



## Notice of Funding Availability

To: Central Ohio Community Organizations  
 From: Cindy L. Farson, Director, COAAA  
 Date: January 28, 2022  
 Re: FY2022 Title III-D Grant Funding for Evidence-Based Education Programs:  
 Matter of Balance/ Health In Action (Chronic Disease/Diabetes/Pain Self-  
 Management)

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The Central Ohio Area Agency on Aging (COAAA) is pleased to announce the availability of five (5) grants of up to \$2,000.00 each to assist qualified organizations in meeting the costs associated with the implementation or registering of ‘completers’ for COAAA’s Health In Action (Chronic Disease/Diabetes/Pain Self-Management), and/or Matter of Balance. These funds are Older Americans Act Title III-D funds. Each qualified organization selected by COAAA to receive funds shall receive only one grant of up to \$2,000.00. All funds must be expended by December 31, 2022. Preference will be given to applicants who are able to offer Health In Action and/or Matter of Balance workshops remotely or in person as the pandemic allows, to any participant in our 8 county area. Funds are available to all 8 COAAA counties. All workshops must be open to the general community.

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 or attain completers and how the funds will be expended by December 31, 2022. Points will be awarded based on the thoroughness of the responses.

Interested applicants may obtain a copy of the application beginning February 2, 2022, 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 need to be submitted by **5:00 P.M., Wednesday, February 23, 2022**. Depending on the number of applications received, applications received after this date may be considered for funding but must be received no later than 5:00 P.M. Wednesday March 2, 2022. Notice of award to be made by March 9<sup>th</sup>.

Applications can be mailed, faxed or emailed to:

Attn: Jane Acri, LSW  
 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), preferred or call (614) 645-3866.

## **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 Health In Action ~ Chronic/Diabetes/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.

COAAA will distribute up to five (5) grants of up to \$2,000.00 each, for a total of \$10,000.00. Organizations may apply for one (1) of the five grants. All funds must be expended by December 31, 2022. Workshop implementation may be in person based on organization policy or by a remote platform if necessary. Whatever web-based platform is used, leaders must assure that participants are capable of using it. A second reimbursement option for organizations who do not have trained Leaders or Coaches is outlined below.

#### **What is Health In Action?**

Health In Action is COAAA's Chronic Disease Self-Management Program developed and tested by Stanford University, now the Self-Management Resource Center (SMRC). Health In Action 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 together 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 remote or community settings. Health In Action is for chronic conditions; Health In Action: Diabetes is for people with type 2 diabetes or pre-diabetes; Health In Action: Chronic Pain is for people looking to self-manage their pain. Workshops **must** have 2 qualified leaders. Health In Action also has a PHONE workshop option requiring only 1 leader for an hour weekly.

#### **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 Organization Options:**

- 1. Workshop implementation by an organization or HOST site. Host site is defined as an organization that has currently certified Leaders or Coaches.**

If an organization has current certified Leaders or Coaches: Organizations must utilize two (2) trained Health In Action or Matter of Balance leaders to facilitate workshops. Only one (1) leader is required for Health In Action PHONE 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.

Reimbursement rate:

|          |   |
|----------|---|
| \$500.00 | Administration fee upon execution of contract |
| \$50.00  | per Phone completer                           |
| \$75.00  | per On-line virtual completer                 |
| \$100.00 | per in-person completer                       |

Reimbursement rate if needing a paid co-leader provided by COAAA:

\$100 will be deducted from the grant amount per leader provided, per workshop.

Host sites are also eligible for the promotional fee below but only eligible for one administration fee.

## **2. Promotion and Registration to Completion Option**

Organizations not *implementing* workshops may qualify by providing promotional and ‘registration to completion’ for workshops. The latter is identified as those individuals completing required registration paperwork, pre/post surveys and attending four of six sessions for Health In Action or five of eight sessions for Matter Balance. The organization can be reimbursed for each ‘completer’ registered. Completers cannot be determined until the end of a workshop and attendance paperwork is received.

Reimbursement rate:

|          |  |
|----------|--|
| \$250.00 | Administration fee upon execution of contract. |
| \$50.00  | per completer                                  |
| Goal     | 35 completers                                  |

Activities must be completed by December 31, 2022. All paperwork must be received to be eligible to invoice for all funds. This includes a contract with COAAA for these funds, a workshop scheduling form to be submitted as soon as workshop dates and locations are confirmed, and pre/post-delivery paperwork 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 2, 2022 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 willing to serve participants, remotely, or safely in person, from any of the agency’s 8 counties and that are received by the deadline of 5:00 p.m., Wednesday, February 23, 2022, will be given first consideration.