



Living Well **WORKSHOPS**

DC Health's **Living Well Self-Management Workshops** are evidence-based self-management programs originally developed at Stanford University. The workshops are **FREE** and **available to any resident of the District of Columbia** age 18 and over seeking help with managing cancer and chronic health conditions such as diabetes, obesity, arthritis, heart disease, high blood pressure, chronic pain, depression, anxiety and/or cancer. Workshops offered include:



Chronic Disease Self-Management Program (CDSMP) provides individuals with the skills needed to address a wide range of chronic conditions such as those listed above. CDSMP is also open to caregivers of individuals with chronic conditions.



Diabetes Self-Management Program (DSMP) helps individuals and their caregivers develop the skills needed in the day-to-day management of type 2 diabetes. This workshop is also for individuals who have been diagnosed with prediabetes.



Cancer: Thriving and Surviving (CTS) provides individuals affected by cancer with the tools they need to live a healthier life. The workshop provides support for continuing normal daily activities and dealing with the emotions that cancer may bring about. This group is also open to caregivers of individuals diagnosed with cancer.

Over the course of each seven-week workshop, participants learn tools and techniques to better manage their chronic condition, develop weekly action plans, share experiences, and help each other solve problems they encounter managing the day-to-day effects of living with a chronic disease. Specifically, participants learn:

- ✓ Techniques to deal with problems such as frustration, fatigue, pain, and isolation.
- ✓ Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- ✓ Appropriate use of medications
- ✓ Communicating effectively with family, friends, and health professionals
- ✓ Healthy eating and the importance of nutrition

These workshops can fill a niche that help patients gain a greater understanding of their own role in staying well and how to self-manage successfully. Research results have shown that this strategy works to improve healthful behaviors and results in less days spent in the hospital and fewer emergency room visits for patients who complete the program. Research has also found that people who complete the workshop:

- ✓ Report fewer sick days or days in depression
- ✓ Have increased ability to manage symptoms like fatigue, pain, shortness of breath and sleep problems
- ✓ Improve communication with doctors and others involved with their medical care
- ✓ Increase medication adherence
- ✓ Experience an increased sense of self-confidence and empowerment with regards to their chronic condition(s)

Clinics/physicians and other members of a patient's healthcare team that refer patients to Living Well Workshops can collect data and evaluate program results for their patients. DC Health can work with clinicians to identify outcomes to track, based on individual clinician's needs.

To learn more about Living Well programs and how they can help improve outcomes for your patients, visit livingwell.dc.gov or contact us at (202) 442-5910 or dccancer.chronic@dc.gov.

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