



Tool Kit for Active Living

Available for Chronic Pain, Diabetes and Chronic Conditions

- Ideal for self-starters; independent learning for those who cannot or do not wish to participate in a small group workshop or the online program
- Self-paced with ideas to try, and learn to become an expert self-manager
- **Materials provided:** One-time mailing of Tool Kit
- **Equipment needed:** CD player

Tool Kit Contents:

- ✓ *Living a Healthy Life* book
- ✓ *Relaxation for Mind and Body* CD (Not with Diabetes Kit)
- ✓ Exercise CD
- ✓ Self-test and accompanying booklet
- ✓ Tip sheets on important self-management tools



Tool Kit for Active Living + Calls

Available for Chronic Pain, Diabetes and Chronic Conditions

- Participants receive a Tool Kit as described above, and participate in six weekly 30 to 45-minute small group calls (**by phone or computer audio**) with a program leader.
- Designed to increase confidence, well-being and provide motivation the program leader introduces a weekly topic to help manage the challenges associated with living with chronic health conditions, chronic pain or diabetes.
- **Materials provided:** Tool Kit as described above
- **Equipment needed :** CD player, telephone and/or internet connection

Self-Management BC programs are free of charge and open to adults living in BC with one or more ongoing health conditions.





Self-Management Health Coach Program

- Participant receives telephone support from a health coach, once per week for approx. 30 minutes for a period of 3 months
- Ideal for those who do not wish to participate in an online or group program
- Pairing is made based on gender, and possibly similar health condition and/or life circumstances
- **Materials provided:** “Living a Healthy Life” book
- **Equipment needed :** Telephone

Participants learn to:

- ✓ Choose goals and actions they want to take to better manage their health
- ✓ Identify and problem-solve barriers to being healthier
- ✓ better manage symptoms and work toward health goals using self-management tools
- ✓ Become motivated to initiate and maintain healthy behaviour changes
- ✓ Develop strategies to cope with physical and emotional challenges



Better Choices, Better Health® Online

- For those who cannot or do not wish to attend an in-person program but would like to connect with others
- Online 6 week program, log in on own time for approx. 2 hours per week
- Weekly sessions with activities are highly participative using internal messaging and discussion boards
- Provides mutual support as success builds confidence to manage chronic health conditions
- **Materials provided:** “Living a Healthy Life with Chronic Conditions” (5th Ed.)
- **Equipment needed:** Computer and internet access

Content Includes:

- ✓ Techniques to deal with problems such as frustration, fatigue, pain and isolation
- ✓ Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- ✓ Communicating effectively with family, friends, and health professionals
- ✓ Healthy eating
- ✓ Making informed treatment decisions
- ✓ Disease-related problem solving

For more information contact Self-Management BC

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