



NOW

Your Update from AgeOptions

November 2015

AgeOptions Awarded \$711,510 Grant For Take Charge of Your Health Programs

Rose was diagnosed with diabetes at 67 and was paralyzed with fear that she would end up on dialysis. But after taking part in a six-week Take Charge of Your Diabetes workshop, Rose's (we're not using her real name) fears were gone, she was on her way to a healthier life and was even teaching others to live with diabetes.

Through the six-week program, Rose learned about the importance of reducing stress and exercising more, and she focused her action plans on monitoring her blood glucose levels and improving her diet. On the last day of training, with tears in her eyes, she said, "I finally feel like I won't die from it." Rose signed up to become a workshop facilitator, and to lead others in the same journey toward health improvement.

AgeOptions will be able to reach more people through Take Charge of Your Health and Take Charge of Your Diabetes programs like the one Rose took part in thanks to a two-year \$711,510 grant. We are one of eight organizations nationwide to receive the grant for statewide expansion of chronic disease and diabetes self-management programs from the U.S. Administration for Community Living.

The grant funds will be used for Take Charge programs to provide education and tools to help older adults and people with disabilities better manage chronic conditions such as diabetes, heart disease, arthritis and depression. A second aim of the grant involves developing partnerships to find innovative ways to sustain the program after the grant has ended.



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AgeOptions started Take Charge of Your Health and Take Charge of Your Diabetes in 2006 to help people with chronic conditions learn to thrive, and not simply survive, with ongoing health conditions. AgeOptions is a licensed facilitator of the evidence-based programs developed by Stanford University.

To date, AgeOptions and our partners have educated more than 3,300 people and trained more than 200 class leaders with Take Charge of Your Health programs throughout suburban Cook County. AgeOptions offers a culturally adapted version of the chronic disease and diabetes self-management programs in Spanish, and has also offered the programs in Hindi and Korean.

ILLINOIS PATHWAYS TO HEALTH PARTNERSHIPS

Addus Home Care
 Aging Care Connections
 Blue Cross Blue Shield
 CHITREC
 CIMPAP
 CLESE
 Cook County Health and Hospital System
 DFSS Chicago AAA
 East Central IL AAA
 Humana
 IDOA
 IL Aging Services
 IL Critical Access Hospital Network
 IL Dept. of Corrections

IL Dept. of Public Health
 IL Municipal Retirement Fund
 IL Network of Centers for Independent Living
 IL Primary Health Care Association
 Northeastern IL AAA
 JenCare
 Rush Health and Aging
 University of Illinois Extension
 University of Chicago Medical Center
 Western IL AAA
 White Crane Wellness Center
 YMCA of IL



(scroll for more)

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Chronic conditions can have a tremendous negative impact on individuals with the conditions, their families and the economy. The conditions affect patients' quality of life, impairing their ability to perform daily activities, interact with others and engage in pleasurable activities.

According to the Centers for Disease Control and Prevention (CDC), 75 percent of older adults have multiple chronic conditions, and 71 percent of health care expenditures are for chronic conditions. The Illinois Department of Public Health reports the state has spent more than \$12.5 billion a year in health care dollars to treat chronic diseases. The financial burden from the impact of lost work days and lower employee productivity has resulted in an annual economic loss of \$43.6 billion.

Take Charge programs consist of six weekly 2.5 hour sessions led by two certified facilitators. The facilitators either have chronic conditions themselves or have experience as caregivers for individuals with chronic conditions.

Each session includes information about managing conditions and communicating with medical professionals and loved ones, and ends with each participant developing an action plan to

complete before the next session. These action plans often include goals such as increasing exercise, taking medications as prescribed, regularly monitoring glucose levels and improving diet. Participants learn real skills and techniques and develop a support network so that they can thrive, rather than simply survive with their chronic condition.

The program has been proven to reduce health care costs, including \$714 per person in emergency room visits and hospital utilization, and to result in potential savings of \$6.6 billion by reaching 10 percent of Americans with one or more chronic conditions, according to a [national study reported by the National Council on Aging](#).

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The CDC has endorsed the Stanford Suite of Self-Management Programs as an effective intervention for people with any chronic condition. National studies of the programs have shown that participants who complete at least four of the six sessions report improved health and health-related quality of life and experience fewer unhealthy physical and mental days. They also report improved communication with physicians, medication compliance and health literacy; and improved health status in six indicators: fatigue, shortness of breath, depression, pain, stress and sleep problems.

For information on participating in Take Charge of Your Health or Take Charge of Your Diabetes, call AgeOptions, (708)383-0258.