

## **Workshops Offered for Seniors with Chronic Health Conditions**

A program that has had a positive effect on the lives of many Kaua'i residents is being offered once again by the Agency on Elderly Affairs. Starting in 2012, the six-week series of interactive workshops titled Better Choices, Better Health, for people with chronic diseases or conditions and their caregivers, will be held at various sites around the island.

The workshop is based on Stanford University's highly successful Chronic Disease Self-Management Program, which has been implemented nationally and internationally. The Kaua'i workshops are part of a statewide initiative called Healthy Aging Partnership – Empowering Elders. They are sponsored by the County of Kauai, State of Hawaii Executive Office on Aging, State of Hawaii Department of Health, National Council on Aging, and the Administration on Aging. Partners include the Centers for Disease Control and Prevention Communities Putting Prevention to Work-Hawaii, Kauai Community College, AARP, the Kauai Filipino Chamber of Commerce, and the West Kauai Technology & Visitor Center.

Participants will learn about practical skills for healthy living while managing ongoing health conditions, i.e. arthritis, heart disease, high blood pressure, and stroke.

Among the topics of the Chronic Disease Self-Management Program (CDSMP) to be covered are: Techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; how to evaluate new treatments; nutrition; and communicating effectively with family, friends, and health care professionals.

In addition, a workshop for those who have diabetes, and their caregivers, is now being offered. The Diabetes Self-Management Program (DSMP) delves into the above topics, as well as preventing low blood sugar and other complications; monitoring blood sugar; how to handle sick days; and skin and foot care.

The cost of the workshops is \$12 for seniors 60 years and older and their caregivers, and it includes a companion book and a relaxation CD/audio tape. If space is available, people younger than 60 years can attend the workshops for a \$40 fee. Registration is limited to 16 participants and their caregivers. The workshops are held for 2 1/2 hours once a week for 6 weeks. To gain maximum benefit from the program, participants should plan on attending all six sessions.

Preregistration is required. To register for the Better Choices, Better Health workshops or to request materials in an alternate format or an auxiliary aid in order to participate in the workshops, please contact Charlyn at the Agency on Elderly Affairs at 241-4470. For schedules and more information, go to: [www.kauaiadrc.org](http://www.kauaiadrc.org).



Better Choices, Better Health Lay Leader Training, April, 2011:

Front row, left to right: Laurie Makaneole, Cynthia Albatrosov, Trainers Jan Carmichael and Bev Nagano

Back row, left to right: Dr. Alton Couturier, Perlita Mararagan, Jan DeLaVega, Sheila Isoda, Karen Hiranaka, June Munoz, Barbara Bulatao-Franklin

Missing from photo: Shantel Santiago