

Living Well Workshops

*Chronic Disease Self-Management Program**

Sponsored by the St. Lawrence Health Initiative Inc.

The Chronic Disease Self-Management Program is a six-week series of workshops that meet for 2 ½ hours, once a week in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together: same time, same place, same bunch of people learn and practice together for six weeks.

Workshops are co-facilitated by two people who may or may not be health professionals, one or both of whom have chronic diseases themselves. Chronic health problems may include heart disease, lung disease, stroke, diabetes, arthritis, cancer, high blood pressure, fibromyalgia and others. Caregivers are also encouraged to attend!

Subjects covered include:

- 1) Techniques to deal with problems and symptoms associated with chronic conditions such as frustration, fatigue, pain, negative emotions and isolation.
- 2) Physical activity/movement for maintaining and improving strength, flexibility, and endurance
- 3) Appropriate and effective use of medications
- 4) Communicating effectively with family, friends, and health professionals
- 5) Nutrition and supportive food decisions
- 6) Evaluating new treatment options

Workshops are free-of-charge. Each participant in the workshop has use of a resource book called *Living a Healthy Life with Chronic Conditions* and an audio relaxation tape or CD called *Time for Healing*. Purchase of the book and cd or tape is optional.

The way the program is taught is what makes it effective. The workshop sessions are lively and participative; workshop participants talk, share, practice skills and learn together over the six weeks. Mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The Self-Management Program does 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 manage their health, as well as to help them keep active in their lives.

FOR MORE INFORMATION:

- ☎ **Call** Jodi Regan, 315-261-4760 Ext. 22
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- 🌐 **Visit Website:** <http://www.slchiinc.org>

*Used by permission from the Stanford University Chronic Disease Self-Management Program. <http://patienteducation.stanford.edu/programs>

Workshop Leader Trainings

The Health Initiative will be training volunteer Workshop Leaders in the fall of 2009. The CDSMP course is designed to be able to be taught by volunteer leaders who have no special medical or other training. All that's needed is a desire to help others with chronic diseases learn to live happier, more fulfilling lives through management of their condition.

Leader trainings are four full days in length and participants must attend all four days to become a certified trainer. Leaders must commit to leading at least one 6-week CDSMP course during the year following their training.

If you are interested in being a CDSMP leader, contact Jodi Regan at 261-4760, Ext. 22 to find out when the first leader training will be held!