

Living Well Alaska: Better Choices, Better Health
Chronic Disease Self-Management Program Leader Training

January 13th, 14th, 15th and 17th, 2014
Anchorage, Alaska

Information

What is the program?

Living Well Alaska is a chronic disease self-management program. Researchers at Stanford University developed and tested the program. The program's effectiveness has been well documented and it is appropriate for individuals with *any* chronic illness such as diabetes, arthritis, depression, heart disease, chronic pain or asthma. This training will prepare leaders to offer the six-session program in their communities. Leader trainees will learn how to facilitate a group, covering skills for chronic disease self-management such as:

- ◆ healthy eating
- ◆ low impact exercising
- ◆ goal setting
- ◆ relaxation techniques
- ◆ managing medications
- ◆ working with health professionals.
- ◆ managing fatigue
- ◆ problem solving

Who should apply to be a leader?

Living Well Alaska is led by individuals with chronic health conditions or who work with individuals with chronic health conditions. The program is always led by two trained leaders. Leader training applicants may be community members with chronic health conditions or professionals affiliated with health services, the Veterans Administration, community health promotion programs, senior centers, church health committee members, etc. **Applicants must make a commitment to lead at least one, 6-session course during the next year.** We encourage applicant 'teams' from community health clinics or tribal health programs. There are trained leaders in many communities, so individuals may apply if they can identify a co-leader with whom to offer the course. (Call Leslie Shallcross @ 907-786-6313 to see whether there is a trained leader in your community)

Leader Training Details:

The 4-day leader training will be led by master trainers, Leslie Shallcross, Linda Shepard and Julie Cascio. The training will cover the content of the six, weekly sessions and provide guidance on implementing the program in your community site or clinic. The course fee will be waived for individuals with chronic health conditions who are volunteering to lead a *Living Well Alaska* course in their community.

January 13th, 14th, 15th and 17th, 2014
1675 C Street, Suite 100
Anchorage, Alaska
9:00 am - 4:30 pm
Registration: \$75.00



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Application and Registration

Please complete the following application and statements of commitment.

Name: _____

Business Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ FAX: _____

Email: _____

Employer _____ Position _____

Do you have a chronic disease (e.g., diabetes, arthritis, etc.)? _____ No _____ Yes

If yes, which one? _____

Form of Payment (check option): Cash Check (# _____) Credit Card Scholarship

If paying by check, please make checks payable to: UAF - CES

Credit Card Information

Cardholder Name (as it appears on card): _____

Card Number: _____ Expiration: _____ Amount to Charge: \$ _____

MasterCard Visa V-Code _____ Credit card billing zip code: _____

Signature: _____

All questions and concerns about credit card charges should be directed to: Cooperative Extension Business Office, PO Box 6180, Fairbanks, AK 99775-6180, (907) 474-7269.

Mail, E-mail or fax registrations, statements of commitment and payment information to:

UAF Cooperative Extension Service

1675 C. Street, Suite 100

Anchorage, AK 99501

Fax: 907-786-6312

Sponsored by the State of Alaska Department of Health and Social Services, Division of Public Health and by the University of Alaska Fairbanks Cooperative Extension Service. **For additional information, call Leslie Shallcross at 907-786-6313.**

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Chronic Disease Self-Management Program
Leader Training Course

Statements of Commitment

If I am trained as a CDSMP course leader, I agree to the following: (Please initial)

_____ I will co-lead my first 6-week CDSMP class as soon as possible after the January 2014 CDSMP training. It is recommended that all trainees begin planning for their first community 6-week course *prior* to coming to the leader training. It is also recommended that leaders plan to teach their first course within 6 weeks of completing the leader training.

_____ I agree to teach at least one six-week CDSMP class by January 2015.

_____ I agree to assist with the evaluation of the CDSMP classes I teach.

For CHC, CHAIP Clinic or Public Health Center employees:

_____ I have the support of my health clinic director _____ (Name) to teach the CDSMP class.

For CHC, CHAIP Clinic or Public Health Center clients with a chronic disease:

_____ I have the support of my health clinic director/agency community services director _____ (Name) to lead CDSMP workshops.

Being a Course Leader

If you are trained to be a course leader, you will be provided handbooks with teaching plans for each session. You will also be provided with technical assistance from the Stanford Education Center, the Cooperative Extension Service and the State of Alaska, Section of Chronic Disease Prevention.



The University of Alaska Fairbanks Cooperative Extension Service programs are available to all without regard to race, color, age, sex, creed, national origin, or disability and in accordance with all applicable federal laws. Provided in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. E. Fred Schlutt, Vice Provost for Outreach and Director, Cooperative Extension Service, University of Alaska Fairbanks.