Chronic Disease Self-Management Program (CDSMP) Improves Lives in Arizona

The Stanford Chronic Disease Self-Management Program (CDSMP) helps participants learn self-management skills needed to help deal with the symptoms of their chronic condition and with the life role changes and emotions experienced when living with a chronic condition. The emphasis of the workshop’s curriculum is to help people: manage common problems such as fatigue; communicate with friends, family, and providers; deal with anger and depression; and design and maintain a healthy eating and exercise plan. In addition, participants learn disease related decision-making and problem solving skills. The most important outcome of the CDSMP is that, through this practice and group feedback, people become more confident and are able to combine more active lives with self-management of their chronic health condition.

Older Adults Are More Likely to Have Multiple Chronic Conditions

- The prevalence of multiple chronic conditions increases with age.
- One in 15 children has multiple chronic conditions.
- Almost three out of four people ages 65 and older have multiple chronic conditions.

Through Administration on Aging support including the Evidence-Based Disease and Disability Prevention Program and the Recovery Act Chronic Disease Self-Management Program grants, the Arizona Department of Health Services has supported CDSMP and EnhanceFitness. From 2007 through February 2012, nearly 1,900 people have participated in federally funded Healthy Living CDSMP workshops in Arizona. Most of those people live with multiple chronic conditions including arthritis, diabetes, hypertension, heart disease, lung disease, depression and others.

CDSMP is being implemented by master trainers and lay leaders (often community volunteers) in over 100 local organizations through the collaborative partnership between the Arizona Living Well Institute, the Arizona Department of Health Services, and the Arizona Department of Economic Security, Division of Aging and Adult Services. Local sites include the Area Agencies on Aging, Inter Tribal Council of Arizona, SCAN Health Plan, community health centers and clinics, retirement and senior apartment communities, recreational facilities, senior and multi-generational centers, churches, worksites, libraries, and others.
CDSMP participants in Arizona have shared their thoughts about CDSMP:

Residents of the City of Phoenix Sr. Housing Site (HUD), a diverse group of Hispanic, African American and White men & women, shared comments about the Healthy Living Workshop’s benefits:

“My doctor refused to operate on my knee because he said I was too fat so he was afraid to do it. Now that I am working out really hard I really sweat. My doctor said he will go ahead with the surgery. So, I will be able to walk. My weight has not changed but the doctor said that muscle weighs more than fat and he can tell that I have gained muscle”

"We look out for each other. We care about one another”

"We are cheerleaders for each other”

"Our place is not the newest or fanciest but we help one another”

“It was a privilege to co-lead the CDSMP for this group. It was a wonderful example of the content and process really working well with a receptive community. I was reminded of how carefully this program was developed and how effective it can be.”

-Reva, CDSMP Lay Leader

“I am very thankful to Cathy and Karen, our speakers, for giving us this 6 weeks class, “Healthy Living: Self Management of Chronic Disease Program”. Their teachings are so clear, so challenging, and made me hungry to learn more. I have learned so much from Cathy and Karen. Now I feel better and have confidence about self-management task and effective problem solving, etc. I wish Cathy and Karen can continue to share their excellent knowledge to help more people with chronic health problems like me. God Bless!”

-Juliana, CDSMP participant

For more information about CDSMP in Arizona, please contact:

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