

Personal Action Toward Health

Stanford University's Chronic Disease Self-Management Program

Get on the Right PATH!

- Nobody wants to have a chronic long-term illness.
- Unfortunately, most of us will experience <u>two</u> <u>or more</u> of these conditions during our lives.
- PATH will help people with long-term health conditions explore healthy ways to live with a physical or mental condition.

PATH Program Design

- Evidence-based (tested and proven to be effective)
- Developed by Stanford University
- Led by two trainers who also have a long-term health condition
- Six-week, 2 ½ hour sessions in a community setting



PATH Program Participants

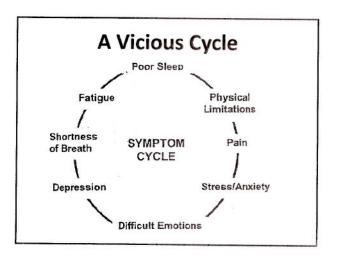
- Adults of any age living with a chronic or long-term health condition
- Family members, friends and caregivers are welcome to attend the sessions, too



Chronic Health Conditions

- Arthritis (or related conditions)
- Asthma
- Cancer
- · Chronic Pain
- Depression or Anxiety Disorders
- Diabetes
- Emphysema or other lung disease

- Heart Disease
- High Blood Pressure (Hypertension)
- · High Cholesterol
- · Multiple Sclerosis
- Osteoporosis
- Obesity
- Serious Mental Illness
- Stroke



"Self-management is always a decision: a decision to be active or a decision to do nothing, a decision to seek help or a decision to suffer in silence."

PATH Skills

- Ways to deal with frustration, fatigue and pain
- How to develop a healthy eating plan
- Goal setting and problem solving
- How to manage medications
- How to plan visits with your health care provider
- And lots more!



Self-Management Tool Box

Physical Activity Problem-Solving
Medications Using Your Mind
Decision-Making Sleep
Action Planning Communication
Breathing Techniques Healthy Eating
Understanding Emotions Weight Management
Working with Health Professionals

Parts of an Action Plan

- 1. Something YOU want or decide to do
- 2. Achievable
- 3. Action-specific
- 4. Answer the questions:

What? (specific action)

How much? (time, distance, amount)

When? (time of day or which days of the week)

How often? (number of days in the week)

5. Confidence level of 7 or more

Problem-Solving Steps

- 1. Identify the problem
- 2. List ideas
- 3. Select one
- 4. Assess the results
- 5. Substitute another idea
- 6. Utilize other resources
- 7. Accept that the problem may not be solvable now

Register for a FREE PATH Workshop today!

- PATH Workshops are offered throughout Michigan
- PATH Programs available include:
 - Chronic Disease PATH
 - Diabetes PATH
 - Chronic Pain PATH
- Call 1-800-442-1713 for more information or to register