



Free Delaware Self-Management Programs

What are Self-Management Programs?

Self-Management Programs are interactive sessions that help people who have ongoing health conditions learn how to live life to the fullest. For many people, this means living with less stress, more energy, and a greater ability to do the things they want to do. These programs are clinically proven to reduce symptoms and improve quality of life. Programs are open to adults of all ages and abilities. They are evidence-based, originally developed at Stanford University, and feature the following:

- Small-group workshops — 12 to 16 participants
- 2.5-hour sessions, once a week for six weeks
- Community settings such as senior centers, places of worship, provider offices, libraries, and hospitals, when in-person sessions are available
- Virtual classes that retain the interaction of in-person sessions

Participants learn how to:

- Address the physical and psychological effects of chronic pain (including fatigue, depression, and frustration)
- Exercise, get proper nutrition, and use medications appropriately
- Communicate effectively with family, friends, and health professionals





What are the benefits of a Self-Management Program?

There is strong evidence from peer-reviewed publications and program evaluations that participation in self-management workshops can improve physical and psychosocial outcomes as well as quality of life for people with chronic health conditions. Benefits include:

- Decreased pain and health distress
- Increased energy and less fatigue
- Increased physical activity
- Decreased depression
- Better communication with health care providers
- Fewer social role limitations
- Increased confidence in managing a chronic disease



Four types of programs are offered FREE in Delaware:

Chronic Disease Self-Management Program

This program is designed for adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, and osteoporosis, who struggle to find ways to manage their condition.

Diabetes Self-Management Program

Diabetes is a complex chronic illness that requires ongoing monitoring to slow or prevent complications. This program will help you gain confidence in your ability to manage your health and to maintain an active and fulfilling life.

Chronic Pain Self-Management Program

Chronic pain can be debilitating. If you are dealing with it, our program can help you develop skills to manage it so that you can get on with your life.

Cancer: Thriving and Surviving

The physical, emotional, and mental effects of cancer can be a real struggle. This workshop helps those affected by cancer to live a healthier life. Learn how to take care of your health, set priorities, and enhance relationships with loved ones and your health care team.

Register for a **FREE** Self-Management Program:

302-990-0522 | HealthyDelaware.org/SelfManagement