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

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.

The South Carolina’s Lieutenant Governor’s Office on Aging has offered CDSMP through Administration on Aging support including the Evidence-Based Disease and Disability Prevention Program and the Recovery Act Chronic Disease Self-Management Program grants. From 2006 through February 2012, nearly 2,600 people have participated in federally funded Better Choices Better Health workshops in South Carolina. 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 98 local organizations through the South Carolina’s Lieutenant Governor’s Office on Aging in collaboration with the South Carolina Department of Health and Environmental Control. The local sites include USC School of Medicine, Clemson University Institute for Engaged Aging, Area Agencies on Aging, community health clinics, retirement centers, senior apartment communities, recreational facilities, senior centers, churches, worksites, and others.
CDSMP participants in South Carolina have shared their thoughts about CDSMP:

“The workshops have helped me to better understand and offered me opportunities to better manage my chronic conditions. I started an action plan of exercise and eating better. In addition I have been practicing breathing and mediation exercises for stress, especially at work. And, I am mindful of my activities and not overdoing it. I still have a ways to go before I establish a normal routine of healthy living, but the class has definitely helped me to get started and I plan to continue using my book to establish the best plan for me.”

“I learned a lot. I just finished chemo and having a hard time dealing with the aftermath. I have used the information throughout my life.”

“I have arthritis and I thought the class would help me know what to do with arthritis and how to control it. I really don’t like to tell people my problem because it seems to make me hurt more. But I learned to say no to pain in my mind. I learned to say it is ok. Making action plans, this helped me to get organized. I use to wait till the last minute. I am determined now to do what I set out to do. I take my medication on time and exercise at home. I get out more.”

“I read about the class in the state newspaper. I was interested because I have been told I have arthritis and it is really bothering me. I decided to attend and I convinced my friend Chris who has arthritis to go with me. My arthritis is getting pretty bad and I felt it would benefit us. We took both classes (the Arthritis Self-Management Program and Better Choices Better Health) and learned something different from each one. I learned about the pain cycle and all the things in your life that can cause the pain to intensify or decrease pain. Sometimes it really is mind over matter. Am I going to let that pain affect me and keep me down or am I going to control the pain and get on with my day. Also, it lets others know they are not by themselves. I also liked the advice other class members gave to help solve problems. The charts were very helpful. Reading from the book and discussing in class made the charts and lessons more understandable. Setting my day up, getting more organized, making sure to get time in for me. Take care of my health problems first The problem solving techniques help me loosen up to ease my pain, which means I can get up and do more.”

-South Carolina CDSMP participants

For more information about CDSMP in South Carolina contact:

Crystal Strong
Lieutenant Governor’s Office on Aging
803-734-9889
cstrong@aging.sc.gov

Cora Plass
South Carolina Department of Health and Environmental Control
803-898-0349
plasscf@dhec.sc.gov

Please contact Kelly Horton (kelly.horton@ncoa.org) at the Center for Healthy Aging, National Council on Aging with any questions. More information is available at the Center for Healthy Aging website at www.ncoa.org/cha.