

### **Telephonic Guidance for CDSMP (Living Healthy) Tool Kit Phone Calls:**

Since we are unable to offer in-person programming, insert agency name is offering an at-home Living Healthy program. Are you interested in learning more?

The Living Healthy Program (also known as Chronic Disease Self Management) is for anyone experiencing chronic disease and/or chronic pain and would like to build confidence in their ability to manage the symptoms of their chronic conditions. Some of the topics include exercising, healthy eating, communication, medication management and making treatment decisions. If you would like to participate:

- You will receive a FREE tool kit for Living Healthy in the mail that will include:
  - o *The Living a Healthy Life with Chronic Conditions* book
  - o *The Relaxation for Mind and Body* CD
  - o An exercise CD with accompanying book
- Weekly meetings by phone with a Leader in small groups with other participants for 8 weeks which will serve as a check in and cover action planning and problem solving.

If you are interested in registering for the Living Healthy Tool Kit, I will need your name, address for shipping and phone number. You will receive a phone call from one of our leaders with your next steps and days for meeting.

## Talking Points for AMOB Coaches - Engaging AMOB Participants

Hello. This is insert name, your coach from the A Matter of Balance class at insert site.



Since the class had to be postponed due and we've all been asked to stay home due to the Coronavirus, we wanted to check-in and see how you are doing today.

We also wanted to remind you that you have the exercises from the A Matter of Balance participant handbook in Handout 3.2. We practiced these together and you can continue doing them safely at home using the guidelines and pictures in Handout 3.2. Do you have questions about any of the exercises? Doing these daily is a great way to stay active and strong.

(optional) There is also a home safety checklist in Handout 6.2 (Participant Handbook) if you would like to take some time to look around your house, identify and remove any fall hazards that you may find, and make a list of the ones that you might need help fixing when it is appropriate for someone to come to the home to help.

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Would you like for me to check in again on you next week? (yes/no)