



Coaches help you determine your health goals and develop a plan

Individuals living with chronic health conditions spend very little time with health professionals. Most of the time they are managing on their own.

YOU DON'T HAVE TO FACE CHALLENGES ON YOUR OWN!



Self-Management *British Columbia*

Join a free phone support program to help you manage your conditions and get the most out of life.

put life back in your life

CONTACT US

For more information and to register for a FREE telephone support program in your area:

1-866-902-3767 Toll Free

604-940-1273 Lower Mainland

smhcoach@uvic.ca

www.selfmanagementbc.ca

Looking to become a volunteer? Join our team!

Contact us to register for the next two-day training session in your community and become a volunteer coach.



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

To order additional brochures call: 1-866-902-3767 • Printed June, 2016

FREE TELEPHONE SUPPORT **Self-Management** Health Coach Program



University of Victoria

Institute on Aging & Lifelong Health



KNOWLEDGE+SKILLS+CONFIDENCE

What do coaches do?

- Provide weekly phone support for 3 months
- Help you access community services and programs
- Provide education about self-management strategies
- Provide social and emotional support
- Work with you to develop plans and goals to improve your health
- Motivate you to initiate and maintain behaviour changes

How do we know what they tell me is correct?

Self-management Health Coaches are not health professionals, but they have been trained to help you in the day to day management of your health condition. Your coach will have a similar chronic health condition or have family members or friends who do. Therefore, they have firsthand knowledge of the challenges that you may be facing. Your coach can help explain your options and the best ways of working with your health care team.

What is a Self-Management Health Coach?

A coach provides support and guidance to help you make the healthy changes you want to work on such as managing your health condition(s) and its complications, finding helpful community resources and taking action to live a healthy life. Their expertise stems from their shared experience with chronic conditions.



How are coaches trained?

Coaches complete a two-day training workshop where they learn self-management support and communication skills. Specifically, they learn how to teach others how to problem solve, make action plans and to make difficult decisions. Most coaches

will already be familiar with self-management strategies through the community self-management programs. During the 3 month period coaches receive ongoing education, assistance and support from the Program Coordinator.