



Living a Healthy Life With Chronic Conditions

Our Chronic Disease Self Management Program was developed by Stanford University. This workshop is given two and a half hours, once a week, for six weeks, in community centers, libraries, churches, and hospitals. People with different chronic health problems attend the program together.

Workshops are facilitated from a highly detailed manual by two trainers, one or both of whom are peers with a chronic health condition themselves.

Subjects covered include:

1. Techniques to deal with problems such as frustration, fatigue, pain and isolation
2. Appropriate exercise for maintaining and improving strength, flexibility, and endurance
3. Appropriate use of medications
4. Communicating effectively with family, friends, and health professionals
5. Nutrition
6. Making informed treatment decisions.

It is the process in which the self-management program is taught that makes it effective. Sessions are highly interactive, where mutual support and success builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Does the Program replace existing programs and treatments?

This self-management workshop will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.