
“After taking the class, my mindset changed. I realized I’d put my life on hold, expecting to ‘get better.’ When I accepted the fact that I have a chronic condition that I need to manage, I can’t begin to tell you how much freedom I felt. This workshop was a life-changing event.”

— Program participant,
January 2002

Living Well with Chronic Conditions is the Chronic Disease Self-Management Program developed and tested by Stanford University. It is designed to complement and enhance medical treatment and disease management.

Research has shown that participants are able to manage their symptoms better and communicate more easily with their doctors and loved ones.

People who take the program feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.

For more information, copies of this brochure, or to receive this information in an alternative format, please contact:

Living Well with Chronic Conditions
Oregon Department of Human Services
800 NE Oregon Street, Suite 730
Portland, OR 97232
(971) 673-0984
living.well@state.or.us
www.healthoregon.org/livingwell



Living Well with Chronic Conditions

A six-week workshop for people with

- * *Asthma*
- * *Diabetes*
- * *Heart disease*
- * *Arthritis*
- * *And other chronic health concerns*

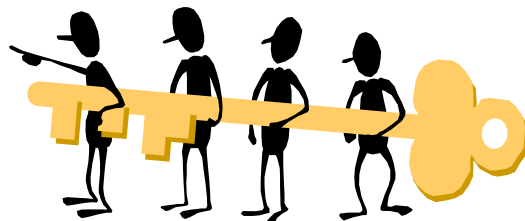


Living Well with Chronic Conditions

Living Well with Chronic Conditions is a six-week workshop. It teaches practical skills for living a healthy life with an ongoing health condition.

Classes are fun and interactive. Participants share their successes and build a common source of support.

The workshop builds confidence for managing health, staying active and enjoying life.



Topics Covered

- ✓ Managing symptoms
- ✓ Medication “how-to”
- ✓ Working with your healthcare team

- ✓ Setting weekly goals
- ✓ Effective problem-solving
- ✓ Better communication

- ✓ How to relax
- ✓ Handling difficult emotions
- ✓ Tips for eating well
- ✓ Safe, easy exercise

- ▶ Workshops meet 2½ hours each week for six weeks.
- ▶ Participants include people with different chronic conditions and their family or friends.
- ▶ Two trained leaders teach the workshop. One or both may have a chronic condition.
- ▶ Some sites may charge a small fee to cover the cost of the course materials.
- ▶ Many organizations in Oregon support the Living Well program. For more information, call Laura Saddler or Jennifer Mead at (971) 673-0984, email living.well@state.or.us or visit www.healthoregon.org/livingwell.