



## In-Person OR Virtual Self-Management Programs

### For people living with chronic pain, diabetes, chronic conditions and cancer

- Six weekly 2.5 hour highly interactive sessions co-led by program leaders
- **Materials provided:** “Living a Healthy Life” book
- **Equipment needed for Virtual Sessions:** Good internet connection, web-camera, telephone and/or computer audio, CD/MP3 player

#### *Content Includes:*

- ✓ Techniques to deal with problems such as frustration, fatigue, pain and isolation
- ✓ Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- ✓ Communicating effectively with family, friends, and health professionals
- ✓ Healthy eating
- ✓ Making informed treatment decisions
- ✓ Condition-related problem solving



## Tool Kit for Active Living

### Provides knowledge, skills and confidence to manage your chronic health condition on a daily basis.

Available for Chronic Pain, Diabetes and Chronic Conditions.

- Self-paced independent learning with ideas to try and skills to learn
- **Materials provided:** Tool Kit
- **Equipment needed:** CD/MP3 player

#### *Tool Kit Materials:*

- ✓ *Living a Healthy Life* book
- ✓ Relaxation CD (Not in Diabetes Kit)
- ✓ Exercise CD
- ✓ Booklet with tip sheets

Self-Management BC programs are free of charge and open to adults living in BC with one or more ongoing health conditions.





## Self-Management Health Coach Program

- Participant receives telephone support from a health coach, once per week for approx. 30 minutes for a period of 3 months
- Ideal for those who do not wish to participate in an online or group program
- Pairing is made based on gender, and possibly similar health condition and/or life circumstances
- **Materials provided:** “Living a Healthy Life” book
- **Equipment needed:** Telephone

### *Participants learn to:*

- ✓ Choose goals and actions they want to take to better manage their health
- ✓ Identify and problem-solve barriers to being healthier
- ✓ Better manage symptoms and work toward health goals using self-management tools
- ✓ Become motivated to initiate and maintain healthy behaviour changes
- ✓ Develop strategies to cope with physical and emotional challenges



## Better Choices, Better Health® Online

- For those who cannot or do not wish to attend an in-person program but would like to connect with others
- Online 6 week program, log in on own time for approx. 2 hours per week
- New sessions posted each week with activities that are highly participative using internal messaging and discussion boards
- Provides mutual support as success builds confidence to manage any type of chronic health condition
- **Materials provided:** “Living a Healthy Life with Chronic Conditions” book
- **Equipment needed:** Internet access

### *Content Includes:*

- ✓ Techniques to deal with problems such as frustration, fatigue, pain and isolation
- ✓ Appropriate exercise for maintaining and improving strength, flexibility, and endurance
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- ✓ Healthy eating
- ✓ Making informed treatment decisions
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**For more information contact Self-Management BC**

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