

# Healthier Living

*An Evidence-Based Health Promotion Program*



Advocacy. Action. Answers on Aging.



# Healthier Living: About the Program

- Award-winning program developed by Stanford University
- Designed to help people better manage chronic health conditions and live a happier, healthier life
- Six-week workshop
- Highly scripted and structured

# Healthier Living

- CDSMP Small Group (10-16 people)
  - Consists of six 2½ hour sessions led by 2 trained peer leaders
  - Highly interactive and social model
  - Literacy not an issue



# Who Should Sign Up?



- Do you have at least one chronic condition (not disease specific)?
- Do your family members or friends suffer from a chronic condition?
- Do you have stamina to attend 2 ½ hour class?
- Do you have the ability to clearly understand and participate in a workshop?

# What You Will Learn

- Managing symptoms
- Dealing with difficult emotions
- Improving communication
- Relaxation techniques
- Tips for eating well
- Effective problem-solving
- Setting weekly goals



# What you will do: Action Plans

- Something the you want to do!
- Achievable
- Action-specific
- Answer the questions:
  - What?
  - How much?
  - When?
  - How often?
- You will have a confidence level of 7 or more

# What You Will Experience

- Greater energy/reduced fatigue
- Better psychological well-being
- Enhanced partnerships with physicians
- Improved health status
- ↑: exercise
- ↓: pain, depression, shortness of breath
- ↓: Social and role activities limitations
- Improved quality of life
- Greater self-efficacy and empowerment

# Your Health Care Utilization Effects

- Fewer outpatient visits
- Fewer emergency room visits
- Fewer hospitalizations
- Fewer days in hospital
- Results in more appropriate utilization of health care resources
  - Health care needs addressed in outpatient settings vs. ER visits and hospitalizations



# Participant Testimonials

- *“Because I have been afflicted with Parkinson’s for over 20 years, I have suffered a great deal of depression. The skills you’ve taught me in maintaining positive thinking and combating depression have really helped to improve my condition.”* - John, age 69
- *“I found the interaction with the other students in the class to be most enlightening. I realized that although I have a chronic illness I am not alone. Thank you for all the lessons in helping me to deal with this.”* - Suzanne, age 57
- *“I feel very fortunate to be able to take this class. I especially enjoyed the student dialogue which took place between us, since we all seem to share common situations because of our chronic illness or disease.”* - Alice, age 59

# Interested?

Sign Up for Healthier Living Today!

Orange County Office on Aging

1-800-510-2020