



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 two or more 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

A Vicious Cycle



“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