

**30-Minute Introduction to
TAKE CONTROL OF YOUR HEALTH
A Chronic Disease Self-Management Workshop**

My name is _____ and this is _____
_____. We are here to tell you about a workshop for people with chronic conditions, or people who are caregivers for someone with a chronic condition. This workshop will help you live a healthier life.

Some of the examples of chronic conditions are:

- Heart disease
- High blood pressure
- Diabetes
- Osteoporosis
- Lung diseases
- Arthritis
- and many others.

These conditions may cause pain, fatigue, isolation and emotional distress. Good health is soundness of body, mind and spirit. To live a healthy life with a chronic condition means working at overcoming the physical and emotional problems cause by the disease. It is good to control the disease instead of the disease controlling you!!

This workshop will give you tips and ideas to make your life easier. This is a program that was developed by Stanford University in California, and we are from

_____.

We'd like to offer this workshop to you here at

This workshop is being held in many places in the United States, as well as in other countries of the world. It has helped people feel better about themselves and their problems. Because of this workshop, people gain more physical capabilities and pleasure from life.

This workshop will help you

- Understand the problems caused by your condition,
- Manage your health condition, and
- Learn activities to do to have better general health.

This workshop does not deal with each chronic disease, such as diabetes or high blood pressure, individually.

This is a fun course with a lot of activities to do in groups.

You 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 your health care professionals

This workshop is an evidence-based program. 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 3 years. The study looked at:

- Changes in pain, fatigue, shortness of breath, and depression
- Visits to physicians and to emergency rooms and hospital visits
- 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 showed that people who took this workshop did better in all of the areas than those who didn't attend the workshop.

Our TAKE CONTROL OF YOUR HEALTH 6-week workshop would meet weekly on a day that is convenient for you. The workshop meets for 2- $\frac{1}{2}$ hours each week and includes a break. Each class will have about 8-15 people.

Please sign the list that is being passed around the room if you are interested in the program.

Thank you for having us here to meet with you today.

Do you have any questions or comments about the program?

If time permits, demonstrate an activity:

One of the activities that you will do in "TAKE CONTROL OF YOUR HEALTH" is to work on individual action plans.

Show chart and explain the action planning steps

Ask each other what your action plan will be (*modeling*)

Ask for volunteers to talk about something that they would like to do for a healthy life.

Parts of an Action Plan

1. Something YOU want to do (*not what someone else thinks you should do, or what you think you should do*)
2. Achievable (*something you can expect to be able to do this week*)
3. Action-specific (*for example, losing weight is not an action or behavior, but avoiding snacks between meals is; losing weight is the result of actions*)
4. Answer the questions:
 - What? (*for example, walking or avoiding snacks*)
 - How much? (*for example, walking 4 blocks*)
 - When? (*for example, after dinner on Monday, Wednesday and Friday*)
 - How often? (*for example, 4 times; try to avoid every day, it is better to have succeeded when you say you will do something 3 times rather than to feel that you have failed if you've done it 6 times; you feel even better if you do it 7 times when you've said you'll do it 3 or 5 times!!*)
5. Confidence level of 7 or more (*ask yourself, "on a scale of 0 = no confidence to 10 = total confidence, how confident am I that I will complete the ENTIRE action plan?" If you rate your confidence below a 7, you might want to look at the barriers and consider reworking your action plan so that it's something you are confident that you can accomplish. It's important that you succeed!!*)