



## Notice of Funding Availability

To: Central Ohio Community Organizations  
From: Cindy L. Farson, Director, COAAA  
Date: February 2, 2018  
Re: FY2018 Title III-D Grant Funding for Evidence-Based Education Programs:  
Matter of Balance/Chronic Disease/Diabetes/Chronic Pain Self-Management  
(Healthy U)

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The Central Ohio Area Agency on Aging (COAAA) is pleased to announce the availability of three (3) grants of \$1,500.00 each to assist qualified organizations in meeting the costs associated with the provision of Ohio's Healthy U (Chronic Disease/Diabetes/Chronic Pain Self-Management), as well as Matter of Balance. These funds are Older Americans Act Title III-D funds. Each qualified organization that applies for and is selected by COAAA to receive funds shall receive only one grant of \$1,500.00. All funds must be expended by December 31, 2018. Preference will be given to applicants who will offer Healthy U or Matter of Balance workshops in Fairfield, Fayette and Pickaway counties, the priority counties for evidence-based programs identified in COAAA's 2015-2018 Strategic Area Plan, Goal 3.

To be considered, organizations must submit the applicant face sheet and narrative responses. Narrative responses shall include information that documents how the organization is qualified to provide the service, how the organization plans to deliver the workshops and how the funds will be expended by December 31, 2018. Points will be awarded based on the thoroughness of the responses.

Interested applicants may obtain a copy of the application beginning February 7, 2018, from the COAAA web site at [www.coaaa.org](http://www.coaaa.org) or by contacting Jane Acri at [jacri@coaaa.org](mailto:jacri@coaaa.org). Completed applications should be submitted by **5:00 P.M., Wednesday, February 28, 2018**. Depending on the number of applications received, applications received after this date may be considered for funding. Applications may be mailed or faxed to:

Attn: Jane Acri  
Fax: (614) 645-3866  
Central Ohio Area Agency on Aging  
3776 S. High Street  
Columbus, Ohio 43207

If you have any questions, please e-mail Jane Acri at [jacri@coaaa.org](mailto:jacri@coaaa.org) or Linda Gillespie at [lgillespie@coaaa.org](mailto:lgillespie@coaaa.org) or call (614) 645-7250.

**Please Note Healthy U Leader 2018 training opportunity is February 21, 22 and 23 with Chronic Pain Cross Train planned for no later than April 2018.**

## **CENTRAL OHIO AREA AGENCY ON AGING REQUEST FOR FUNDING**

### **TITLE III-D OF THE OLDER AMERICANS ACT GRANT FUNDED SERVICES**

#### **Introduction**

The Central Ohio Area Agency on Aging (COAAA) is soliciting applications for Older Americans Act Title III-D Evidence-Based Education funds. This funding opportunity is for organizations that are qualified, able and willing to provide the evidence-based programs Chronic Disease Self-Management Program (Healthy U or Healthy U: Diabetes or Chronic Pain) or Matter of Balance to individuals residing in the COAAA's planning and service area, which includes Delaware, Fairfield\*, Fayette\*, Franklin, Licking, Madison, Pickaway\* and Union counties.

\*Priority counties according to COAAA strategic plan 2015-2018.

COAAA will distribute up to three (3) grants of \$1,500.00 each, for a total of \$4,500.00. Organizations may apply for one (1) of the three grants. All funds must be expended by December 31, 2018.

#### **What is Healthy U?**

Healthy U is Ohio's name for the Chronic Disease Self-Management Program developed and tested by Stanford University. Healthy U is an interactive, small-group workshop proven to give people with long-term health conditions the skills and confidence to better manage their health issues. People with chronic conditions such as arthritis, high blood pressure, heart disease, and diabetes attend to learn ways to better self-manage pain, fatigue, depression, and to improve nutrition, and increase physical activity. Each workshop is conducted 2 ½ hours once a week for 6 weeks in community settings. (Healthy U is for chronic conditions, Healthy U: Diabetes is for people with type 2 diabetes and pre-diabetes. Healthy U: Chronic Pain is new for 2018). Workshops must have 2 leaders.

#### **What is Matter of Balance (MOB)?**

MOB is an evidence-based falls management program designed to address the fear of falling and in turn help participants become more active. The program is licensed through the Maine Partnership for Healthy Aging via The Central Ohio Area Agency on Aging. MOB is facilitated by 2 coaches for a total of 8 two hour sessions (once a week for 8 weeks or twice a week for 4 weeks).

#### **Qualified Organizations**

Qualified organizations must utilize at least two (2) trained Healthy U or Matter of Balance leaders to facilitate workshops. Workshops must be delivered in a manner that maintains fidelity to both the original design and the research outcomes associated with the program. Workshops and leaders will be monitored by the Central Ohio Area Agency on Aging.

Organizations that are selected to receive a grant must agree to facilitate at least two (2) workshops prior to December 31, 2018 with a goal of 20 completers, and complete and submit to COAAA all required paperwork associated with receiving funds and delivering workshops. This includes, but may not be limited to, a contract with COAAA for these funds, a Workshop

Scheduling form that is to be submitted as soon as workshop dates and locations are confirmed, and post-delivery paperwork that is to be submitted within one week of completing a workshop. All required paperwork must be submitted on forms or in a format prescribed by COAAA.

### **Application and Selection Process**

All interested applicants will be able to obtain the application and informational materials beginning February 7, 2018 from the COAAA website at [www.coaaa.org](http://www.coaaa.org) or by contacting COAAA for a copy.

The information required applies to all applicants. Applications received from qualified organizations in Fairfield, Fayette and Pickaway counties that are received by the deadline of 5:00 p.m., Wednesday, February 28, 2018, will be given first consideration, as identified in the COAAA's 2015-2018 Strategic Area Plan, Goal 3, page 21. The Strategic Area Plan may be reviewed at [http://www.coaaa.org/cms/images/docs/COAAA\\_AreaPlan\\_2015-2018.pdf](http://www.coaaa.org/cms/images/docs/COAAA_AreaPlan_2015-2018.pdf).

Applications received from qualified organizations in Delaware, Franklin, Licking, Madison and Union counties on or after the deadline date will be considered until each of the three available grants has been awarded.