

**Aging and Long-Term Support Administration  
050 - PL - EW - CDSME EXPANSION UAR**

Agency Submittal: 11-2017-19-YR Agency Req

Budget Period: 2017-19

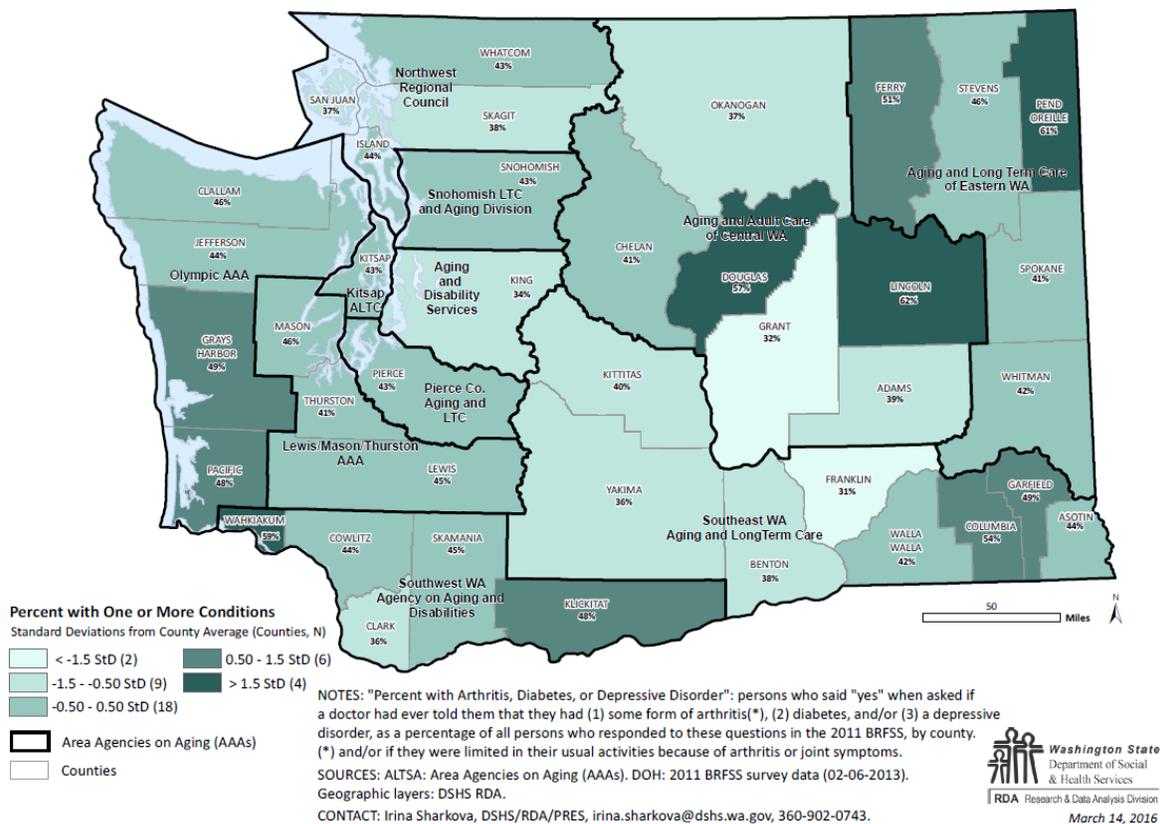
**SUMMARY**

Chronic diseases such as diabetes, arthritis, hypertension, and lung and heart disease are widespread in society and negatively affect the health and well-being of our citizenry. Costs to care for clients with these diseases are escalating and expected to increase with the aging of our society. Evidence-based, Chronic Disease Self-Management Education (CDSME) programs employ action planning, interactive learning, behavior modeling, problem solving, decision-making and social support change in clients. The Aging and Long-Term Support Administration (AL TSA) requests to use awarded grant funds of 0.3 FTE, \$440,000 GF-Federal (\$0 GF-State) to sustain and expand existing CDSME programs. This is instrumental in promoting health and well-being of clients as well as containing costs.

