



Online Chronic Conditions Self-Management Program

For many people, coping with a chronic health condition can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common. The Online Chronic Conditions Self-Management Program is an easy to follow, practical online workshop which can help people with chronic conditions overcome these daily challenges and maintain active fulfilling lives.

Adults of all ages who are experiencing chronic conditions can participate. Their family members, friends and caregivers are also welcome. The program is accessible to those with all levels of computer experience and an online tutorial is provided.

With up to 25 people in each online workshop, interactive sessions are posted each week for six weeks. Participants log on at their convenience two or three times a week for a total of about two hours a week. Participants can remain anonymous—no one in the group needs to know who they really are—and everything takes place on a dedicated, secure website. The highly interactive sessions are led by pairs of trained program facilitators – most have chronic conditions themselves and have successfully adopted the techniques taught in the program.

Participants will learn how to:

- Get started with healthy eating and exercise
- Manage fear, anger and frustration
- Make daily tasks easier
- Work with health care team
- Learn ways to manage symptoms
- Problem solve
- Take action and get more out of life

For more information about online workshops:

www.selfmanage.org/onlinebc | bc@selfmanage.org
Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767

What participants say about the program

This program has given me new insights and tools for managing my health issues... I thought I was alone in managing my disease and now I know that I have a whole team. My greatest accomplishment is going from zero movement into an exercise routine that has lifted my spirits and helped me tremendously in my physical well-being...

I found this program very useful because I felt I had to be accountable for my progress toward my weekly goals. Each week I added more goals for exercise and healthy eating and I've managed to maintain most of the goals, which are now part of my routine. Having other folks to communicate with, both to support me and for me to support them, made me realize I was not alone in dealing with the emotions and frustrations I face...

... I found this program very helpful in giving the participants a general overview on how to live a healthy life with chronic conditions... This program is especially valuable for people who live in remote areas or are more or less house bound. IT IS REALLY A GREAT PROGRAM.

The facilitators kept everyone's focus on how important it is to keep all lines of communication open with your health team. Giving and getting feedback throughout the 6 week program enabled me to learn how to better respond to situations in my life that were affecting my health and also how my health affected the people and situations around me.

Other Self-Management Programs include:

Chronic Conditions (community based)

Chronic Pain

Diabetes

Cancer: Thriving & Surviving (select communities)



Self-Management BC is supported by the Province of British Columbia