



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

Self-Management *British Columbia* TM

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.

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.



**For more information
brochures or register:**

www.selfmanagementbc.ca

Email: selfmgmt@uvic.ca

**Lower Mainland
604-940-1273**

Toll-Free 1-866-902-3767



Health Coach Program

The Health Coach Program is a telephone support program for persons who are experiencing challenges managing their health and chronic conditions. Participants receive telephone support for 30 minutes each week.

A trained peer health coach provides one-to-one ongoing guidance and support for a period of three months; with a possible extension to six months.

SELF-MANAGEMENT PROGRAM FACTS

- The Chronic Disease Self-Management Program (known as Chronic Conditions in BC) 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 **39,000** British Columbians have participated. Programs are delivered in Indigenous communities, as well as in Punjabi and Chinese-speaking communities throughout the province.

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