

What Will I Learn in the Chronic Disease Self-Management Program?

The Chronic Disease Self-Management Program can help you get the most out of your life; to feel better and to do more. It will also help you develop skills to deal with treatment and chronic conditions, so you can get the best possible results.

Chronic Disease Self-Management Program includes:

- How to manage symptoms
- Working with your health care team
- Setting weekly goals
- Effective problem solving
- Better communication
- How to relax
- Handling difficult emotions
- Tips for eating well
- Tips for safe and easy exercise

The Chronic Disease Self-Management Program:

A Practical Approach to Optimizing Your Journey is a program of the Anemia Institute, in participation with the Ontario Patient Self-Management Network. For more information on the Anemia Institute, please contact:

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Registration:

To register or for more information or additional brochure copies, please contact:

Regional Cancer Care Education
Phone: (807) 684-7237
Toll Free: (877) 696-7223
Email: clinea@tbh.net

Chronic Disease Self-Management Program

- If you are dealing with difficult side effects of therapy for Cancer, Hepatitis C, or other illness ...
- If you are living with a condition like Diabetes, Asthma (lung condition), or Heart Disease ...
- If you are managing symptoms such as chronic pain, fatigue, or depression ...

... then the Chronic Disease Management Program (formerly known as *Everyday Tools*) can help you get the most out of your life; to feel better and do more.



What is the Chronic Disease Self-Management Program?

This program teaches participants to get the most out of life with a chronic condition. It is a six-week workshop that teaches practical skills for living a healthy life while undergoing or after treatment.

Classes are fun and interactive. Participants share their successes and build a common source of support.

The workshop builds confidence for managing health, staying active and enjoying life.

How does the Chronic Disease Self-Management Program Work?

This program does not replace the information you get from your health care team, but helps you work more effectively with your team.

The Chronic Disease Self-Management Program is from Stanford University and the University of Victoria and has worked for thousands of patients with chronic diseases. Research has shown that participants of the program are able to manage their symptoms better, are less limited by their illness, and may spend less time in hospital.

The Chronic Disease Self-Management Program is based on three principles:

1. Patients who improve their ability to lead healthy lifestyles, manage stress, and solve problems are better able to manage their illness and to respond to therapy.
2. Patients can learn disease management skills by observing others, practicing new skills, and getting feedback.
3. Patients can benefit from small group sessions held by trained leaders.

*“After taking the class, my mindset changed. I realized I’d put my life on hold, expecting to ‘get better.’ This workshop was a life changing event.”
(Program participant, 2002)*

**Feel Good.
Do More.
Live Well.**

How Do I Take Part in the Chronic Disease Self-Management Program?

- ➔ Program format: Six, 2½ hour sessions for six weeks.
- ➔ The program is offered in small groups of 8-12 people.
- ➔ Participants may include patients, family members, survivors, or caregivers.
- ➔ Two trained leaders lead the workshop. Leaders may be survivors, support persons, or health care professionals.
- ➔ Everyone in the group receives a resource book and program materials. The workshop and all materials are free of charge.
- ➔ For dates and times of classes, please call (807) 684-7237.

To register for a session, contact:
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*“When patients have the confidence to do something, they will probably do it.”
(Bandura)*