



Live Well, Virginia!

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Chronic Disease Self-Management Education Workshops (CDSME) are evidence-based programs available at no charge to adults living in Virginia. They help people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives. The workshops are very interactive and cover a range of topics including nutrition, exercise, managing negative thoughts, communication skills with family, friends and medical professions, decision-making, and problem-solving skills. There are multiple versions of the workshops as well as multiple modes of delivery. All group workshops are done once a week for six weeks.

Chronic Disease Self-Management Program (CDSMP) is open to adults with any chronic condition, diagnosed or not, and Caregivers. It acknowledges that many chronic conditions have similar symptoms and improvement of one symptom often helps the other symptoms.

Chronic Pain Self-Management Program (CPSMP) is open to adults with chronic pain and Caregivers. This discussed CDSMP topics, but also communicating about pain, addiction, etc.

Diabetes Self-Management Program (DSMP) is open to adults with Diabetes or pre-Diabetes and to Caregivers. This version discusses the CDSMP principles, but also the nutritional information for better meal planning and exercise scheduling for persons with Diabetes.

Thriving and Surviving with Cancer Self-Management Program (CTS) is available to Cancer Survivors and Caregivers. This discusses CDSMP principles plus additional discussion of communication and dealing with physical and difficult emotions.

These workshops can be done by phone with a trained facilitator in small groups (2-5 persons) with 1 hour sessions, or completely self-directed. The small groups can be very flexible on day/time.

For more information contact Bonnie Vermillion at bvermillion@ecsva.org or 540-423-8185, or visit the SMRC website at

<https://selfmanagementresource.com/about/>



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— Community Supports —

Formerly Known As – Rappahannock-Rapidan Community Services