

# news release

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

Offered by Area 9 In-Home and Community Services Agency, a service of Indiana University East, 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, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) how to evaluate new treatments.

Each participant in the workshop receives a copy of the companion book, *Living a Health Life with Chronic Conditions, 3<sup>rd</sup> Edition*, and an audio relaxation tape or CD.

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.

***Does the program replace existing programs and treatments?*** 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 Better Breathers, 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.

If you are interested in registering for a workshop, or for more information, contact Area 9 Agency at 966-1795 or 800-458-9345.