The Problem
Chronic disease – the principal cause of disability and the major reason for seeking healthcare – accounts for over 70% of all healthcare expenditures. Almost 75% of people aged 65 years and older have at least one chronic illness, and about 50% of people aged 65 years and older have two chronic illnesses.

The Intervention
- Peer-facilitated self-management workshop that meets 2 ½ hours per week for six weeks
- Developed by Stanford University Patient Education Research Center
- Promotes patient activation by teaching behavior management and personal goal setting
- Addresses topics such as diet, exercise, medication management, cognitive symptom management, problem solving, relaxation, communicating with healthcare providers, and dealing with difficult emotions.
- Requires two trained lay/peer facilitators
- Online version soon to be available

The Evidence
✓ Denotes Statistically Significant Evidence Relating to Improvements in Patient Outcomes

<table>
<thead>
<tr>
<th>Study</th>
<th>Pain</th>
<th>Fatigue</th>
<th>Depression</th>
<th>Exercise</th>
<th>Self-Efficacy</th>
<th>Health Distress</th>
<th>Communication with Physicians</th>
<th>Health Status</th>
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<tbody>
<tr>
<td>Lorig, Sobel, et al. (2001)</td>
<td>✓</td>
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<td>Kennedy, Reeves, et al. (2007)</td>
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<td>Lorig, Ritter, &amp; Gonzalez (2003)</td>
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<td>McGowan (1998)</td>
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Statistically Significant Evidence Relating to Reduction in Healthcare Utilization

<table>
<thead>
<tr>
<th>Study</th>
<th>ER Visits</th>
<th>Outpatient Visits</th>
<th>Hospital Days</th>
<th>Hospital Nights</th>
<th>Cost Savings Ratio</th>
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<tbody>
<tr>
<td>Lorig, Ritter, et al. (2001)</td>
<td>Reduced</td>
<td>Reduced</td>
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<td>Sobel, Lorig, &amp; Hobbs (2002)</td>
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<td>2.5 Fewer</td>
<td>.97 Fewer</td>
<td>.8 Fewer</td>
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<td>.5 Fewer</td>
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California Medical Groups Offering CDSMP to Patients
- Kaiser Permanente
- AltaMed Health Services
- Facey Medical Group
- The Health Trust
- Desert Oasis Medical Group
- Catholic Healthcare West
- Riverside Medical Clinic
- HealthCare Partners

Locations Where CDSMP is Offered
- 47 states and the District of Columbia
  - 30 Counties throughout CA
- Internationally in 21 Countries
- Hospitals/Medical Groups
- Community-Based Organizations
  - Senior/Community Centers
  - Senior Housing Sites
  - Churches/Temperles

Endorsing Organizations
- Administration on Aging
- National Council on Aging
- Centers for Disease Control and Prevention
- California Department of Aging
- California Department of Public Health
- California Association of Physician Groups
- Catholic Healthcare West
- Kaiser Permanente
- The Health Trust
- Group Health Cooperative of Puget Sound

Web Link of Key Information

Key Articles