
Self-Management Programs: Guidance and Resources

Grantee In-Person Training
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Public Health Division
Health Promotion & Chronic Disease
Prevention Section

What is Self-Management?



Oregon
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Authority

Self-Management Programs

- Help people gain the knowledge and skills needed to modify their behavior and live a healthy life
 - Working with your doctor as your healthcare **partner**
 - Getting **support** from family and friends
 - Knowing how to **work through problems** such as pain, fatigue, or depression
 - Learning how to **be active** and **eat well**
 - Understanding how to **use medications correctly**
- Contribute to Triple Aim: Better health, better care, and lower costs

Oregon Self-Management Programs

- The Oregon Tobacco Quit Line
- Stanford chronic disease self-management programs (CDSMP)
- Arthritis self-management programs
- Diabetes self-management and prevention programs



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Here in Oregon, a number of self-management programs are implemented in many places across the state:

- Oregon Tobacco Quit Line
- A number of Chronic Disease SM programs developed at Stanford University
- Arthritis SM programs
- Diabetes SM programs
- Senior Falls prevention programs

These and other SM programs help people in Oregon live better and take care of those living with chronic conditions.

OHA and DHS support these programs because the evidence shows that they are effective.

When presented with fidelity to the original program model, the self-management interventions significantly improve outcomes for people with chronic conditions, such as reduced pain and fatigue, reduced fall risk, or the ability to live free of tobacco addiction.

State Role: HPCDP and Partners

- Support statewide program delivery infrastructure
- Provide guidance, training, and technical assistance
- Work towards coverage of programs as paid insurance benefit (PEBB/OEBB, Medicaid)
- Identify sustainable funding sources
- Establish and maintain centralized online resources
 - Website: www.healthoregon.org/takecontrol
 - Portal... Coming soon!

Local Grantee Role: TPEP and HC

- Convene and promote partnerships to support and strengthen local program delivery infrastructure
- Help to establish sustainable referral systems
 - Health systems (CCOs, other providers)
 - Social services systems (e.g. WIC, AAAs, CILs)
- Promote coverage of self-management programs as part of workplace wellness initiatives/ employee benefits
- Work with partners to increase awareness of programs



AAA= Area Agency on Aging

CIL= Center for Independent Living

TPEP – Primary focus on tobacco cessation; promote other available programs

Healthy Communities – Focus on strengthening infrastructure for SM program delivery and establishing sustainable referral systems

Resources: Guidance for Grantees

The screenshot shows a web browser window displaying the Oregon Health Authority website. The browser's address bar shows the URL: <https://partners.health.oregon.gov/Partners/HPCDPConnection/SelfManagement/Pages/index>. The website header includes the Oregon Health Authority logo and navigation links such as 'About Us', 'Contact Us', and 'Jobs'. A main navigation bar contains categories like 'Topics A to Z', 'Data & Statistics', 'Forms & Publications', 'News & Advisories', 'Licensing & Certification', 'Rules & Regulations', and 'Public Health Directory'. The left sidebar lists various topics, with 'Self-Management' highlighted in orange. The main content area is titled 'Self-Management' and includes a breadcrumb trail: 'Public Health > Partners > HPCDP Connection > Self-Management'. The text on the page states: 'We'll never entirely eliminate chronic diseases, so we also need options to help people take care of themselves and live better with their disease. It is crucial that people with existing chronic disease diagnoses and/or risk factors get the support they need to develop and maintain healthy habits and actively participate in their health care.' Below this, a section titled 'Program Partnerships, Promotion, and Referral' explains that TPEP and Healthy Communities grantees support self-management by promoting evidence-based programs, helping to establish sustainable referral systems, and promoting partnerships to support and strengthen the infrastructure for local delivery of programs. It refers to the TPEP RFA and Healthy Communities RFP and the current year's guidance documents for suggested strategies and activities. A final paragraph encourages grantees to work with community partners in supporting self-management programs, mentioning the 'Living Well Program Guidebook' section on Offering Programs. A 'Contact Us' sidebar on the right lists 'Tobacco Prevention (TPEP) Self-Management Programs' and 'Wellness@Work Health Promotion & Chronic Disease Prevention Programs'. At the bottom, there is a 'COVER OREGON' logo and a link to 'Area Agencies on Aging'.

Public Information & Resources

www.healthoregon.org/takecontrol

The screenshot displays the Oregon Health Authority website. The browser window shows the URL public.health.oregon.gov/Prevention/Wellness/SelfManagement/Pages/index.aspx. The page features a navigation menu with categories like 'Topics A to Z', 'Data & Statistics', 'Forms & Publications', 'News & Advisories', 'Licensing & Certification', 'Rules & Regulations', and 'Public Health Directory'. A sidebar on the left lists 'Prevention and Wellness' topics, with 'Self-Management' highlighted. The main content area is titled 'Self-Management - Take Control of your Health' and includes a sub-header 'Taking control through self-management means:' followed by a bulleted list: 'Working with your doctor as your healthcare partner', 'Getting support from family and friends', 'Knowing how to work through problems such as pain, fatigue, or depression', 'Learning how to be active and eat well', and 'Understanding how to use medications correctly'. A photograph of a woman and a man is shown next to the list. Below this, a section titled 'Programs and Resources on this page:' lists various services like 'Living Well With Chronic Conditions', 'Oregon Tobacco Quit Line', 'Oregon Arthritis Program', 'National Diabetes Prevention Program', 'Diabetes Self-Management Education Programs', 'Falls Prevention for Older Adults', and 'Self-Management Webinar Series'. A 'LEARN TO PREVENT FLU' graphic is visible in the bottom left corner of the page content.



