



Live Well, Virginia!

Chronic Disease Self-Management Education Programs

Through the *Live Well, Virginia!* Chronic Disease Self-Management Education (CDSME) programs, individuals coping with chronic diseases can take steps to improve their overall health, feel better, and live life to the fullest. The core CDSME program is the Chronic Disease Self-Management Program (CDSMP).

Developed by Stanford University, CDSMP is a six week, 2.5 hour workshop that offers tools and information to help people manage their chronic illnesses and participate more fully in life. There is strong evidence across many studies that CDSMP participants experience several beneficial health outcomes, including greater energy, increased participation in physical activity, improved health status, reduced pain symptoms, and improved psychological well-being. Participants also report enhanced communication and partnerships with physicians and greater confidence that they can take actions to affect their own health.

Other related workshops are also available. The Diabetes Self-Management Program (DSMP) includes techniques to deal with diabetes symptoms such as fatigue, pain and emotional issues; healthy eating and exercise choices; preventing low blood sugar; and skin and foot care.

For more information contact Kathy Brown, CDSMP/Wellness Coordinator at Senior Connections, The Capital Area Agency on Aging: kbrown@youraaa.org