



Welcome to the
AAA Webinar Series:

Older Adults and Chronic Pain
1.25.18 2:00-3:30 pm

Guest Speakers:

Cindy Berrier, RN, Arthritis Services

Ann Newman, PhD, UNC Charlotte

Heather Carter, Adult Day Care/Day Health
Specialist, NC Division of Aging and Adult Services

Webinar Series

<http://healthyagingnc.com/category/webinars/>

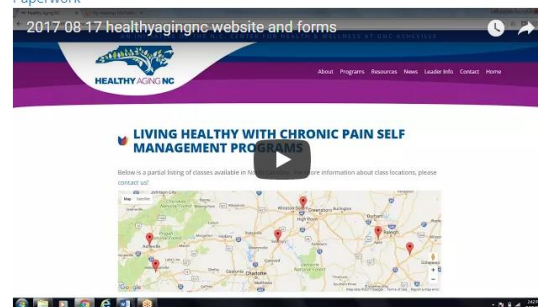
- The Healthy Aging NC Website: How to post your workshop and fill out CDSME paperwork
- Evidence-Based Health Promotion (EBHP) Programming (Title III-D)
- Introduction to the “Living Healthy” Chronic Disease Self Management Component of the Healthy Aging NC Resource Center
- Healthy Aging: A Resource Center for North Carolina Evidence-Based Programs

Welcome to our Healthy Aging NC Resource Center series of webinars.

Title: The Healthy Aging NC Website: How to post your workshop and fill out CDSME paperwork

Presenter: Jeanne Dairaghi, Project Manager, Chronic Disease Self Management Education Resource Center, NC Center for Health & Wellness

Objectives: a) Explore the healthyagingnc.com website for resources and program information; b) learn how to post your Living Healthy CDSME workshops to the website, c) Review steps for filling out the 3 required CDSME forms [Webinar Script CDSME Paperwork](#)





www.healthyagingnc.com
www.facebook.com/HealthyAgingNC/

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Website:
www.healthyagingnc.com

- ▶ Go to “Resources” to access these webinars
- ▶ Go to “Programs” to learn more about the evidence-based programs in Chronic Disease, Falls Prevention, and Walk With Ease
- ▶ Go to “Resources” and then “Trainer Resources” for forms and sample marketing templates
- ▶ Save the date for a AAA Aging Specialists in-person meeting on March 2 in Salisbury



September 1, 2014 to June 15, 2017

How much did we do?

3,765 Participants
2,762 Completers
Workshops by Program:
165 Chronic Disease
132 Diabetes Management
22 Chronic Pain
16 Tomando Control de su Salud
2 Manjeo Personal de la Diabetes

How well did we do it?

73.4% Completion rate
66 counties reached
218 sites statewide
37.3% of participants are minorities
8.3% Hispanic or Latino
4.8% report disabilities
Chronic Pain Program growing:
22 workshops / 252 participants

"I greatly admire the design of the CPSMP. It allowed people to open up about their inability to deal with pain in socially acceptable and legal ways and to begin trying new techniques."



Chronic Pain:

- ▶ *How it impacts the body through arthritis*
 - ▶ *How it affects mental health*
 - ▶ *How it relates to opioid use and abuse in NC*
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- ▶ Cindy Berrier, RN, Arthritis Services
 - ▶ Ann Newman, PhD, UNC Charlotte
 - ▶ Heather Carter, Adult Day Care/Day Health Specialist, NC Division of Aging and Adult Services

Thank you to Centralina AAA, NC DAAS, and ACL grant funding for their partnership and support on this webinar.