



## Chronic Conditions Self-Management Program

For many people coping with a chronic health condition can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common.

The program is offered as a fun, practical workshop which can help people with chronic conditions overcome these daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health and feel more positive about their lives. They are provided with information strategies and techniques, so they will have the tools they need to help themselves.

Adults of all ages, who are experiencing chronic conditions such as arthritis, diabetes, heart disease, asthma, fibromyalgia, hypertension, depression or any other ongoing or long-term health condition(s) can attend. Their family members, friends and caregivers are also welcome, as they will benefit from the information personally and develop a better understanding of living with a chronic condition.

Small groups of participants (usually 10 to 16) meet for 2 ½ hours, once a week for six weeks. The highly interactive sessions are led by pairs of trained program leaders – most have chronic conditions themselves and have successfully adopted the techniques taught in the program. This program is also available Online – [www.selfmanage.org/onlinebc](http://www.selfmanage.org/onlinebc).

### **Participants will learn how to:**

- Get started with healthy eating and exercise
- Manage fear, anger and frustration
- Make daily tasks easier
- Work with health care team
- Make decisions
- Learn ways to manage symptoms
- Problem solve
- Prevent falls
- Get a good night's sleep
- Weight management and label reading
- Take action and get more out of life

### **For information about workshop dates and locations:**

**Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767**

**[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) | selfmgmt@uvic.ca**

# **Chronic Conditions Self-Management Program previously known as Chronic Disease Self-Management Program (CDSMP) Program Evaluation - British Columbia 2003 to 2006**

The evaluation of the CDSMP was conducted by a research team from the University of Victoria – Institute on Aging and Lifelong Health (previously Centre on Aging), headed by Patrick McGowan PhD. Improvements were observed on 14 of the 16 outcome measures. At six-months post-program, participants:

1. were using more coping strategies to deal with pain or symptoms;
2. were communicating more with their physician (preparing written questions, asking questions, discussing problems);
3. were spending more time doing aerobic exercise;
4. had higher self-efficacy in their ability to manage disease symptoms;
5. had higher self-efficacy in their ability to manage their disease;
6. perceived they were in better health;
7. had less disability;
8. felt their disease had less of an impact on social and recreational activities;
9. were experiencing fewer depressive symptoms;
10. had more energy and less fatigue;
11. were experiencing less distress;
12. were experiencing less fatigue;
13. were experiencing less pain; and
14. felt the disease had a lesser impact on their lives.

The complete program evaluation report and other research information can be found on our website at [www.selfmanagementbc.ca/pastresearchprojects](http://www.selfmanagementbc.ca/pastresearchprojects).

## **What participants say about the program**

*“Meeting with people who are dealing with the same things as me has given me a lot emotionally, and I think that’s something I wouldn’t be able to get anywhere else.”*

*“I have benefited greatly from taking part in the course... I have gained self-knowledge; learned about managing my fatigue and pacing myself so I CAN do the things I want to do, provided I make allowances and plan ahead. I have gained self-confidence; by achieving my short-term goals I have discovered that I am ABLE to do more than I thought.”*

## **Other Self-Management Programs include:**

Chronic Pain

Diabetes

Cancer: Thriving & Surviving (select communities)



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