

## Take Charge of Your Health Workshops

### Program Description

Take Charge of Your Health is an evidence-based program for people with ongoing health conditions and their caregivers. The program has been proven to help older adults better manage their conditions, improve their quality of life and lower health care costs. The program was designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives.

### Workshop details

The program is offered as a small group, interactive workshop that meets weekly for 2.5 hours for six weeks in community or clinical settings OR meets virtually (**technical assistance is provided**). The workshop is also available in Spanish.

### Topics covered include:

- Healthy eating habits, physical activity and exercise
- Pain and stress management
- Communicating effectively with family, friends and health professionals
- Relaxation and better breathing techniques
- How to evaluate new treatments and decision making
- Problem solving, goal setting and more

### Targeted audience and recommended class size:

- Older adults with all types of ongoing health conditions and their caregivers
- In person: 10 – 15 participants
- Virtual: 8 – 12 participants



### Health outcomes

- Improved communication with doctors and increased medication compliance
- 3% decrease in hospitalizations
- 5% decrease in emergency room visits
- \$714 savings in emergency room visits and hospital utilization

### **How to Discuss With Patients**

Note that many patients do not feel they have a “chronic health condition” so it is helpful to destigmatize this term. Patients identify with the challenge of carrying out the work of healthcare, changing behaviors, and managing symptoms. Your patients will appreciate that you understand this struggle. They will be excited to learn that this program can help them. When discussing the program, it helps to emphasize that the leaders are peers and that many patients like them find great value and improve. Expect your patient to come back with new strategies, goals, and questions. Use this opportunity to tailor your treatment plan and encourage your patient in his/her efforts.

Call the number below or email for more information.