3, 4, 5
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Pacing activity and rest
- How to evaluate new treatments.

## CANCER THRIVING AND SURVIVING (CTS)

- Healthy eating
  - Regaining fitness during and after cancer treatment
  - Managing stress/Managing pain
  - Living with uncertainty
  - Cancer and changes to your body
  - Working with health care providers/Future plans for healthcare
  - Better communication with family, friends and co-workers
  - Managing emotions and relationships
  - Managing fatigue and the effects of treatment/Making decisions about treatment and complimentary therapies
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# STATEWIDE REACH CDSME GRANT 2015-2018 FINAL NUMBERS

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<b>Total number of participants*</b>	<b>Target number of participants</b>	<b>% of goal to date</b>	<b>Total number of completers*</b>	<b>Target number of completers</b>	<b>% of goal to date</b>
<b>5292</b>	<b>4000</b>	<b>132%</b>	<b>3995</b>	<b>3000</b>	<b>133%</b>

\* Information in the National CDSME Database as of August 21, 2018

# SESSION 0'S RECRUITMENT INTO EVIDENCE-BASED PROGRAMS

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- 329 participants have attended 40 Hypertension workshops offered by 14 agencies across the state in 2018.



Living Healthy with High Blood Pressure

- 203 participants have Stepped Up their Nutrition this year at 19 workshops offered across the state.



# FEEDBACK FROM PARTICIPANTS

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- I have more self-confidence in my ability to manage my health than I did before taking this workshop
- I learned how to set an action plan and follow it
- I now have a better understanding of how to manage the symptoms of my chronic health condition(s)
- I feel more motivated to take care of my health since I took this workshop



# INTERESTED IN WORKSHOPS IN HOWARD COUNTY? PLEASE CONTACT:

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