



CHRONIC DISEASE SELF-MANAGEMENT EDUCATION PROGRAM IMPACT

Living Healthy with Chronic Disease Self-Management Education (CDSME) programs share self-management skills and techniques for people with chronic disease. Programs help participants gain self-confidence in their ability to control their symptoms, talk to clinicians, and make healthy choices.

The CDSME suite of programs include Chronic Disease Self-Management*, Diabetes Self-Management*, and Chronic Pain Self-Management.

*also available in Spanish

PATIENT ACTIVATION

The Patient Activation Measure (PAM) is a 13-item survey that places individuals into one of four levels defined by their knowledge and confidence in managing chronic health conditions.



From January 2012 to May 2014, the Centralina Area Agency on Aging assessed Patient Activation Measures for nearly 400 participants before and six to twelve months after they completed a Living Healthy with Chronic Disease Self-Management Education program. At the end of the programs:



CDSME participants knew more about their disease and what caused it.



CDSME participants better understood how to prevent problems related to their health.



CDSME participants felt more empowered about their own health care.

JOIN A PROGRAM!



Living Healthy with Chronic Disease Self-Management programs:

- Meet once weekly for 2 ½ hours for 6 weeks
- Focus on skills and techniques of self-management
- Explore the Symptom Cycle, Toolbox of Techniques, and Action Plans
- Have 8 – 15 participants per workshop
- Are facilitated by 2 trained leaders

For more information, visit the Healthy Aging NC website at: healthyagingnc.com