



NORTH CENTRAL TEXAS COUNCIL OF GOVERNMENTS AREA AGENCY ON AGING

WHAT IS IT?

- The North Central Texas Council of Governments is a voluntary association of local governments within the sixteen county North Central Texas Region, established in January, 1966, to assist local governments in planning for common needs, cooperating for mutual benefit, and coordinating for sound regional development. www.nctcog.org
- The “COG”, as it is called, is comprised of the Agency Administration, Community Services, Emergency Preparedness, Environment & Development, the Executive Director’s Office, Public Affairs, Research & Information Services, Transportation, and Workforce Development.
- The Community Services Department is made up of Criminal Justice, Radio Communications, Regional 911, Regional Police Academy, Regional Training Center, and the Area Agency on Aging.
- The Area Agency on Aging is one of 28 Area Agencies on Aging in the State of Texas and receives federal and state funding from the Texas Department of Aging and Disability Services.
- The Area Agency on Aging provides services to elderly 60+ in the 14-county region that surrounds Dallas and Tarrant counties. A number of services are contracted out to providers. Those services consist of: Congregate Meals, Home-Delivered Meals, Homemaker, Senior Center Operations, and Transportation. Other services that are available in ten of the fourteen counties are: Case Management, Residential Repair, Emergency Response System, Health Maintenance, and Instruction & Training.
- Services that are provided directly through the Area Agency on Aging offices in Arlington are: Benefits Counseling, Care Coordination, Light housekeeping, Long-term Care Ombudsman, Legal assistance, Caregiver support, and Nursing home relocation.

Major Objectives of the Training

At the end of Chronic Disease Self-Management Workshop Leader's Training, participants will be able to:

1. Conduct the Chronic Disease Self-Management (CDSM) Workshop with one other trained co-Leader.
2. Utilize the *CDSM Workshop Leader's Manual* and accompanying book, *Living a Healthy Life with Chronic Conditions*.
3. Understand the concept of self-efficacy and the strategies to enhance self-efficacy.
4. Use the four efficacy-enhancing strategies with their groups: skills mastery through making an action plan, sharing and feedback, modeling, reinterpretation of symptoms and persuasion.
5. Utilize the following training techniques: lecture with discussion, brainstorming, demonstration, practice, feedback, problem-solving, decision making and making action plans.
6. Handle problems that arise in the group learning situation.
7. Ask for and use assistance as needed.
8. Provide constructive feedback about both the content and process of the workshop to the program coordinator in your facility or area.
9. Utilize other workshop Leaders as resource people and/or for assistance as necessary and appropriate.
10. Understand and maintain the evaluation requirements of the workshop as determined by your agency or organization.

Chronic Disease Self-Management Program (CDSMP)

Overview

Background

- Developed at the Stanford University Patient Education Research Center as a collaborative research study between Stanford and the Northern California Kaiser Permanente Medical Center
- Results of the five-year study showed that people who took the program, as opposed to people who did not take the program, improved their healthful behaviors and decreased their days in the hospital
- The program is a six-week program, 2.5 hours per week

Healthful Behaviors Addressed by the CDSMP

- Exercise
- Nutrition
- Cognitive symptom management
- Coping skills
- Communication with physicians
- Stress management/relaxation

CDSMP Evidence-Based Assumptions

- People with chronic conditions have similar concerns and problems
- People with chronic conditions must deal not only with the disease, but also with the impact it has on their lives and emotions
- Lay people with chronic conditions, when given a detailed leader's manual, make the most effective instructors
- The process of the program is as important, if not more important, than the subject matter that is taught, i.e. creation and implementation of action plans

Participant Curriculum for the Six-Week Session

- Identifying Common Problems
- Differences between Acute and Chronic Illnesses
- Using Your Mind to Manage Symptoms

- Making an Action Plan
- Dealing with Difficult Emotions
- Intro to Physical Activity and Exercise
- Problem Solving
- Better Breathing
- Pain and Fatigue Management
- Endurance Activities
- Future Plans for Health Care
- Healthy Eating
- Communications Skills
- Medication Usage
- Making Informed Treatment Decisions
- Depression Management
- Positive Thinking
- Guided Imagery
- Working with Your Health Care Professional
- Looking Back and Planning for the Future

LEADER APPLICATION

Take charge of your health! Chronic Disease Self-Management Program

Your Name: _____ Today's Date: _____

Your Mailing Address: _____

Best phone number to contact you: cell /home/office _____

Your Email Address: _____

Do you prefer to be contacted by email or telephone? _____

What company / agency (if any) are you affiliated with? _____

What is your job title? _____ Not Applicable _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Gender: Male _____ Female _____

Are you age 55 or older? Yes/No

Do you speak more than one language? Yes/No If yes, please indicate: _____

Do you have transportation? Yes/No

What is the highest level of education you have completed?

Some High School High School Some College Associate Degree Bachelor Degree

Some Graduate School Graduate School Degree? _____

How did you hear about *Take charge of your health! Chronic Disease Self-Management Program* leader training?

Flyer Newspaper Presentation or Meeting Web-Site Word of Mouth Work

Are you willing to co-lead with other leaders and or agencies? Yes / No

Why are you interested in becoming a *Take charge of your health! Chronic Disease Self-Management* leader?

Media Release

I grant the North Central Texas Council of Governments, its representatives and employees the right to take photographs of me in connection with the above identified organization, and the right to use my name, title, still photo, video image, or my words. I authorize the North Central Texas Council of Governments, to copyright, use and publish the same in print or electronically.

I agree that the North Central Texas Council of Governments may use such photographs of me with or without my name for such purposes of marketing, recruiting, publicity, illustration, Web content, or any other lawful purpose.

In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I do not expect, nor require any right to royalties or other compensation arising or related to the use of state information and photographs.

I have read and understand the above:

Printed Name: _____

Signature: _____

Date: _____