

# Chronic Disease Self-Management Program Leader Refresher Workshop

## Tips for Hosting CDSMP Zero Sessions

### Give a brief overview of CDSMP program\*:

- Workshops meet for 2 ½ hours once a week for 6 weeks
- Trained instructors who understand or have health problems like diabetes, heart disease, and arthritis lead the workshops
- Participants will learn techniques to reduce pain and limitations associated with their health problems
- People who have participated in workshops note other benefits include:
  - More energy and feeling less tired
  - Reduced levels of depression
  - Increased physical activity
  - Improved communication with their health care provider
  - Increased confidence they can self-manage their health
- Program was developed and researched by Stanford University and has evidence proving its effectiveness for assisting participants with self-management of their health

\* **Note:** Can use “Marketing Slides” found on Leader Resources page as a guide for program overview

### Provide reminders for your workshop:

- Hand individuals a flyer listing the dates (including month, date, and day of week), time of workshop, workshop location, a contact phone number, and workshop cost
- Ensure individuals are registered (if there is a registration process)
- Remind participants there is a lot of sitting in each workshop, so to bring anything that might help them feel more comfortable while sitting
- Temperatures in different spaces may vary, so bringing a sweater or light jacket to put on if it’s cold or remove if it’s hot in the workshop room may be a good idea

### Questions/Answers:

- Ensure that you leave enough time for questions from potential participants regarding the CDSMP workshop
- If you do not know the answer to a question, say “I do not know” and follow-up after

### Potential Zero Session Formats:

- Open House (No set presentation)
- Question and Answer Session
- Group Presentation
- Table or Booth describing Workshop