

## **FY2025 Title III-D Disease Prevention and Health Promotion Services**

### **Overview**

AgeGuide Northeastern Illinois is seeking applications from organizations interested in providing Title III-D Disease Prevention and Health Promotion Services. Title IID funds must be used to provide disease prevention and health promotion services and information at senior centers, at congregate meal sites, through home delivered meal programs, in the client's home or at other appropriate sites. Disease prevention and health promotion programs must meet highest tier evidence-based criteria as defined in IDOA 603.29C. Refer to AgeGuide Service Standards Title III-D Disease Prevention and Health Promotion for additional information.

AgeGuide Northeastern Illinois is committed to collaborating with the Illinois Department on Aging (IDOA) and other community-based providers within our region to address and reduce social isolation among older adults. Social isolation is the objective absence of contacts and interactions between a person and a social network. Older adults experiencing social isolation have poor or limited contact with others and they view this level of contact inadequate, and/or that the limited contact has had adverse personal consequences for them.

AgeGuide Northeastern Illinois recognizes that Title III-D Disease Prevention and Health Promotion Services, by design, are on the frontlines of providing access to important social connections and assisting older adults in developing new social supports.

### **Statement on Serving Populations in Greatest Economic and Social Need**

As outlined in the *AgeGuide General Service Requirements* and the *FY25 Request for Proposals document*, providers must assign priority, in the provision of services, to older adults in greatest economic and social need ("target populations"), at a rate at least in proportion to the incidence level of each group within the county

### **Service Design/Allowable Services:**

Title III-D Allowable Services include the following health promotion programs:

- A Matter of Balance (MOB); in-person and virtual.
- Bingocize; in person and virtual.
- Tai Chi for Arthritis; in-person and virtual.

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- Tai Ji Quan-Moving for Better Balance (TJQMBB) in person and virtual.
- Chronic Disease Self-Management (CDSMP); Diabetes Self-Management (DSMP); Tomando Control de su Salud, a Spanish Chronic Disease Self-Management Program (Spanish CDSMP) in-person and virtual.
- Fit and Strong; in person and virtual.
- Prevent T2 National Diabetes Prevention Program (NDPP); in person and virtual.
- Stress-Busting Program for Family Caregivers of Persons with Dementia; Stress-Busting Program for Spanish-Speaking Family Caregivers of Persons with Dementia; Stress- Busting Program for Family Caregivers of Persons with Chronic Conditions in-person and virtual.
- Mental Health Screening Programs-Program to Encourage Active Rewarding Lives for Seniors (PEARLS).
- Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors).

Title III-D providers will be required to perform the following activities:

1. Units/Persons
  - a. The provider will minimally serve the number of persons and units as determined by AgeGuide during the grant period. See page 3, FY 25 Service Projections.
  - b. Achieve the units and persons by conducting the number of program workshops.
2. Staffing
  - a. Be able to provide the required number of facilitators as outlined by the specific programs. (1-2 facilitators typically)
  - b. Commit to maintaining facilitator levels and credentialing requirements during contract term.
3. Conduct a workshop or provide translated materials in a language other than English that is available through the evidence-based program. For program fidelity, no 3<sup>rd</sup> party or unsanctioned translations can be utilized.
4. Adhere to the Agency on Aging General Service Requirements and the program specific requirements as well as reporting requirements for these services. Visit the AgeGuide website ([www.ageguide.org](http://www.ageguide.org)) for Service Standards and information on reporting requirements.

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### Fiscal Year 2025 Title III-D Service Projections

*Projection subject to change based on available funding.*

**Persons:** *The unduplicated number of individuals who participate in evidence-based programs during each fiscal year.*

**Units:** *Each session a program a participant attends.*

<b>County Projection</b>	<b>Persons</b>	<b>Units</b>	<b>Workshops</b>
DuPage	50	700	5
Grundy	20	280	2
Kane	35	490	4
Kankakee	25	350	3
Kendall	25	350	2
Lake	40	560	4
McHenry	25	350	3
Will	40	560	4