

Living Well Workshops

Chronic Disease Self-Management Program*

Sponsors: U of L Dept. of Family & Geriatric Medicine, Family Health Centers, Louisville Primary Care Association, YMCA of Greater Louisville, KIPDA, American Recovery and Reinvestment Act (ARRA), Kentucky Dept. of Public Health – Chronic Disease Prevention Branch and Louisville Department of Public Health and Wellness

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, malls and hospitals. People with different chronic health problems attend together: same time, same place, same bunch of people learning and practicing 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.

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

Workshop package is valued at over \$150, which includes 6 workshops and a resource book called *Living a Healthy Life with Chronic Conditions* and a relaxation CD.

PLUS...all participants have access to a FREE 8-week membership to the Greater Louisville YMCA. *Must attend minimum of 4 out of the six workshops to qualify.*

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** (502) 852-1804 or (502) 772-8588

→ **Visit Website:** <http://familymedicine.louisville.edu/chroniccare>

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<http://patienteducation.stanford.edu/programs> 8-16-2010