

# Self-Management

*British Columbia*

## GROUP PROGRAMS

The University of Victoria self-management group programs are free, evidence-based education programs offered throughout British Columbia for adults experiencing ongoing physical or mental health issues.

- Groups of between 10 and 16 people meet once a week over six weeks, 2.5 hours per week.
- Workshops are facilitated by pairs of trained lay leaders, many living with chronic conditions themselves.
- Workshops are designed to enhance medical treatment and disease-specific education.

## Chronic Conditions Self-Management Program

This program is for people living with one or more chronic conditions. An **online** version is also available – please visit [www.selfmanage.org/onlinebc](http://www.selfmanage.org/onlinebc)

## Chronic Pain Self-Management Program

This program is for people experiencing a wide range of chronic pain conditions.

## Diabetes Self-Management Program

This program is for people with type 2 diabetes.

## Cancer: Thriving & Surviving Program

This program is for people who are living with and/or who have been affected by cancer.



Self-Management BC  
4907 Chisholm Street  
Delta, BC V4K 2K6

## Self-Management Programs teach participants how to:

- Understand and manage their health symptoms
- Make healthier eating choices
- Become more active
- Communicate effectively with health care providers
- Manage difficult emotions
- Set realistic goals and problem solve



University  
of Victoria

Institute on Aging  
& Lifelong Health



## For more information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

Email: [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Lower Mainland  
604-940-1273

Toll-Free 1-866-902-3767



## Health Coach Program

In this program persons who are experiencing difficulty managing their health condition are paired with a trained peer health coach.

The Health Coach Program is currently undergoing a transition and the new program will be available in the Fall, 2016.

## SELF-MANAGEMENT PROGRAM FACTS

- The Chronic Disease Self-Management Program was developed and evaluated at Stanford University in California, US, and has been implemented and evaluated in **26 countries** world-wide.
- The Health Council of Canada considers the Chronic Disease Self-Management Program a **leading practice program** (May, 2012).
- Participants demonstrate **significant improvements** in: exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activity limitations.

## SELF-MANAGEMENT IN BC

Self-management programs are offered throughout BC at no cost. To date, over **30,000** British Columbians have participated. Programs are delivered in First Nations communities, as well as in Punjabi and Chinese-speaking communities throughout the province.

Self-Management BC is supported by the Province of British Columbia.