

# **Better Choices, Better Health**

## **Chronic Disease Self-Management Program (CDSMP)**

For many people, coping with a chronic health condition can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common.

This course helps people with chronic conditions overcome these daily challenges, and maintain an active, fulfilling life. The program is based on self-efficacy theory and emphasizes problem solving, decision-making and confidence building. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. Research confirms that a year after completing this course, participants reported increased healthful behaviors, better symptom management, improved health status, fewer physician and hospital visits, and greater confidence in their ability to manage their condition.

Adults of all ages, who are experiencing chronic conditions such as arthritis, diabetes, heart disease, asthma, fibromyalgia, hypertension, depression or any other ongoing or long-term health condition(s) can attend. Their family members, friends and caregivers are also welcome, as they will benefit from the information personally and develop a better understanding of living with a chronic condition.

Small groups of participants (usually 10 to 15) meet for 2½ hours, once-a-week for six weeks. The highly interactive classes are led by pairs of trained volunteer leaders – most have chronic conditions themselves and have successfully adopted the techniques taught in the program.

Course participants will learn how to:

- manage symptoms;
- get started with healthy eating and exercise;
- communicate effectively with their doctor and health care team;
- manage their fear, anger and frustration;
- make daily tasks easier; and
- get more out of life.

Research confirms that following the course, participants increased healthful behaviors, believed their health had improved, were less limited in their daily activities, were less bothered by their illness, and had greater confidence in their ability to manage their condition.

The program is delivered year-round in various community settings such as recreation centers, libraries, community health centers and seniors' activity centers. The course is offered at no or low cost to participants, and they may receive a copy of the excellent reference book "Living a Healthy Life with Chronic Conditions".

**For more information about this program, call 732-493-9520 or e-mail [sjozil@mcrhc.org](mailto:sjozil@mcrhc.org).**

## **Comments about Better Choices, Better Health:**

*"It changed my life... I got a lot of courage from it. A lot of courage and encouragement."*

*"I thought the course was excellent. I thought it had a lot of good components and I liked the way it had good, practical information, but also looked at lifestyle and problem solving and taking things step-by-step."*

*"When I first realized how bad my [condition] was, I had no future outlook. I came home and sat and there is where I stayed. I wasn't eating properly. If someone said 'go for a walk', I'd say 'I'm too tired'. But then I started attending the course and getting information. I improved my outlook... I'm on an exercise program now. I'm living the best I can and I'm getting the very best out of each day."*

*"Meeting with people who are dealing with the same things as me has given me a lot emotionally, and I think that's something I wouldn't be able to get anywhere else."*

*"Sometimes I experience a bad day... And, with my background in health and exercise I just couldn't deal with this. I would feel like 'life was passing me by!' Self-management taught me this was normal, and there are things that I could do to deal with this situation."*

*"I have benefited greatly from taking part in the course... I have gained self knowledge; learned about managing my fatigue and pacing myself so I CAN do the things I want to do, provided I make allowances and plan ahead. I have gained self confidence; by achieving my short-term goals I have discovered that I am ABLE to do more than I thought."*

*"It helped me manage my condition, and one of the best things I learned from the class is just being able to communicate with my doctor and set plans for myself. I can manage my condition and be more comfortable with it."*

*"I now have a new sense of being in control of my life, and the added confidence in self managing my problems has made me a much happier person."*

*"I feel my health has improved and I have reached a number of personal goals. This course has been most beneficial and I would highly recommend it to others."*

*"This was the beginning of my taking control of my condition. I moved from victim, from feeling helpless, to feeling that I can do something to alleviate my condition."*



Monmouth Co.  
Regional Health  
Commission

732-493-9520



Feel better.

Be in control.

Do the things  
you want to do.

Find out more about  
**BETTER CHOICES, BETTER  
HEALTH Workshops.**



Put Life  
Back in  
Your Life



**BETTER CHOICES,  
BETTER HEALTH**

## Put Life Back Into Your Life.

Consider a BETTER CHOICES, BETTER HEALTH Workshop.


Do you have an ongoing health condition?


You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.


If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Take Control of Your Health Workshop can help you take charge of your life.

### Sign Up Now.

Spaces Are Limited.

 Join a free 2 ½-hour Workshop, held each week for six weeks.

 Learn from master trainers and trained volunteer leaders with health conditions themselves.

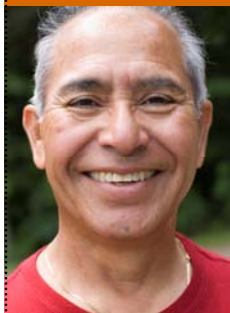
 Set your own goals and make a step-by-step plan to improve your health—and your life.

"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."



To get more information, please call:

732-493-9520.



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."