

# Ke Ola Pono

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## Healthy Living

### Workshops Offered for Seniors with Chronic Health Conditions

A series of interactive workshops entitled “Ke Ola Pono Healthy Living,” which focuses on how to manage chronic health conditions, is being offered to Kaua‘i’s seniors 60 years and older and their caregivers. Using a program developed by Stanford University, the Agency on Elderly Affairs in partnership with the Kaua‘i District Health Office, is offering the Chronic Disease Self Management Program (CDSMP). Workshops were initially held in Fall 2008 and Spring 2009, and will continue to be scheduled at different locations around the island.

Developed to improve the quality of life for persons with long-term health conditions, i.e., diabetes, arthritis, high blood pressure, emphysema, heart disease, stroke, etc., it uses a proven self-management program which empowers participants to actively manage their health issues and provides health information and involves an interactive learning of skills to help in self management. Details about the CDSMP program can be found on the Stanford University website, <http://patienteducation.stanford.edu/programs/cdsmp.html>.

Workshop participants are introduced to practical skills for healthy living while managing their ongoing health condition. Among the topics to be covered are: techniques to deal with problems such as frustration, fatigue, pain and isolation; medication management; how to evaluate new treatments; healthy eating; communicating effectively with family, friends and health professionals; and appropriate exercise for maintaining and improving strength, flexibility and endurance. An important part of the workshops have the participants interactively learning and practicing skills, including action planning, problem solving, and decision making.

The CDSMP workshops consist of six sessions held once a week for 2 1/2 hours each session. Workshop size is small with between 12-18 persons attending, led by two trained facilitators. A small fee is charged for the six-session workshop which includes a companion book, “Living a Healthy Life with Chronic Conditions” and a relaxation CD/tape. Scholarships are available.

Workshop participants have commented that the information covered and skills learned have helped them better manage their chronic conditions.

One participant said, “It is a relaxing atmosphere, and before we knew it, we were all sharing things that helped each other...learning to make an action plan is the most important thing I learned.”

Another noted, “I am feeling better and have learned skills to better control my symptoms and manage my life.”

The workshops are part of a statewide initiative through the Healthy Aging Partnership – Empowering Elders. Kaua‘i’s Healthy Aging Project Partners include the Kaua‘i Agency on Elderly Affairs, Kaua‘i District Health Office, Kaua‘i County Department of Parks and Recreation, 50+ Lifelong Fitness/Terri Halliday, Kaua‘i Economic Opportunity, Inc., Dr. Arnulfo Diaz, and Kaua‘i Community College Nursing Department.

A “Ke Ola Pono Healthy Living” workshop can help teach practical skills for living a healthy life with an ongoing health condition. For more information or to find out when the next workshop will be held, please contact the Kaua‘i Agency on Elderly Affairs, at 241-4470.



Recently trained CDSMP workshop facilitators, with agency staff.  
(L-R) Seated: Nannette Butler, Nancy Dingus, Faye Burson, Healani Trembath;  
Back row: Charlyn Nakamine, AEA; Trainer Cristina Vocalan, DOH;  
Trainer Leslie Tanoue, ALU LIKE, Inc.; Beverly Nagano, Serena Arts,  
Lucille Rogers, Jan Pascua, DOH.