

# news release

Area 9 In-Home & Community Services  
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FOR IMMEDIATE RELEASE

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## **AREA 9 AGENCY OFFERS CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**

Offered by Area 9 In-Home and Community Services Agency, the Chronic Disease Self-Management Program was developed by Stanford University. It is a workshop given two and a half hours, once a week, for six weeks. Workshops are facilitated by two trained leaders.

People with different chronic health problems attend together to learn

- techniques to deal with problems such as frustration, fatigue, pain and isolation;
- appropriate exercise for maintaining and improving strength, flexibility, and endurance;
- appropriate use of medications;
- communicating effectively with family, friends, and health professionals;
- nutrition, and
- how to evaluate new treatments.

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as cardiac rehabilitation or diabetes instruction. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

The next workshop is scheduled to begin April 15, 2009 from 1:00-3:30pm at Reid Hospital Conference Room C, 100 Reid Parkway, Richmond, IN. Cost is \$5.00 per person with each participant receiving a copy of the companion book, *Living a Healthy Life With Chronic Conditions*. For more information or to register for the workshop, contact Beth Evans or Anita Williams at 966-1795 or 800-458-9345.