Partners on the P.A.T.H. **- Chronic Disease Self Management Program**

Significant life changes impact participant readiness/ability to invest in change.

87% of persons aged 65+ has at least one chronic condition. Chronic conditions result in decreased quality of life, impaired function, and increased health care utilization.

RESOURCES

(What We invest)

Staff

Lay Leaders *(CASP Staff and Lay Persons from Community)*

Master Trainers
English/Spanish

Materials

Stanford Chronic Disease Self-Management Program

Funding

Local, State, Federal

Partners
University
Health Care
Aging Network
Public Health/Health-Related organizations

ACTIVITIES

(What We Do)

Trainings
Develop Master Trainers in English & Spanish
Train Lay Leaders

Workshops

Lay Leaders Facilitate PATH CDSMP Workshops

Build/Expand Collaborative Partnerships for Increased Dissemination

Kent County PATH Group
Michigan Partners on the PATH
Expansion into Region 14AAA

OUTPUTS

(Who We Serve)

Workshop Participants

•Adults aged 60+ with one or more chronic conditions.

•Target populations: Hispanic, African American, Caucasian, high risk for negative health outcomes, increased health service use.

Statewide Community-Based Service Agencies

OUTCOMES

(How We Affect Outputs)

Changes in Learning/Skills/Behavior

With complete data at baseline and follow-up for 170 people, PATH participants demonstrated significant changes in:

•Minutes of aerobic exercise
•Cognitive symptom management
•Pain*
•Health Distress*
•Fatigue*
•Shortness of Breath*

•Healthcare utilization *(This marker showed increases, and we are examining any outliers that may have affected this data.*

*These changes were not significant until 6 months after the class.

LONG-TERM OUTCOMES

(How We Affect The Broader Community)

•Embed evidence-based prevention activities in aging network/community.

•Millage-funded health promotion coordinator.

•Broaden dissemination with collaborative partnerships.

Self-management programs that focus on building self-efficacy in management of chronic conditions can result in increased health behaviors, decreased health care utilization and improved health status.