



Virtual Chronic Disease Self-Management Workshop

Presented By:



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When: Thursdays from 9:30am – 12:00pm, Dates TBD

Where: Virtual – Zoom Meeting (information to be sent after registration)

Sign up: Register via this link: <https://bit.ly/3JE0FmB>

What is It?

Virtual Chronic Disease Self-Management Workshop is an evidence-based program developed specifically for those caring for or experiencing a chronic disease.

There will be 7 sessions held on Thursdays over 7 weeks. Session 1 is an informational session lasting approximately 1 hour. The following 6 sessions are 2.5 hours long (with breaks) and will cover a variety of topics.

Each group will consist of 8-12 participants. Classes are designed to be engaging and encourage participation. Mutual support helps you build confidence in your ability to manage your health and maintain an active and fulfilling life.

Who is it for?

- People with Chronic Disease. Caregivers or significant others may also register with the patient.
- 8-12 participants per workshop

Participant Materials

*Living a Healthy Life with Chronic Conditions, 5th Edition.
Provided for free.*

Leaders

2 trained leaders, one or both of whom are non-health professionals with a chronic disease themselves.

Subjects Taught

- Techniques to deal with common symptoms of chronic diseases, fatigue, pain, stress, and emotions.
- Appropriate exercise for maintaining and improving strength and endurance.
- Healthy eating.
- Appropriate use of medication.
- Working more effectively with health care providers.
- Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Frequently Asked Questions

Does the Program replace existing programs and treatments?

The program does not conflict with existing programs or treatment. Treatment is not altered. For medical questions, participants are referred to their healthcare practitioners. If the content of the workshop conflicts with instructions they receive elsewhere, they are advised to follow their providers' orders and discuss discrepancies with the provider.

How was the programs developed?

The Chronic Disease Self-Management Program was developed at Stanford University Patient Education Research Center. It was the result of Stanford University and California Kaiser Permanente Medical Care Program working together in this collaborative 5 year research project. Results of the study showed that participants of the program had improved healthful behaviors, improved health status and decreased the number of days they were hospitalized.