Chronic Disease Self-Management Program Leaders' Training

Workshop Facilitator Volunteers Needed!

Sponsored by
Coastal Regional Commission Area Agency on Aging
Living Well Coastal Chronic Disease Self-Management Program

Nov 5th, 6th, 12th & 13th, 2014
Richmond Hill City Center
520 Cedar Street
Richmond Hill, GA 31324
9:30am – 4:00pm
to volunteer call Loreatha 912-437-0843

Coastal Regional Commission of Georgia
Area Agency on Aging

Chronic Disease Self-Management Program Leaders' Training

The Coastal Regional Commission Area Agency on Aging is offering the Chronic Disease Self-Management Program (CDSMP) Lay Leaders' Training as created by Stanford University Patient Education Research Center.

CDSMP is a six session workshop designed for people with any ongoing health conditions such as arthritis, diabetes, heart disease, and similar conditions (etc.). Areas covered include techniques to deal with:

- Exercise
- Medication usage
- Pain
- Frustration
- Isolation
- Fatigue
- Nutrition
- Communication with family, friends, health professionals & more

The course teaches people to problem solve, set goals, and learn relaxation techniques to help manage chronic conditions.

Classes are facilitated by two peer leaders and are highly participative, where success builds on the participants' confidence to manage their health and maintain active and fulfilling lives. We will be implementing this evidence base program throughout the Coastal Region. (includes: Bulloch, Bryant, Camden, Chatham, Effingham, Glynn, Liberty, Long, and McIntosh) counties.

Help your friends and neighbors. Help your community.

This four(4-day) training is for representatives of organizations that are licensed by Stanford University to offer CDSMP or organizations that are operating in partnership with the Coastal Area Agency on Aging. Each organization needs two co-leaders. It is strongly recommended that at least one co-leader have a chronic disease. Each trainee receives a detailed leaders' manual, a copy of the workshop's text book, and CD. Trainees are required to attend all four sessions of the Lay Leader Training. The trainee must commit to lead one 6-week workshop. Continental breakfast and lunch will be provided.

To register print and fill out the attached registration form return to:
ATTN: Loreatha Jenkins
Coastal Regional Commission—Area Agency on Aging
1181 Coastal Drive SW
Darien, GA 31305
Email: ljenkins@crc.ga.gov or Fax: (912)437-0843
For more information, please call Sharon at (912)756-2970, Eddis (404)218-3191, or Loreatha (912)437-0843

Coastal Regional Commission
Area Agency on Aging
1181 Coastal Drive SW
Darien, GA 31305

Chronic Disease Self-Management
Living Well Coastal
Leader Application

CONTACT INFORMATION:

Name: _____

Address: _____

Phone: _____ Cell : _____

Fax: _____ Email: _____

_____ I have a chronic condition. (Please specify) _____

_____ I care for someone with a chronic condition. (Please specify) _____

There is no cost for organizations partnering with the Coastal Area Agency on Aging; Commitment to complete one six (6-week) workshop in your community. Please fax registration form to 912-437-0843.

LICENSING

Name of Organization you are representing:
Department of Human Services: Division of Aging Services

SPECIAL REQUESTS

During training, if you require special accommodations due to a disability, or require any special dietary considerations (including vegetarian lunch) please specify below:

I wish to register for this training and I certify that the above information is correct. I understand that I must attend all sessions of the training to receive my certification as a group leader.

Trainee Signature	***Date***