

TOOLKIT with weekly telephone contact

... a new mode of delivering the Chronic Disease Self-Management Program

Developed specifically to reach those

- 60+ years old & their caregivers
- Not allowed to attend face-to-face classes
- Who cannot or will not use a computer
- Without computer access
- Isolated

You get a TOOL KIT for Active Living with Chronic Conditions

- Living a Healthy Life with Chronic Conditions Book
- A CD for Exercise
- A CD for Relaxation
- Booklet with a self-test that directs people on how to individualize their use of the tool kit and with drawings of all the exercises on the CD

Why me?

- I have ongoing health problems
- I want to manage my chronic symptoms and problems, i.e. issues of pain, breathing, diabetes, exercises, fatigue, or anxiety
- I want to build endurance
- I want to communicate effectively with my family and healthcare professionals
- I want to plan for the future

What will I learn or gain from participating?

- Set my own goals with action plans
- Problem solve issues
- Get fit and exercise at my own pace
- Learn how to relax
- Make decisions

How can I participate?

- Six weekly telephone conference calls
- One hour a week

How much will it cost me?

- Presently, there is **NO COST** for Big Island participants. Workshop is funded in part by the County of Hawaii and Title III of the Older Americans Act through the Hawai'i State Executive Office of Aging

"This is an excellent method to accurately determine your health, eating habits, emotions, & plan for the future." LU



"The materials are 'tools' we can use long after the 6-week program. The 'action planning' for self management was the most helpful tool for me." CI

When can I start?

Contact Program Coordinator Laraine Kawasaki (808) 938-7431 TODAY! Choose to learn tools to encourage and assist you in managing your health, staying active, and ENJOYING LIFE.

Upcoming Workshops

9:30 a.m. to 10:30 a.m., Tuesdays
February 2, 9, 16, 23 • March 2, 9

9:30 a.m. to 10:30 a.m., Wednesdays
February 3, 10, 17, 24 • March 3, 10

Coming Soon

Diabetes Self-Management Program