**PROBLEM STATEMENT**

Chronic diseases are expensive to treat and burdensome on patients and their families. Lack of knowledge as to how to manage and control chronic diseases result in disease progression, poor health, increased medical costs, institutionalization, and even death. Managing chronic disease is imperative in order to improve quality of life and reduce the costs of health care and institutional care.

**Percent with Arthritis, Diabetes, or Depressive Disorder by County**



**DSHS VISION**  
People are healthy • People are safe • People are supported • Taxpayer resources are guarded

**DSHS MISSION**  
To transform lives

**DSHS VALUES**  
Honesty and Integrity • Pursuit of Excellence • Open Communication • Diversity and Inclusion • Commitment to Service

**PROPOSED SOLUTION**

AL TSA will use the \$440,000 GF-Federal received from the federal government for the 2017-19 Biennium Budget to sustain and expand existing CDSME programs to underserved older adults and adults with disabilities. The proposed specific geographic areas to be served with corresponding programs and workshops are below:

Organization (geographic location)	Program	Workshops	Participants	Completers
AL TSA/HCA (statewide) Contract with Canary Health	Better Choices, Better Health	*	300	225
Area Agency on Aging & Disabilities of Southwest Washington (Wahkiakum, Cowlitz, and Clark Counties)	CDSMP	13	163	130
	DSMP			
Aging & Disability Services (King County) Contract with Kin On Community Health Care, Sound Generations and AARTH	CDSMP	36	360	270
	CPSMP			
	DSMP			
	Enhanced Wellness*			
	PEARLS*			
Senior Services of Snohomish County (Snohomish County) Contract with Snohomish County Aging & Disability Service	CDSMP	20	320	240
	CPSMP			
	DSMP			
Central WA AAA (Adams, Chelan, Douglas, Grant, Lincoln and Okanogan Counties)	CDSMP	40	320	240
	CPSMP			
	DSMP			
	Tomando Control			
	Manejo			
INHS (Spokane County) Unfunded partner Aging & Long Term Care of Eastern WA	DSMP	14	210	147
Northwest Regional Council Contract with Wisdom Warrior Program	CDSMP	TBD	TBD	TBD
<b>Totals</b>		<b>123</b>	<b>1673</b>	<b>1252</b>

**EXPECTED RESULTS**

Eligible clients will be able to access crucial chronic disease self-management services in their communities, which will:

- Increase awareness and knowledge regarding client’s disease
- Improve overall health, resulting in increased quality of life
- Reduce utilization of medical services, reducing costs
- Extend time client remains in home rather than in institutional care, reducing costs

By funding this request, AL TSA will expand reach of CDSME programs to underserved populations, projected at 1,673 participants and 1,252 completers. AL TSA expects to establish stakeholder partnership demonstrating innovative strategies to increase CDSME without federal grant funds. Clients will gain access to needed services to help them better self-manage and control their chronic diseases. This will result in improved health, reduced medical costs, and the ability to remain independent in their homes for a longer period.

If this request is not funded, client health and well-being will be negatively affected. Clients eligible for CDSME services will lack access to information about disease self-management, resulting in poorer health outcomes, increased medical costs, and potentially an increase in the number of clients who will need institutional care. The cost of self-management services is far less than the cost of institutional care.

**STAKEHOLDER IMPACT**

This proposal is expected to have support from Area Agencies on Aging and providers of other services. There is no known opposition.

