



Living Healthy

(The Chronic Disease Self-Management Program)
Empowering Older People to Take More Control of Their Health
Through Evidence-Based Prevention Programs

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 Chronic Disease Self-Management Program (CDSMP), an evidence-based program developed by researchers at Stanford University. The ultimate goal of implementing CDSMP (i.e. *Living Healthy*) in North Carolina is to reduce the risk and occurrence of disease and disability among the rapidly increasing number of adults 60 and older across the state, especially those who are hard-to-reach, minority, and low-income.



Living Healthy is a highly participatory workshop that takes place once a week for six weeks. Each 2 ½ hour session of the workshop is facilitated by 2 trained leaders (some of whom are volunteers) who follow a detailed manual, so that each workshop is highly consistent. Subjects covered throughout the workshop include: (1) techniques to deal with problems such as



frustration, fatigue, pain and isolation, (2) appropriate use of medications, (3) communicating effectively with friends, family, and health care providers, (4) appropriate exercise, (5) nutrition, and (6) making informed treatment decisions.

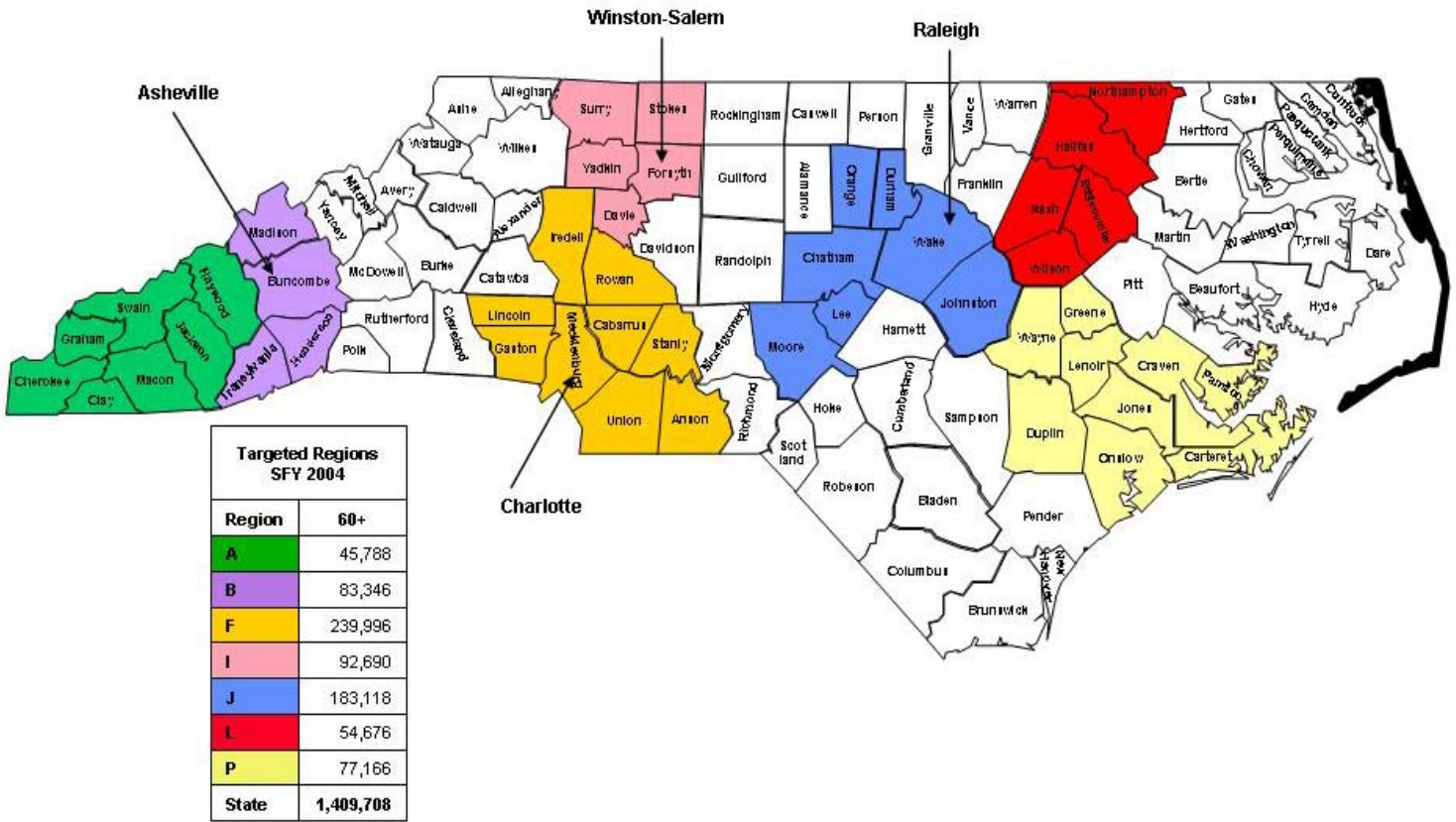
Although *Living Healthy* does not replace disease-specific education (e.g. Better Breathers), it is designed to enhance regular treatment, and is appropriate for people with a wide variety of chronic health conditions. During one workshop, there may be several participants with arthritis, a few with diabetes, some with heart disease, and others who have been diagnosed with multiple chronic conditions.

Working together with multiple partners (e.g. Cooperative Extension, UNC Institute on Aging, AARP), North Carolina's DAAS and DPH have begun implementing *Living Healthy* in 46 counties across the state. The ultimate goal is to develop a statewide infrastructure that is capable of reaching older adults in all of NC's 100 counties.

For more information, please contact Serena Weisner
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Living Healthy Project Map - 7 Area Agency on Aging Regions



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