

Suggested language to describe the Chronic Disease Self-Management Program

(For use by Information and Assistance staff and other ADRC personnel)

When you receive a call from or about someone who is experiencing problems related to an ongoing health problem or disability, you could say something like this:

You mentioned having difficulties with your _____ (*mention the chronic health condition that the person has, such as diabetes, arthritis, MS, COPD, anxiety, congestive heart disease, depression, disability, etc.*)

I wonder if you might be interested in participating in a free workshop where you could learn ways to manage and improve some of the problems you are having.

The workshops are six weeks long for about 2.5 hours each week.

You would get ideas to help you with things like fatigue, stress, pain, shortness of breath, sleep difficulties, etc. You also would give and receive support and suggestions from others in the workshop, which participants say is very helpful.

People who have completed the workshops say the program has really helped them feel better. Some even say it changed their lives!

Is this something you would be interested in?

(If yes):

Great! There are two types of workshops. One is in person, where you go to a specific location each week. The other is offered online, where you would participate on a computer through the Internet. Which would you prefer?

(If they want the in-person class):

OK, let me give you the information so you can see what classes are available in your area. (You can give the person contact information for the local CDSMP license holder that provides CDSMP classes in your area or you can have them call 1-888-900-2629 or have them go to: <http://www.selfmanagementcolorado.org/> and click on "classes".)

If you don't see a class listed in your area, there is a place at the bottom of the list of classes where you can click on a link that says "Don't see a class near you?" and you can request a class.

(If they want the online class):

OK, let me give you the Web site where you will sign up for the next online class. That site is: <https://shared.selfmanage.org/shared/colorado/>

If you have other questions about these workshops, here is who you can call: Connie Young at connie.young@state.co.us or 303-866-2695.