

Careum Congress 2014

17./18.03.2014, Basel

«Machtfaktor Patient 3.0» – Patienten verändern das Gesicht des Gesundheitswesens

"The power of patients 3.0" – Patients are changing the face of health care

CAR14-115

Innovative public-private partnerships: Empowering individuals through chronic disease self-management

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Teaser: How Stanford's Chronic Disease Self-Management Programme (CDSMP) can empower and improve patient health and change systems of care: Key learnings from two national initiatives and the programme developer.

Background, objective: By 2050, the U.S. population aged 65 and older will double from 40 million to more than 88 million. Over 60% of older Americans have two or more chronic conditions. Chronic illnesses are a major contributor to health care costs, accounting for 75% of the \$2 trillion in U.S. annual health care spending. Chronic conditions also result in 70% of deaths, and restrict the lives of 25 million people. CDSMP has been found effective in improving health, improving quality of life and sometimes reducing health care utilization. Since 2006, the U.S. Administration for Community Living (ACL) has funded state governments to increase access to CDSMP. The ACL grants are aimed at 1) significantly increasing the number of older and/or disabled adults who complete CDSMP workshops and 2) building integrated, sustainable programme delivery service systems to increase access nationwide.

Approach, methods, patient engagement: ACL's overall vision includes supporting initiatives that bridge the aging, public health, disability, health care and long term care systems. 48 states have been supported through ACL to work toward ensuring that access to these programmes is as readily available as prescription drugs. States have partnered with health systems and a variety of local community organizations to increase access to and sustain the programmes.

Findings: State grantees and their local community partners have reached over 150'000 older adults through more than 9500 workshops. Programme analysis identified best practices specific to marketing, creative partnerships, business planning and other sustainability elements.

Discussion and implications: This presentation will examine how grantees have taken advantage of health care reform opportunities to embed evidence-based programmes in health systems to foster self-management support and person-centered integrated care. The perspectives of a programme developer, a federal funding agency and a national technical assistance center about scaling and sustaining programmes will be presented. There will be opportunity for dialogue and discussion.

Key terms: cdsmp, self-management, patient empowerment