



Dear Self-Management Program Community Partner,

Delaware Division of Public Health, Self-Management Programs has a deep commitment to enhancing the well-being of individuals facing various health challenges. It is with great enthusiasm that I reach out to express our sincere gratitude for considering a partnership with the Self-Management Program.

Our Self-Management Program offers a range of options to cater to the diverse interests of your volunteers. These programs include Cancer: Thriving and Surviving. Chronic Disease Self-Management Program, Diabetes Self-Management Program and Chronic Pain Self-Management Program

Each of these workshops comprises six two-and-a-half-hour sessions, conducted once a week over a six-week period. These evidence-based programs have been meticulously developed by Stanford University, ensuring that participants receive a structured and formal education to better manage their health conditions.

One of the most compelling aspects of our programs is that they are entirely free for participants. They play a pivotal role in educating individuals about the importance of self-management, ultimately leading to an improved quality of life and a reduction in complications. Extensive research has consistently shown that effective self-management practices can yield significant improvements and even prevention of various health conditions.

Moreover, our Self-Management Programs empower participants, instilling in them the confidence and skills necessary to take charge of their health and well-being. By encouraging your team to volunteer with our Self-Management Programs, you can become an essential catalyst for positive change in the lives of individuals, helping them live longer, gain self-assurance, and lead healthier lives.

We invite you to join us in our mission to improve the health and well-being of all Delawareans. Your involvement can make a significant difference in the lives of those living with chronic health conditions, contributing to a healthier and more empowered community.

Thank you once again for considering our Self-Management Program. We look forward to the possibility of partnering with your esteemed institution to bring about positive change and better health outcomes for your community members.

Sincerely,

Delaware Self-Management Program

What is Evidence Based Self-Management and Why Does it Matter?

ev·i·dence-based

adjective

adjective: **evidence-based**

1. denoting an approach to medicine, education, and other disciplines that emphasizes the practical application of the findings of the best available current research.

-Google

self-man·age·ment

/ ' ,self 'manəjmənt/

noun

1. management of or by oneself; the taking of responsibility for one's own behavior and well-being.

-Google

The suite of Chronic Disease Self-Management Education (CDSME) programs developed by Stanford University have been proven to help older adults better manage their chronic conditions, improve their quality of life, and lower health care costs. Through a partnership with the U.S. Administration for Community Living's Administration on Aging, National Council on Aging (NCOA) promotes the implementation of CDSME in communities throughout the U.S.

Chronic Disease Self-Management Program (CDSMP) workshops are designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. Small-group, highly interactive workshops are six weeks long, meeting once a week for 2 ½ hours, and are facilitated by a pair of leaders, one or both of whom are non-health professionals with chronic diseases themselves.

-ncoa.org



Free Delaware Self-Management Programs

What are Self-Management Programs?

Self-Management Programs are interactive sessions that help people who have ongoing health conditions learn how to live life to the fullest. For many people, this means living with less stress, more energy, and a greater ability to do the things they want to do. These programs are clinically proven to reduce symptoms and improve quality of life. Programs are open to adults of all ages and abilities. They are evidence-based, originally developed at Stanford University, and feature the following:

- Small-group workshops – 12 to 16 participants
- 2.5-hour sessions, once a week for six weeks
- Community settings such as senior centers, places of worship, provider offices, libraries, and hospitals, when in-person sessions are available
- Virtual classes that retain the interaction of in-person sessions

Participants learn how to:

- Address the physical and psychological effects of chronic pain (including fatigue, depression, and frustration)
- Exercise, get proper nutrition, and use medications appropriately
- Communicate effectively with family, friends, and health professionals



What are the benefits of a Self-Management Program?

There is strong evidence from peer-reviewed publications and program evaluations that participation in self-management workshops can improve physical and psychosocial outcomes as well as quality of life for people with chronic health conditions. Benefits include:

- Decreased pain and health distress
- Increased energy and less fatigue
- Increased physical activity
- Decreased depression
- Better communication with health care providers
- Fewer social role limitations
- Increased confidence in managing a chronic disease

Four types of programs are offered FREE in Delaware:

Chronic Disease Self-Management Program

This program is designed for adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, and osteoporosis, who struggle to find ways to manage their condition.

