



For more information contact:

**SIH Community Benefits
618.457.5200 ext 67837**

To find a class near you visit:
hsidn.org/takecharge

Dear Healthcare Provider:

The *Take Charge Of Your Health: Live Well, Be Well* program consists of two workshops; the Chronic Disease Self Management Program (CDSMP) and the Diabetes Self Management Program (DSMP). The following information is applicable to both workshops, with the DSMP focusing specifically on diabetes self management.

Take Charge Of Your Health: Live Well, Be Well workshops are for people with long-lasting health conditions, or people who are supporters or caregivers for someone with a chronic condition. The workshops will help the participant live a healthier life.

Some examples of long lasting conditions are:

- Heart Disease
- Lung Disease
- High Blood Pressure
- Diabetes
- Parkinson's
- Osteoporosis
- Arthritis

These conditions may cause pain, fatigue, loss of sleep, sadness, etc. To live a healthy life with a long-lasting health condition means working at overcoming the physical and emotional problems caused by the disease. It's good for the participant to control the disease, instead of the disease controlling them!

Take Charge Of Your Health: Live Well, Be Well workshops will give the participant tips and ideas to make their life easier. These are evidence based programs that were developed by the Stanford Patient Education Resource Center at Stanford University in California. Visit <https://www.selfmanagementresource.com/> for more specific information.

These workshops are offered at hundreds of locations throughout the United States, as well as in other countries around the world. They have helped people feel better about themselves and their problems. Because of these workshops, people gain more physical capabilities and pleasure from life.

Take Charge Of Your Health: Live Well, Be Well workshops will help the participant:

- Understand the problems caused by their condition.
- Manage their health condition.
- Learn activities that will help them have better general health.

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The CDSMP does not deal with each chronic disease individually, such as diabetes or high blood pressure, but rather how different techniques can be used to manage a variety of chronic health issues. The DSMP focuses specifically on the challenges of self managing diabetes.

Take Charge Of Your Health: Live Well, Be Well are fun workshops with a lot of activities to do in groups. The participant will learn:

- How to solve problems.
- How to deal with emotions.
- How to breathe better.
- How to relax.
- How to deal with pain and fatigue.
- How to have healthy eating habits.
- How to communicate with others.
- How to use medications correctly.
- How to manage depression.
- How to work with their health care team.

Take Charge Of Your Health: Live Well, Be Well are evidenced-based programs. That means that a study was done with about 1,000 people who had heart disease, lung disease, a stroke, or arthritis. These people were followed for three years. The study looked at:

- Changes in pain, fatigue, shortness of breath, and depression.
- Visits to physicians and emergency rooms, and hospital admissions.
- Level of confidence in managing health conditions.
- Use of self-management behaviors in taking medications, doing exercise, eating healthy foods, using community resources, and communicating with doctors.
- Managing stress.

The results of the study show that people who took this workshop did better in all the areas of study than those who did not attend the workshop.

Take Charge Of Your Health: Live Well, Be Well are six-week workshops that meets for 2 ½ hours each week and includes a break.

Please do not hesitate to contact the *Take Charge Of Your Health: Live Well, Be Well* Regional Program Coordinator if you have any questions or require further information.

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For a list of upcoming workshops, visit:
<https://www.hsidn.org/takecharge.html>

