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

Sarah Quale, Great Lakes Intertribal Council (GLITC), Tribal Older Americans Act Technical Assistance Specialist & Lay Leader
squelle@glitc.org (715)588-1052

Tina R Pospychala, Oneida Elder Services Assistant Director & CDSMP Master Trainer
tpospych@oneidanation.org (920)869-2448
Questions & Thank you