Ohio | Department of Aging

Self Management: A community resource to help your patients with chronic diseases achieve better health

Berrie Mabins,MSSA,LSW

Health & Wellness Program Administrator

Evidence Based Self Management Programs and Education

- What are evidence based programs?
  -intervention programs that are based on evidence generated by scientific studies
- Reduce healthcare cost and improve health
- Chronic Disease Self Management Program (CDSMP)
- Diabetes Self Management Program (DSMP)
- Better Choices, Better Health(Online version)

Evidence Based Self Management Programs and Education

- CDSMP/DSMP developed by Stanford University
- Nearly 60% of participants have more than one chronic condition (Hypertension, Arthritis, Diabetes, CHF, etc)
- Average age of 65
- Led by 2 trained leaders in small groups (10-20)
- 6 weekly sessions of 2 ½ hours

Evidence Based Self Management Programs and Education

- Highly interactive learning
- Learn skills to be effective self managers
- Techniques dealing with pain, frustration fatigue, medication usage, nutrition, effective communication, exercise
- Scripted program to maintain fidelity and better outcomes
- Problem solving, brainstorming, social support, goal setting

How We Do It…

- Ohio's 12 Area Agency on Agencies
- Partnerships with health departments, National Council on Aging, hospitals, VA, Senior Centers, etc