Diabetes Self-Management Program

Diabetes is a complex chronic illness that requires ongoing monitoring to slow or prevent complications. This program will help you gain confidence in your ability to manage your health and to maintain an active and fulfilling life.

Chronic Pain Self-Management Program

Chronic pain can be debilitating. If you are dealing with it, our program can help you develop skills to manage it so that you can get on with your life.

Cancer: Thriving and Surviving

The physical, emotional, and mental effects of cancer can be a real struggle. This workshop helps those affected by cancer to live a healthier life. Learn how to take care of your health, set priorities, and enhance relationships with loved ones and your health care team.

Register for a **FREE** Self-Management Program:

302-990-0522 | HealthyDelaware.org/SelfManagement

Chronic Disease Self-Management Program

(Heart Disease, Arthritis, Depression, Asthma, Bronchitis, Emphysema, and Other Conditions)

Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of Self-Management and Chronic Health Conditions	•					
Using Your Mind to Manage Symptoms	•		•		•	•
Getting a Good Night's Sleep	•					
Making an Action Plan	•	•	•	•	•	•
Feedback and Problem-Solving		•	•	•	•	•
Dealing with Difficult Emotions		•				
Physical Activity and Exercise		•	•			
Preventing Falls		•				
Making Decisions			•			
Pain and Fatigue Management			•			
Better Breathing				•		
Healthy Eating				•	•	
Communication Skills				•		
Medication Usage					•	
Making Informed Treatment Decisions					•	
Dealing with Depression					•	
Working with your Health Care Professional and Organization						•
Weight Management						•
Future Plans						•

Diabetes Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and diabetes	•					
Nutrition/Healthy Eating	•	•	•	•		
Making an action plan	•	•	•	•	•	
Monitoring diabetes and blood sugar	•	•	•	•	•	•
Problem-solving		•	•	•	•	•
Feedback		•	•	•	•	•
Dealing with stress		•				
Preventing low blood sugar			•			
Preventing complications			•			
Making decisions			•			
Physical activity / exercise			•		•	
Difficult emotions				•		
Depression					•	
Communicating with Ourselves					•	
Relaxation techniques					•	
Communication Skills					•	
Sick days						•
Foot care						•
Medication						•
Working with your health care professional and health care system						•
Future plans						•

Cancer Thriving & Surviving

Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of Self-Management	•					
Using Your Mind / Relaxation	•					•
Fatigue Management	•					
Making an Action Plan	•	•	•	•	•	•
Feedback		•	•	•	•	•
Problem-Solving	•			•		
Dealing with Difficult Emotions		•				
Getting a Good Night's Sleep		•				
Physical Activity and Exercise		•			•	
Pain Management			•			
Living with Uncertainty			•			
Making Decisions			•		•	
Future Plans for Health Care			•			
Cancer and Changes to Your Body				•		
Healthy Eating				•		
Communication Skills				•		
Making Treatment Decisions					•	
Weight Management					•	
Dealing with Depression					•	
Positive Thinking					•	
Relationships						•
Working with your Health Care Professional and Organization						•
Future Plans						•



Chronic Pain Self-Management Program Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic pain conditions	•					
What is pain?	•					
Using your mind to manage symptoms	•		•		•	•
Getting a good night's sleep	•					
Making an action plan	•	•	•	•	•	•
Action plan feedback		•	•	•	•	•
Problem-solving		•				
Values for Pacing / Time Management		•			•	
Physical activity and exercise		•	•	•		
Dealing with difficult emotions		•				
Healthy eating			•	•		
Depression management				•		
Communication skills				•		•
Medication Usage					•	
Making Informed Treatment decisions					•	
Decision-Making					•	
Working with your health care team						•
Future plans						•