

## Oregon Living Well Funding Opportunity

November 14, 2012

### Overview

Living Well is Oregon's name for Stanford's Chronic Disease Self-Management programs, including Spanish-language Tomando Control de su Salud. These 6-week community-based workshops help people with any ongoing health conditions find practical ways to problem-solve, improve communication, set weekly goals, handle difficult emotions, eat well, and exercise safely. Workshops are interactive and led by two trained facilitators who go through a 4-day leader training. For more information on Living Well, go to [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell).

Oregon Health Authority – Public Health Division, in coordination with Oregon DHS – Aging & People with Disabilities, received a three-year grant from the Administration for Community Living/Administration on Aging (ACL/AoA) to support Living Well outreach and sustainability. As part of this funding, small grants of up to \$5,000 are available to Area Agencies on Aging (AAAs) and Centers for Independent Living (CILs) to increase participation in Living Well programs by older adults and people with disabilities, and to increase the number of counties where Living Well workshops are offered at least twice each year.

### Funding Opportunity

Funding expectations are somewhat different for CILs and AAAs, so please read the following information carefully.

- **Funding available:** \$5,000/year for up to 3 years, to be renewed yearly based on ability to meet previous year's goal, available to AAAs and CILs. Funding is available to support approximately 3 CILs and 8-10 AAAs each year.

Once awarded, funding will be provided to each organization based on meeting project deliverables. *Half the award* will be available when funded organizations document having at least two workshops scheduled, adequate leaders trained to offer the planned workshops, and a written procedure for routinely referring consumers and clients to workshops. The *second half of the award* will be available when funded organizations have completed at least two workshops with at least eight people completing four of the six sessions, and where at least half of the participants are older adults or people with disabilities.

- **Match requirement:** AAAs are required to match funds with Older Americans Act IID funds (for example, a AAA requesting \$3,000 in funding must also use \$3,000 of their own Older Americans Act funding to support Living Well programs). There is no match requirement for CILs.
- **Application deadline:** December 7, 2012.

- **Funding timeline:** Funding will be available approximately December 15, 2012. The initial grant year will go December 15, 2012-August 31, 2013. Subsequent years of funding will be September 1, 2013- August 31, 2014, and September 1, 2014-August 31, 2015.
- **Use of funds:** Funds may be used to support travel, staff or volunteer time for training or workshop delivery, costs associated with having someone attend the Living Well/Self-Management Forum and/or other Living Well training and/or networking opportunities, program materials, outreach/promotion, and other costs relating to Living Well workshop implementation.

### **Expectations for CILs and AAAs**

CILs have not traditionally been actively involved with Living Well programs, and AAAs have varying experience with the program – some actively involved, and others just beginning to explore the program. The goal of funding is to increase CIL and AAA involvement in making Living Well available to older adults (AAAs), and people with disabilities (CILs, and many AAAs). OHA/DHS will be working to support both new areas (where the CIL and/or AAA have not been actively involved with Living Well) as well as areas where there is already CIL and/or AAA involvement with the program. Grant funds should be focused on increasing workshop availability in counties that have not had regular workshops offered; ensuring that AAAs and CILs have at least two volunteers or staff trained and actively co-leading workshops; developing strong partnerships among CILs, AAAs, and organizations that may already be offering workshops (i.e. not re-inventing the wheel, but strengthening outreach and involvement by older adults and people with disabilities); and developing systems to routinely refer clients to existing workshops.

### **Specific expectations:**

1. Coordinate with AAA or CIL, local public health, and/or other organizations that are already involved with Living Well, to plan for availability of Living Well workshops (location, timing, outreach, registration process)
2. Ensure adequate Living Well leaders are trained and actively leading workshops. Leaders may be CIL/AAA staff/volunteers or part of another community organization that may be the lead for Living Well programs in the area; however the CIL or AAA should have at least two volunteers and/or staff trained and actively involved in co-leading workshops. Leader training requires completion of a four-day training that is held periodically in various places around the state. There is no charge for the training; travel for participants can be paid for from grant funds. For more information on the four-day Living Well leader training, go to [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell).

3. Ensure that at least two workshops per year have at least eight people who complete four of the six workshop sessions, and are attended by a majority of people with disabilities or older adults. Greater consideration will be given to funding to support workshops in counties that have not had routine access to Living Well (Baker, Columbia, Curry, Gilliam, Grant, Lake, Malheur, Morrow, Tillamook, Union, Wallowa, Wheeler). Workshops do not need to be provided exclusively to older adults or people with disabilities – but at least half the participants at two workshops should be people with disabilities or older adults.
4. Develop procedures and systems to routinely refer potential participants to Living Well workshops.
5. Ensure that program and participant data required by ACL/AoA are turned in to OHA/DHS within two weeks of the completion of each workshop.
6. Designate a staff person as the lead/contact for Living Well at the AAA or CIL. This person should help coordinate Living Well efforts for the AAA or CIL, be available to participate in periodic calls relating to program implementation, and should plan to attend the one-day Living Well/Self-Management Forum planned for Portland metro area in spring 2013. Costs associated with the Living Well/Self-Management Forum will involve a small registration fee and travel; hotel will be provided for participants who have to travel more than 70 miles to attend.
7. AAAs only: Match the funding amount requested with OAA IIID funds used to support Living Well programs and coordination.

OHA/DHS involvement/support:

1. Provide up to \$5,000/year in ACL grant funding to each selected CIL or AAA.
2. Ensure availability of 4-day leader trainings in various parts of the state.
3. Partner with OHSU's Office of Disability and Health to help provide Leader training to CILs interested in having staff and/or volunteers trained to help lead workshops, and training for statewide Living Well programs on ensuring programs are disability-friendly.
4. In exchange for data submitted for each workshop, provide ten Living Well program books to support subsequent workshops.
5. Provide assistance and networking to address challenges and share best practices among participating areas.

Interested applicants should submit the attached application form by December 7, 2012 to [living.well@state.or.us](mailto:living.well@state.or.us). Questions? Jennifer Mead, DHS – Aging & People with Disabilities: 971-673-1035 or [jennifer.mead@state.or.us](mailto:jennifer.mead@state.or.us)

### **Oregon Living Well Funding Application**

Please submit the following information by December 7, 2012. Applications should be no longer than 3 pages, and in 12-point font.

Name of organization: \_\_\_\_\_

Contact person: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Counties your organization serves: \_\_\_\_\_

Funding amount requested (max. \$5,000 per year, for up to 3 years): \_\_\_\_\_

1. Brief overview of existing Living Well programs in your area, your organization's involvement with Living Well programs, and any other organizations in your area that currently offer Living Well programs. If Living Well is available in your area, please indicate the number of workshops that have been offered in each county you serve over the past 1-2 years.
2. Proposed plan for meeting proposed expectations of funding. Please be sure to briefly address the following:
  - a. County(ies) you will target in providing at least two workshops/year.
  - b. Plan for training of volunteers or staff, if needed.
  - c. Plan for partnering with AAAs/CILs, local public health, or other organizations to coordinate availability of workshops.
  - d. Plans for outreach and systematic referral of older adults and/or people with disabilities, as applicable.
  - e. Name and contact information person for designated staff person who will coordinate Living Well efforts.
  - f. Any other aspect of your plan you may not have included in the items above.
3. For AAAs, provide a brief description on plans to use IIID funds to support Living Well programs to match the amount requested.

Signature of applicant: \_\_\_\_\_

Printed name: \_\_\_\_\_

Date: \_\_\_\_\_