


Living Healthy, Living Well



Self-Management Programs

Chronic Conditions • Diabetes • Chronic Pain



**Self
Management
Education**

[Learn More. Feel Better.](#)



**Free Self -Management Programs
help you take charge of your health**



Bureau of Aging & Disabilities
Carroll County Department of Citizen Services

What is Living Healthy, Living Well?



- The **Self Management Programs** were originally developed at Stanford University in the 1990s
 - Chronic conditions – such as heart disease, arthritis, depression, asthma, bronchitis, emphysema and other physical and mental conditions
 - Diabetes
 - Chronic Pain
- **Assumptions that underlie the program:**
 - People with **chronic conditions** have **similar concerns and problems**
 - People with chronic conditions must deal not only with their disease, but also the **impact it has on their lives and emotions**
- The primary goal of the program is to enable participants to **build self- confidence and take an active role** in maintaining their health and managing their **chronic health conditions**
- Evidence-based programs with **proven results** in a variety of settings, groups, and **chronic conditions**

Why Living Healthy Living Well?



- It supports and enhances medical interventions.
- It improves health literacy
- Studies have shown significant improvements in communication with physicians

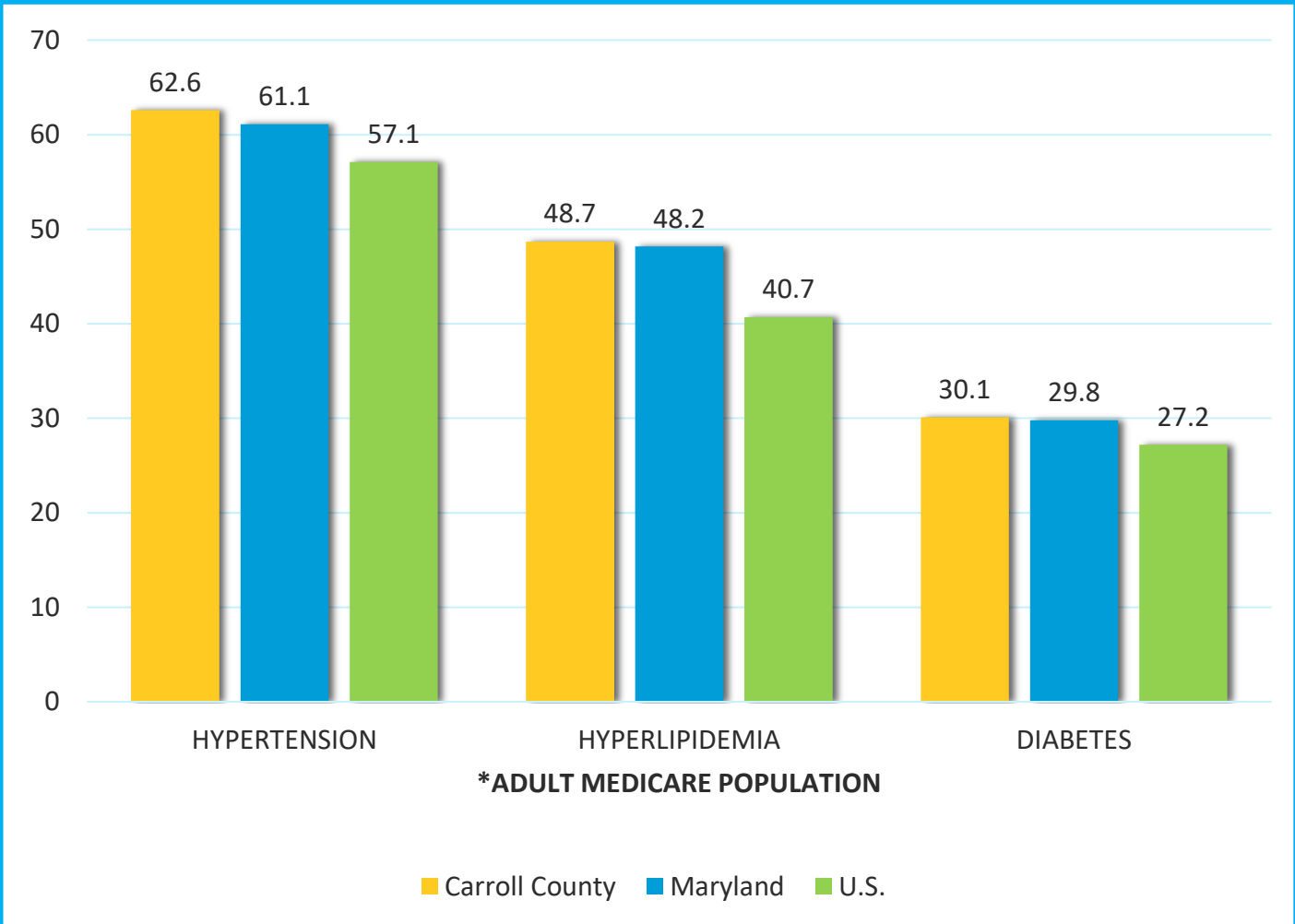


What is a Chronic Condition?

