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Your Update from AgeOptions

August 2016

## Take Charge of Your Health Expands Statewide to Reach More People



AgeOptions' [Take Charge of Your Health](#) program has received funding from two sources to expand the six-to-eight-week workshops that empower participants to thrive, not simply survive, with chronic health conditions.

This year we became one of only eight organizations nationally to receive funding from the U.S.

Administration for Community Living to expand our Take Charge of Your Health and Take Charge of Your Diabetes programs. We were also awarded a CVS Health Community Grant of \$25,000 in support of the Take Charge programs.

Take Charge of Your Health is the Illinois branded name for the Stanford Patient Education Research Center Chronic and Diabetes Disease Self-Management programs developed in the 1990s. AgeOptions has offered the interactive workshops since 2006.

CVS's renewable grant will enable Take Charge to reach more people throughout the state. Our goal is to work with partners to reach 2,613 older adults and persons with disabilities in underserved areas and populations throughout Illinois with the workshops by August 2017.

"To achieve our goal of supporting older adults and people with disabilities, we want to create a state-wide integrated delivery system for chronic disease education," said Maria Oquendo-Scharneck, AgeOptions Health Education Programs manager.

**AgeOptions.**

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Partners that have trained workshop facilitators and currently deliver the programs in their communities include the other 12 Illinois Area Agencies on Aging in the state, the Illinois Department of Public Health, Illinois Hospital Association, public health departments, Rush University Medical Center Health and Aging, University of Illinois Extension and White Crane Wellness Center.

New partners include centers for independent living, Coalition for Limited English Speaking Elderly and Chicago Hispanic Health Coalition.

Other partners that will build Take Charge into their operations and budget include Addus Home Care, Cook County Health and Hospital System, Illinois Department of Corrections, FQHCs, Illinois Municipal Retirees, JenCare and critical access hospitals.

Partners referring patients/members to Take Charge programs include Blue Cross Blue Shield, Humana, CIMPAC, CHITREC, Cook County Health and Hospital System and YMCA of Illinois.

As the number of partners grows, AgeOptions Take Charge staff members are making solid progress toward reaching the goal of 2,613 participants by conducting facilitator trainings around the state this summer to help our partners expand their workshop capacity.

In announcing its grant, CVS Health stated: "Today, about half of all Americans suffer from one or more chronic health conditions. As a pharmacy innovation company, CVS Health is committed to providing programs and services to help people manage their chronic conditions as a way to fulfill its purpose of helping people on their path to better health. It is CVS Health's goal to partner with best-in-class organizations that are helping patients improve health outcomes."