

Put Life Back in Your Life



Living Well with Chronic Conditions

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What is Living Well with Chronic Conditions?

Living Well with Chronic Conditions is a chronic disease self management program designed for individuals who have chronic conditions or those who live with or care for someone with a chronic condition. This self-evidence based program was developed by Stanford University in 1996.

Living Well is a workshop series delivered in six, two-and-a-half hour weekly sessions, primarily in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health conditions or with multiple conditions, attend the workshops series together. Workshops are facilitated by two trained leaders who follow a specific agenda and curriculum. One or both of the leaders are non-health professional peers living with a chronic disease.

Living Well will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific self-management education such as Better Breathers, cardiac rehabilitation, or diabetes education. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all medications and treatments necessary to manage their health, as well as to help them keep active in their lives. Family members and other support people are invited to participate along with the person living with a chronic condition.

Some of the subjects covered include: techniques to deal with problems such as frustration, fatigue, pain and depression/appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition and how to evaluate new treatments.

Each participant in the workshops receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions*, 3rd edition. Sessions are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Healthy snacks are also provided at all sessions.

New workshops will begin after the first of the year throughout the County. To take that first step to become a better self manager or for more information, please contact Ann Way, Living Well Program Coordinator, 541-265-0465.