- **Chronic condition** can be defined as a long-lasting condition that may be managed but not cured.
- Four chronic conditions – heart disease, cancer, stroke and diabetes – cause almost **66% of all deaths each year**.
- Nearly **80%** of older adults have **at least one** chronic condition.
- Chronic conditions account for **75%** of the money that our nation spends on health care, but **only 1%** of health funding is spent on **improving** health!



How does Carroll County Compare?



*based on 2017 data

What does the Evidence Show?



Research shows that **Self- Management Program** participants exhibit:

- **Significant improvements** in energy, health status, social activities, and self-efficacy.
- **Improved health status** in seven of nine variables: fatigue, shortness of breath, pain, social activity limitation, illness intrusiveness, depression, and health distress
- **Fewer visits to the emergency room & Reduced hospitalizations**

Participation in these programs saved between \$390-\$520 per patient over a two- year period because study participants used fewer healthcare services



Who does Living Healthy, Living Well serve?

Adults, aged 18 years and over, who are experiencing a chronic health condition(s), such as:

- Arthritis
- Asthma
- Cancer
- Depression
- Diabetes
- Heart disease
- Hypertension
- COPD
- Crohn's Disease
- *And others!*



** Family members, friends, and caregivers, are also highly encouraged to participate*

What will you learn from attending Self-Management Programs?



Healthy Eating and Food Choices



Dealing with Depression



Fatigue Management



Effective Communication



Appropriate Physical Activity



Relaxation Skills

Diabetes Specific Self-Management Program topics

- What is Diabetes?
- Monitoring Blood Sugar
- Healthy Eating (how to balance carbohydrates, proteins and fats)
- Menu Planning
- Weight Management
- Hypoglycemia / Hyperglycemia
- Preventing or Delaying Complications
- Foot Care
- How to manage sick days



Chronic Pain Specific Self- Management Program topics

- What is pain?
- The Mind Body Connection / Distraction
- Getting a Good Night's Sleep
- Pacing and Planning
- Evaluating Treatments
- Decision Making
- Medications for Chronic Pain
- Stress and Guided Imagery / Relaxation



Chronic Conditions Self- Management Program topics

- Communicating Effectively with Family, Friends and Health Care Providers
- Appropriate Use of Medications
- Pain and Fatigue Management
- Relaxation Skills
- Evaluating Treatments
- Decision Making



Workshop Details...

- taught over the course of 6 weekly, 2 ½ hour sessions
- led by two trained peer leaders
- between 10-16 participants
- held virtually and in community settings such as: libraries, community centers, churches, housing units, etc.
- ***Workshops and Materials are provided at no cost to*** leaders and participants



Why volunteer or become a leader?



- To give back and improve lives of those in your community and with those who have same condition/symptoms
- Are you a graduate of the workshop series? Consider paying it forward in the form of leading workshops – Be a champion of the program!
- You only need to commit to co-lead one six-week series annually
- Training is free – once certified and in good standing, you are qualified to lead in any licensed organization nationwide (<http://www.eblcprograms.org/evidence-based/map-of-programs/>)
- National and Global program – your certification is portable

Who are Living Healthy, Living Well Leaders?

- Non-health professionals – lay people
- Peers with chronic diseases themselves
- Trained by certified Master Trainers



How do I Become a Leader?

Potential leaders must:

- attend four days of training to be certified
- co-facilitate a workshop series within six months of successfully completing the training
- agree to lead at least one workshop series per year in Carroll County.

Trainings are held throughout the region and usually once a year in Carroll County.



A Leader's Job Description:

- The ability to connect with people
- A sense of humor
- Excellent communication skills, including listening and hearing others
- Ability to speak in front of people
- Ability to read aloud and follow a scripted leader's manual
- Ability to be non-judgmental and respect



Still not sure about becoming a leader?



