



You Can! Live Well, Virginia

*You Can! Live Well, Virginia! Chronic Disease Self-Management Education
Program (CDSME)*

Senior Connections is offering “You Can! Live Well, Virginia” workshops for persons with chronic conditions and/or caregivers and family members of people with chronic conditions. This program helps participants learn a variety of necessary day-to-day management skills needed to maintain and /or increase life’s activities in order to lead a healthier and happier life while dealing with their chronic condition. These free workshops are scheduled for 2 ½ hours once a week for six weeks. Regular attendance is expected.

This program is an evidence-based program developed and tested by Stanford University (<http://patienteducation.stanford.edu>).

Workshop topics include:

- Goal Setting
- Problem Solving
- Decision Making
- Physical Activity
- Healthy eating
- Coping with fatigue and pain
- Preventing falls and improving balance
- Learning appropriate use of medications
- Evaluating new treatments and communicating effectively with family, friends and health professionals

Most importantly, through the supportive environment and manageable action plans, participants gain control of their own lives.

Return on Investment and Health Care Savings

Research showed that people who took the program, when compared to people who did not take the program, improved their healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians), improved their health status (fatigue, social/role activities and health distress) and decreased their days in the hospital according to Stanford.

For more information concerning The Chronic Disease Self-Management Workshops, please contact Savannah Butler at 804.343.3004 or sbutler@youraaa.org.

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