



Living Healthy

Chronic Disease Self-Management Program (CDSMP)

The North Carolina Division of Aging and Adult Services (DAAS) and the Division of Public Health (DPH) are mobilizing a statewide campaign to implement and sustain the Stanford University's Chronic Disease Self-Management Program (CDSMP), referred to in North Carolina as *Living Healthy*. By the end of 2012, we will have the program broadly accessible statewide.



What is *Living Healthy*?

Living Healthy is a highly participatory workshop that takes place once a week for six weeks. Each 2 ½ hour session is facilitated by 2 trained leaders (many of whom



are volunteers living with chronic conditions themselves) who follow a detailed manual, so that each workshop is highly consistent.

Although *Living Healthy* does not replace disease-specific education (e.g. Better Breathers), it is designed to enhance regular treatment, and is appropriate for people with a wide variety of chronic health conditions. During one workshop, there may be several participants with arthritis, a few with diabetes, some with heart disease, and others who have been diagnosed with multiple chronic conditions. Each week, participants set small, achievable weekly goals & report back to the group on the outcome. If a participant faces challenges, the entire group is there to provide support and help problem solve.

Workshop topics by week

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Intro To Workshop	Dealing with Difficult Emotions	Making Decisions	Better Breathing	Making Healthy Food Choices	Working with Your Health Care Professional & the Health Care System
Mind-Body Connection/ Distraction	Introduction to Physical Activity & Exercise	Pain & Fatigue Management	Healthy Eating	Medication Usage	Weight Management
Getting a Good Night's Sleep	Preventing Falls and Improving Balance	Endurance Activities	Communication Skills	Making Informed Treatment Decisions	Looking Back & Planning for the Future
		Body Scan	Problem Solving	Depression Management	
				Positive Thinking	

Ultimate goal of *Living Healthy*

Improve participants' confidence in their ability to become positive "self-managers" who are able to manage their health and the many ways chronic health condition/s impact their lives.

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