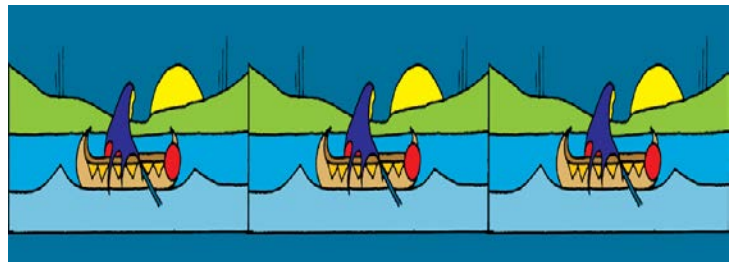


# **Chronic Disease Self Management Program (CDSMP)**

**Presented by:** Tina R Pospychala,  
Oneida Elder Services Assistant  
Director & CDSMP Master Trainer  
March 27, 2013

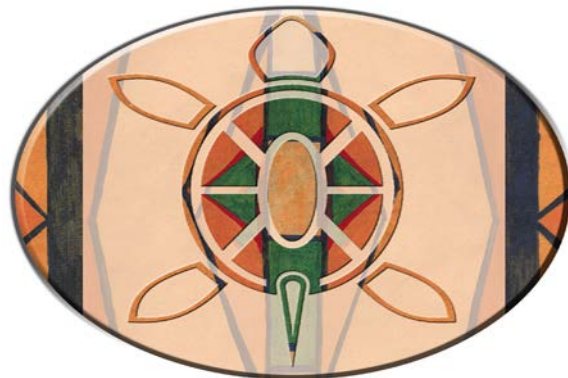
# Top Chronic Disease amongst Native American Elders according to the 2012 Title VI Survey of Elders age 55 & older

- **High Blood Pressure:** 56.7%
- **Arthritis:** 48.2%
- **Diabetes:** 74.1 % take oral medication & 25.6% use insulin
- **Illness that has no cure**



# Working with Local Agencies

Currently we work with Great Lakes Intertribal Council (GLITC), Greater Wisconsin Agency on Aging Resources (Gwaar) & Wisconsin Institute for Healthy Aging (wiha)



# Self Management Tasks



- Take care of health condition
- Carry out normal activities
- Manage emotional changes

# Self Management Tool Box

- Physical Activity
- Medications
- Decision Making
- Action Planning
- Breathing Techniques
- Understanding Emotions
- Problem Solving
- Using Your Mind
- Sleep
- Communication
- Healthy Eating
- Weight Management
- Working with Health Professionals





# Brainstorming

- Anyone can share
- No commenting during brainstorm
- No questions until after
- Clarification waits until after



# Parts of an Action Plan

- Something YOU want or decide to do
- Achievable
- Action-specific
- Answer the questions:



What? (specific action)

How much? (time of day or which days of the week)

How often? (number of days in the week)

- Confidence level of 7 or more

# Problem-Solving Steps

- Identify the problem
- List ideas
- Select one
- Assess the results
- Substitute another idea
- Utilize other resources
- Accept the problem may not be solvable now



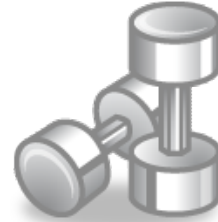


# Three kinds of Physical Activities

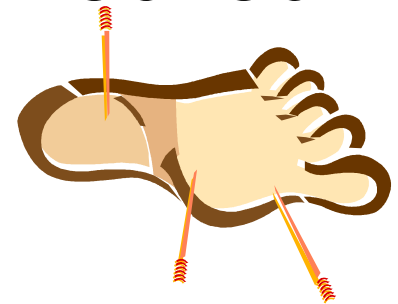
- Flexibility: 10 minutes without stopping
- Strengthening: 8-10 strengthening exercises 2-3 days a week
- Endurance or Aerobic: Moderate aerobic activities 30-40 minutes, 3-5 days a week



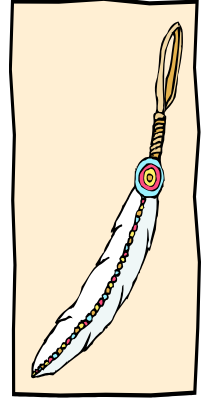
# Reduce the Risk of Falling



- Exercise
- Have your vision & hearing checked
- Take care of your feet
- Make your home safer
- Talk to your healthcare professional



# Decision Making



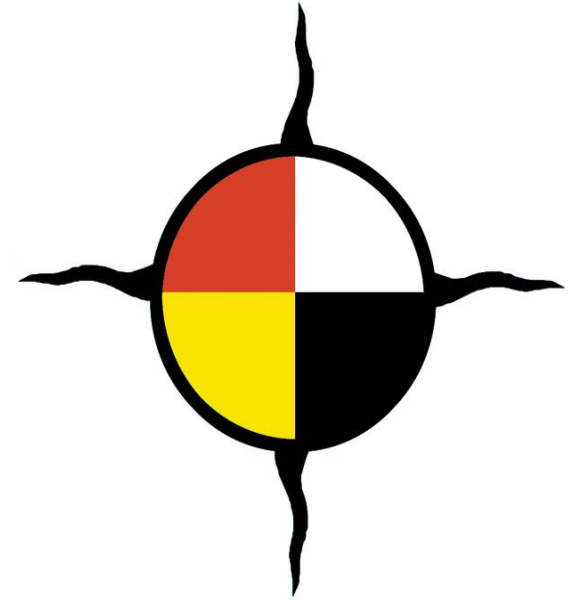
- Identify the options
- Write down the pros & cons for each option
- Give a score to each statement from 1 being not important to 5 being very important
- Compare the results
- Ask yourself how this option meets the “gut test”



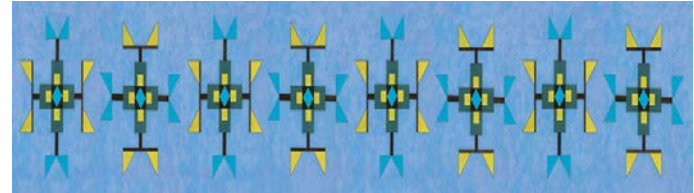
# Healthy Eating Means



- Eating a variety of foods
- Eating our meals & snacks regularly
- Watching portion size
- Eating breakfast



# Communication Skills



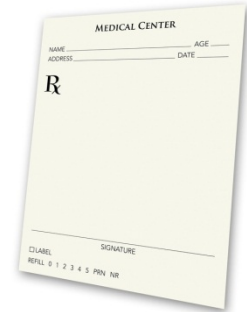
- Identify
- Express your feelings
  - Use direct “I” messages
  - Use “When this happens...I feel...”
- Listen attentively
- Clarify





# Purposes of Medications & Medication Effects

- Relieve symptoms
- Prevent further problems
- Improve the disease or slow its progress
- Replace substances body normally produces
- No noticeable effect: symptoms don't change
- Negative effects: allergy or side effects



# Chronic Disease Self Management Goal


- Making an action plan
- Feedback & problem solving
- Pain & fatigue management
- Communication skills
- Making Informed treatment decisions
- Working with your health care professional & organization
- Future plans



# Contact Information

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Questions  
&  
Thank you