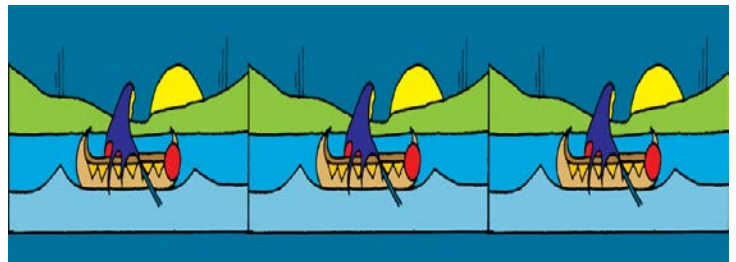


Top Chronic Disease amongst Native American Elders according to the 2012 Title VI Survey of Elders age 55 & older

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



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



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



Decision Making



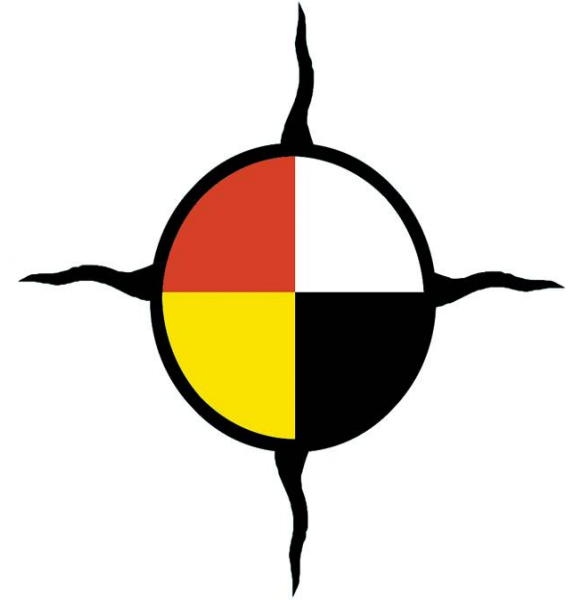
- Identify the options
- Write down the pros & cons for each option
- Give a score to each statement from 1 being not important to 5 being very important
- Compare the results
- Ask yourself how this option meets the “gut test”



Healthy Eating Means

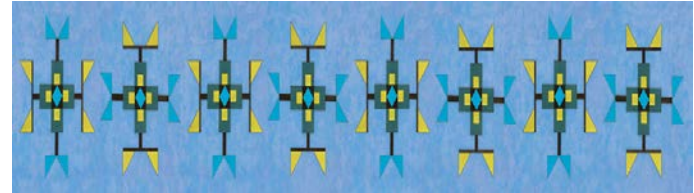


- Eating a variety of foods
- Eating our meals & snacks regularly
- Watching portion size
- Eating breakfast



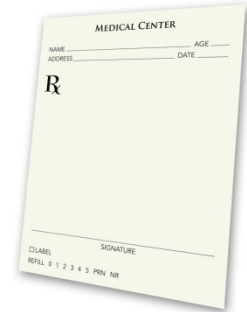
Communication Skills

- 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



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Questions
&
Thank you