**Take part in a workshop as a
participant to see what it's all about**



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

****NEWLY SCHEDULED WORKSHOP****



**This
just in!**

Virtual Chronic Conditions Workshop Series

Tuesdays 9:30am to 12:00pm

May 18 – June 22, 2021

Living Healthy, Living Well in Carroll County

- Licensed through Maryland Living Well Center of Excellence
- Offering Chronic Conditions since 2012, Diabetes since 2017, and Chronic Pain since 2019
- Certified Master Trainers on staff
- Certified volunteer lay leaders
- Part of a statewide network
- **Currently Offering Virtual Training and Workshops*



Workshops offered in partnership with...

- ❖ Brightview Westminster Ridge
- ❖ Carroll County Health Department
- ❖ Carroll Hospital
- ❖ Carroll Lutheran Village
- ❖ Carroll Vista
- ❖ Fairhaven
- ❖ Mt. Airy, North Carroll, South Carroll, Taneytown and Westminster Senior & Community Centers

- ❖ Local Health Improvement Coalition
- ❖ Partnership for a Healthier Carroll County
- ❖ Residences at Hampstead School
- ❖ Sunnybrook Senior Apartments
- ❖ Village House Apartments
- ❖ Wesley Freedom UMC



Looking to Expand

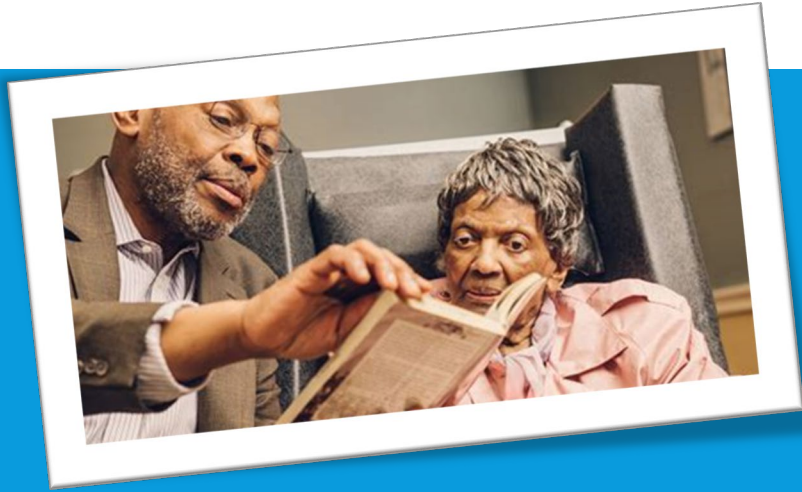
How can I help?

