

Chronic Disease Self-Management Program Leader Refresher Workshop

Other MAOP Evidence-Based Program Interventions

Tomando Control de su Salud:

- Group self-management education program
- Specifically for Spanish-speaking people (in Spanish without translators)
- Similar in content and process to English version of CDSMP, but culturally appropriate to Hispanic and Latino/a cultures
- One workshop a week for six weeks; each workshop is 2.5 hours
- Facilitated by two trained leaders; one or both are non-health professionals with a chronic condition or a caregiver for someone with a chronic condition

Arthritis Toolkit:

- Individual self-management education program
- Specific to the chronic condition of arthritis
- Similar in content to the Arthritis Foundation Self-Help Program
- Toolkit can be checked out for six weeks at a time from Regional Arthritis Center

Arthritis Foundation Exercise Program:

- Group physical activity program
- Designed specifically for individuals with arthritis
- Helps increase joint flexibility and range of motion and helps maintain muscle strength
- Classes can be ongoing (year round) or time-limited (offered in 6 or 8 week sessions). Classes typically meet 2-3 times per week for one hour
- Facilitated by one trained instructor who can assist with action modification

Walk With Ease (Group or Individual Formats):

- Group or individual physical activity program
- Designed specifically for individuals with arthritis, but open to anyone
- Helps develop a personalized walking plan, stay motivated while managing pain, and teaches safe exercise methods
- Classes can be ongoing (year round) or time-limited (offered in 6 week sessions). Group classes typically meet 3 times per week for 45-90 minutes
- Group classes are facilitated by one trained leader