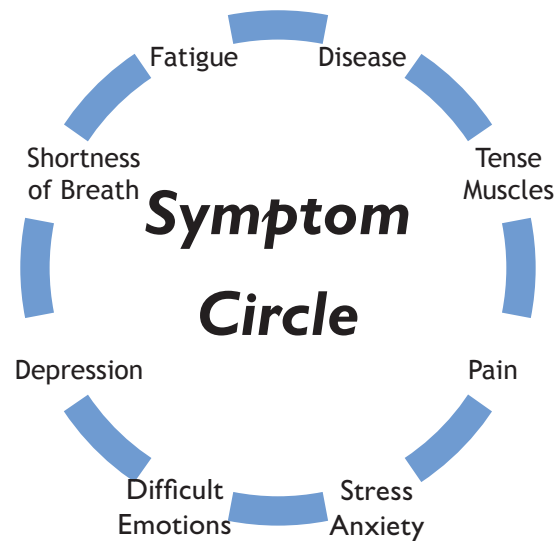


WHAT IS LIVING HEALTHY*?

Living Healthy* is a six-week workshop series that empowers older adults & their caregivers to self-manage the ups and downs of living with a chronic condition like arthritis, heart disease, osteoporosis, and diabetes.

During workshops, participants are taught how to break the cycle!



“After taking the class I’m now a problem-solver instead of a victim, and I can communicate easier with my doctor about my needs.”

- Living Healthy* workshop participant Albany, 2006

Teach the Formula!

Stress Management

+

Balanced Nutrition

+

Exercise Planning =

Independence & Well-being

Living Healthy* is the local implementation of the Chronic Disease Self Management Program developed by Stanford Patient Education Research Center.

For more information please go to: <http://patienteducation.stanford.edu/programs/cdsmp.html>

Living Healthy* is a component of Healthy Choices New York, a statewide initiative funded through the federal Administration on Aging, the New York State Office for the Aging and the New York State Department of Health. The Healthy Choices New York initiative is jointly sponsored in the Capital Region by a four county collaborative including the Area Agencies on Aging in Albany, Rensselaer, Saratoga and Schenectady, and coordinated in partnership with OASIS Lifelong Learning Programs.

DO YOU LIKE TO HELP OTHERS?

DO YOU WANT TO EMPOWER OTHERS TO TAKE CHARGE OF THEIR ONGOING HEALTH CONDITIONS?

Join Us & Become a Peer Leader for...

Living Healthy*

A six week workshop for adults 60+ & their caregivers

To find out more, contact:

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Healthy Choices
NEW YORK
www.albany.edu/aging/healthychoices

TRUE OR FALSE?

People with chronic health conditions, such as arthritis, heart disease, osteoporosis, and diabetes, have unique symptoms and the ways people manage them depend solely on the particular condition being addressed?

ANSWER: FALSE!

People with chronic conditions often share similar symptoms (fatigue, stress, pain and difficult emotions) and can use similar techniques to maintain and improve health.

All Living Healthy* peer leaders can expect to receive:

- * Free training.
- * All necessary workshop materials FREE.
- * Ongoing support from the Project Coordinator.
- * Regular meetings with other peer leaders to share experiences.
- * A \$200 stipend for each six week workshop they lead.
- * A volunteer experience that reinforces the benefits of life-management of health conditions.

HOW CAN YOU GET INVOLVED?

WHO: Peer leaders are committed to helping others take charge of ongoing health needs but do not need to have previous knowledge in chronic illnesses. They are comfortable facilitating a small group of 12-15 participants, using a specific, manualized format to lead a course. Living Healthy* leaders should enjoy working with a co-leader who will share in the workshop responsibilities. Volunteers are encouraged to register in pairs and have the option of being paired with a peer leader who has previous experience leading a course.

WHAT: As a peer leader, you will promote proven strategies in self-management of health conditions, such as:

- * Developing problem-solving & action planning skills
- * Relaxation/pain management techniques
- * Improving communication skills
- * Establishing exercise & nutrition goals

WHERE: Living Healthy* workshops are held at community-based organizations, such as senior centers, libraries, YMCAs, and places of worship throughout the Capital Region. Volunteers interested in peer leading should contact the Healthy Choices Project Coordinator listed on the front of this brochure to register for trainings & find workshop sites in your local community.

WHEN: Living Healthy* workshops meet once a week, for 2 ½ hours, for six consecutive weeks. In addition, peer leaders must attend four full-day trainings to be certified to lead a course. The Project Coordinator can assist you in finding a training & workshop schedule that meets your needs.

EXPECTATIONS...

To be effective peer leaders, volunteers will be expected to:

- * Attend four full-day trainings
- * Maintain attendance records
- * Attend quarterly meetings with other peer leaders to share ideas & discuss development of the Living Healthy* program.

ARE YOU READY TO JOIN US? DO YOU HAVE MORE QUESTIONS?

Please contact:

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