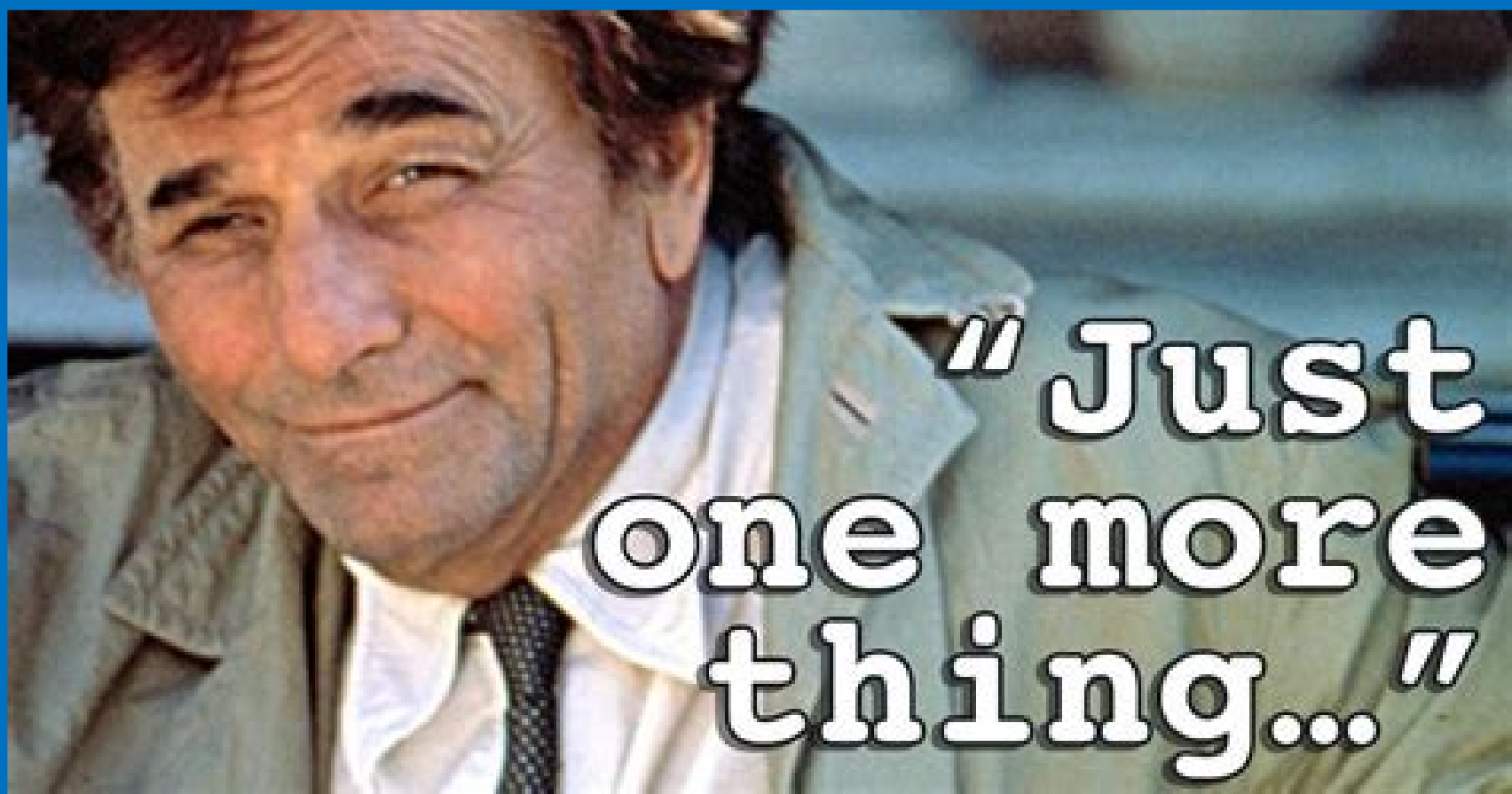


- Those who have chronic conditions or have been recently diagnosed with a chronic condition
- Those who seem to be struggling, or want to learn more about how to effectively manage their conditions
- Family members, friends, and caregivers, who may benefit from the skills provided in the workshops



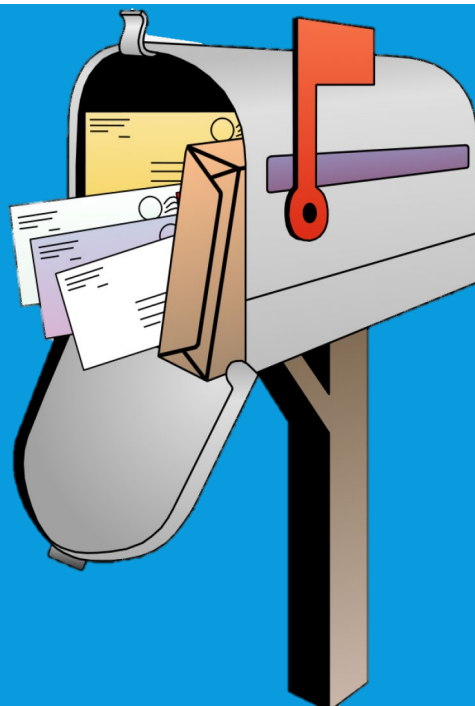
Powerful Tools for Caregivers





**"Just
one more
thing..."**

Mailed Tool Kit – program materials in the convenience of your home



All you need is a phone. You will meet other participants and the workshop leader in a weekly call.



You'll get a reference book, a self-test to help you decide what you want to focus on, and tips sheets to help you manage your conditions.



The work is done at your convenience, and the 1-hour calls are scheduled over a 6-week period.



➤ **Chronic Conditions** ➤ **Diabetes** ➤ **Chronic Pain**

Information, please



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or visit the

Living Healthy, Living Well website
<https://carrollcountymd.gov/livinghealthy>



REFERENCES

- Whitelaw, N., Lorig, K., Smith, M. L., & Ory, M. G. (March 19, 2013). *National Study of Chronic Disease Self-Management Programs (CDSMP)*. Retrieved July 21, 2016 from www.ncoa.org/cha
- Chronic Disease in Maryland: Facts and Figures, March 2011, DHMH Office of Chronic Disease Prevention
- Healthy Carroll Vital Signs, FY 2017-2018 Community Benefit Plan, Data collected 2015