

Living Well with Chronic Conditions

Fact Sheet

<p>Evidence – Based</p>	<ul style="list-style-type: none"> • Evidence-based programs have been implemented previously, evaluated by researchers, and found to make positive differences in the lives of participants • Organizations utilize proven strategies when they implement evidence-based programs • Local organizations provide these programs and accept participant referrals • Follows Stanford University’s Chronic Disease Self-Management Program curriculum
<p>Classes</p>	<ul style="list-style-type: none"> • Six-week program for 2.5 hours/week; • Facilitated by 2 trained leaders (non-health professionals); • Hosted in a community setting for those 18 years and older; • Class Size: 8-16 participants; • Provide skills to coordinate the things needed for participants to manage their health and keep active.
<p>Program Content</p>	<ul style="list-style-type: none"> • 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 medication • Communication strategies for family, friends and health professionals • Nutrition • Decision making • Evaluating new treatments
<p>Outcomes</p>	<ul style="list-style-type: none"> • Improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability and social/role activities limitations • Fewer days in the hospital • Fewer outpatient visits and hospitalizations • Cost savings ratio 1:4