



Living Healthy

Empowering Older People to Take More Control of Their Health



The North Carolina Division of Aging and Adult Services (DAAS), the Division of Public Health (DPH), and North Carolina's 17 Area Agencies on Aging are mobilizing a statewide campaign to implement and sustain the Stanford University's Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP), referred to in North Carolina as *Living Healthy* and *Living Healthy with Diabetes*, respectively.



Basic program information

Living Healthy and *Living Healthy with Diabetes* are highly participatory workshops that take place once a week for 6 weeks. Each session is 2 ½ hours long, and all workshops are facilitated by 2 trained leaders (many of whom are volunteers) who follow a detailed manual, so that each workshop is highly consistent.



Living Healthy and *Living Healthy with Diabetes* are designed to enhance regular treatment. *Living Healthy* is appropriate for people with a wide variety of chronic health conditions. During one *Living Healthy* 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. *Living Healthy with Diabetes* covers much of the same information as *Living Healthy*, but about 50% of the material is tailored to those living with or caring for someone with Diabetes.

Topics addressed during the workshops

These programs are not designed to help people to learn more about chronic conditions, but rather to learn the skills and tools to better manage chronic conditions. Participants will learn:

- ◆ techniques to deal with problems such as frustration, fatigue, pain and isolation
- ◆ appropriate management of medications
- ◆ skills for effectively communicating with friends, family, and health care providers
- ◆ healthy eating guidelines and exercise tips
- ◆ how to make informed treatment decisions.
- ◆ and MUCH MORE!

To find workshops near you, please visit:
www.ncdhs.gov/aging/livinghealthy/livinghealthy.htm

For more information, please contact Serena Weisner
serena.weisner@dhhs.nc.gov or (919) 733-0440, ext. 246