



## Living WELL

► The program is **FREE** for participants. A copy of the companion book, *Living a Healthy Life With Chronic Conditions*, 4th Edition, is also provided.

► Living WELL was developed by Stanford University and is now offered in every county on the Eastern Shore of Maryland.

► The license for Living WELL is held by Maintaining Active Citizens (MAC) Inc., in Salisbury, Maryland.

► The Living WELL program was extended to the five mid-shore counties with grant funding from the Mid Shore Health Improvement Coalition on behalf of the Maryland Department of Health and Mental Hygiene.

**For more information visit**  
**[www.midshorehealth.org](http://www.midshorehealth.org)**  
**or call MAC, Inc. @**  
**410-742-0505 ext. 130**

## Chronic Disease Self-Management Program (Living WELL)

### What is 'Living WELL'?

The Chronic Disease Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic disease themselves.

### What subjects are covered?

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments. lives.

### What is the Program's history?

Stanford University conducted research to develop and evaluate, through a randomized controlled trial, a community-based self-management program that assists people with chronic illness. The study was completed in 1996.

### What are the results?

Over 1,000 people with heart disease, lung disease, stroke or arthritis participated in an randomized, controlled test of the Program, and were followed for up to three years.

Subjects who took the Program, when compared to those who did not, demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. They also spent fewer days in the hospital, and there was also a trend toward fewer outpatients visits and hospitalizations. These data yield a cost to savings ratio of approximately 1:4.

