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

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 helping people manage common problems such as fatigue; communication with friends, family and providers; dealing with anger and depression; and designing and maintaining 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 Indiana Family and Social Services Administration have offered CDSMP through Administration on Aging support including the Recovery Act Chronic Disease Self-Management Program grants. **From May 2010 through February 2012, over 800 people have participated in federally funded Living a Healthy Life with Chronic Conditions CDSMP workshops in Indiana.** 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 in 17 local organizations through the Indiana Family and Social Services Administration in collaboration with the Indiana State Department of Health and the Indiana Minority Health Coalition. The local sites include community health clinics, retirement centers, senior apartment communities, recreational facilities, senior centers, churches, worksites, and other locations.

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