Chronic Disease/Diabetes Self-Management Programs (CDSMP/DSMP) Improve Lives in Delaware

The Stanford Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP) help 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.

The Delaware Division of Public Health has offered DSMP, through Administration on Aging support including the Recovery Act Chronic Disease Self-Management Program grants. **From May 2010 through February 2012, over 300 people have participated in federally funded DSMP workshops in Delaware.** The state will be implementing CDSMP in 2012. Most of those people live with multiple chronic conditions including arthritis, diabetes, hypertension, heart disease, lung disease, depression and others.

DSMP is being implemented by lay leaders (often community volunteers) in 18 local organizations through the Delaware Division of Public Health in collaboration with the Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD). The local sites include community health clinics, retirement centers, senior apartment communities, recreational facilities, senior centers, churches, worksites, state prisons, doctor offices, libraries, Federally Qualified Health Centers, and others. Delaware’s DSAAPD also works extensively with the State Medicaid office and the Medicaid Health plans (MCOs).
CDSMP participants in Delaware have shared their thoughts about CDSMP:

“I have been attending a six week, 2 hour course on diabetes at Claymore Senior Center. During the classes we have covered some of the following subjects: managing diabetes, action plans, working with your healthcare providers, healthy eating, reading food labels, exercise, relaxation tapes, emotions-depression, stress, negative thoughts and medications. I have learned to take diabetes very seriously. I am concentrating on and exercise program I can handle everyday, and also, reading labels on the foods I buy. I would recommend this program highly as the benefits are great.
- Unknown Name, DSMP participant

I have been a diabetic since the early 1990’s. The six classes I found to be very informative, challenging and life-changing. The class opened my eyes and gave me a clearer perspective on how to better manage my diabetes. What I have learned I will continue to practice. I will continue to stay away from certain foods I gave up during the six weeks of class. I will continue counting my carbs and watching my sugar and fat intake. My exercise routines will continue as well. Already I am seeing results! My finger sticks are better, I lost five pounds, and I am taking less insulin. Thank you for sending your facilitators to prison!
- Unknown Name, DSMP participant

“This diabetes program has been a godsend for me. I have been able to reduce my blood sugar by 20 points, lose 4 lbs and have a better understanding of how to control my blood sugars. If I keep it up I will not need medication which is my goal. With this class I have a better chance of meeting this goal and to keep myself healthier. Many thanks for your support of this program and for the excellent professionals who executed it.”
- Unknown Name, DSMP participant

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