Agency Contact: CBO Bryan Way, (360) 902-7769

Program Contact: Todd Dubble, (360) 725-2562

OTHER CONNECTIONS

Performance Outcomes/Important Connections

1. **Does this DP provide essential support to one or more of the Governor's Results Washington priorities?**  
Goal 4: Healthy & Safe Communities - Healthy People - Provide access to good medical care to improve people's lives.
2. **The decision package meets the following DSHS' strategic objectives:**  
2.1: Ensure seniors and individuals with a disability who are in need of long-term services and supports are supported in their communities.
3. **Identify other important connections or impacts below.** (Indicate 'Yes' or 'No'. If 'Yes' identify the connections or impacts related to the proposal.)
  - a) Regional/County impacts? No
  - b) Other local government impacts? No, although NWRC will implement Wisdom Warriors to include reaching tribal populations.
  - c) Tribal government impacts? No
  - d) Other state agency impacts? No
  - e) Responds to specific task force, report, mandate or executive order? No
  - f) Does request contain a compensation change or require changes to a Collective Bargaining Agreement? No
  - g) Facility/workplace needs or impacts? No
  - h) Capital budget impacts? No
  - i) Is change required to existing statutes, rules or contracts? No
  - j) Is the request related to litigation? No
  - k) Is the request related to Puget Sound recovery? No
  - l) Other important connections? No
4. **Please provide a detailed discussion of connections/impacts identified above.**

The Wisdom Warrior program is a wraparound program for CDSME developed by NWRC to address barriers in reaching tribal populations. It has been nationally recognized for its notable success.

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Alternatives/Consequences/Other

**5. What alternatives were explored by the agency, and why was this alternative chosen?**

This grant is an alternative to requesting state funds.

**6. How has or can the agency address the issue or need within its current appropriation level?**

AL TSA does not have the resources to address this need within its current appropriation level.

**7. Does this decision package include funding for any IT-related costs (hardware, software, services, cloud-based services, contracts or IT staff)?**

No

Yes (Include an IT Addendum)

**Fiscal Detail****050 - PL - EW - CDSME Expansion UAR**

<b>Operating Expenditures</b>	<b><u>FY 2018</u></b>	<b><u>FY 2019</u></b>	<b><u>FY 2020</u></b>	<b><u>FY 2021</u></b>
001-2 General Fund-Federal	405,000	35,000	0	0
<b>Total Cost</b>	<b>405,000</b>	<b>35,000</b>	<b>0</b>	<b>0</b>

<b>Staffing</b>	<b><u>FY 2018</u></b>	<b><u>FY 2019</u></b>	<b><u>FY 2020</u></b>	<b><u>FY 2021</u></b>
FTEs	0.5	0.0	0.0	0.0

**Performance Measure Detail**

<b>Activity:</b>	<b>Incremental Changes</b>			
	<b><u>FY 2018</u></b>	<b><u>FY 2019</u></b>	<b><u>FY 2020</u></b>	<b><u>FY 2021</u></b>
<b>Program: 050</b>				
E051 Program Support for Long Term Care	0	0	0	0
No measures submitted for package				

**Object Detail**

	<b><u>FY 2018</u></b>	<b><u>FY 2019</u></b>	<b><u>FY 2020</u></b>	<b><u>FY 2021</u></b>
A Salaries and Wages	67,000	6,000	0	0
B Employee Benefits	24,000	2,000	0	0
C Professional Service Contracts	198,000	17,000	0	0
E Goods and Other Services	107,000	9,000	0	0
G Travel	9,000	1,000	0	0
<b>Total Objects</b>	<b>405,000</b>	<b>35,000</b>	<b>0</b>	<b>0</b>

**DSHS Source Detail****Overall Funding**

<b>Operating Expenditures</b>	<b><u>FY 2018</u></b>	<b><u>FY 2019</u></b>	<b><u>FY 2020</u></b>	<b><u>FY 2021</u></b>
<b>Fund 001-2, General Fund-Federal</b>				
<b><u>Sources Title</u></b>				
734A CDSMP EXPANSION	405,000	35,000	0	0
<b>Total for Fund 001-2</b>	<b>405,000</b>	<b>35,000</b>	<b>0</b>	<b>0</b>
<b>Total Overall Funding</b>	<b>405,000</b>	<b>35,000</b>	<b>0</b>	<b>0</b>