

Chronic Disease Self-Management Programs

The suite of chronic disease self-management programs developed by Stanford University have been proven to help older adults better manage their chronic conditions, improve their quality of life, and lower health care costs.* CDSMP workshops are designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. Small-group, highly interactive workshops are six weeks long, meeting once a week for 2 ½ hours, and are facilitated by a pair of leaders, one or both of whom are non-health professionals with chronic diseases themselves. It is the teaching process of this program that makes it effective.

Currently at DHMC we are offering the following programs;

- Living a Healthy Life With Chronic Disease
- Living a Healthy Life With Diabetes
- Living a Healthy Life With Chronic Pain
- Thriving and Surviving with Cancer
- Workplace Living a Healthy Life With Chronic Disease (designed for the workplace specifically)

All of the workshops include the following topics:

- How to deal with frustration, fatigue, pain, and isolation
- Ways to maintain and improve strength, flexibility, and endurance
- Managing medications
- How to communicate more effectively with family, friends, and health professionals
- Healthy eating
- Making weekly action plans to help us reach our self-management goals
- Optional 7th week session specifically about Advance Care Planning

There are some activities that are specific to the condition that the workshops address such as;

The **chronic disease program** covers a little bit of everything mentioned above. This program serves as a baseline for all of the self-management programs.

The **diabetes program** offers more interactive healthy eating and menu planning activities. There are brainstorming and discussions based on lifestyle choices that can affect diabetes.

The **chronic pain program** offers a Moving Easy Program. It talks about the chronic pain symptom cycle and offers interactive activities to learn new ways of coping with difficult emotions caused from dealing with pain, better breathing, and making decisions. It also addresses proper use of medications and explores other coping and self-management strategies.

The **Thriving and Surviving with Cancer** talks more about planning for the future, exploring treatment options, advance care planning.

The **workplace chronic disease self-management program** is simplified a little to fit into two one hour sessions per week, so that employees might participate during lunch breaks.

* <https://www.ncoa.org/healthy-aging/chronic-disease/chronic-disease-self-management-programs/>