



CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS



BERNALILLO COUNTY



Manage Your Chronic Disease (MyCD)

Chronic Disease Self-Management Education Programs Summary

The goal of the *Manage Your Chronic Disease (MyCD)* family of chronic disease self-management education programs is to improve the physical and emotional health of individuals with chronic diseases, and their caregivers, by helping them gain self-confidence in their ability to manage their symptoms and how their health problems affect their lives.

The *MyCD* program is comprised of three evidence-based self-management programs developed by Stanford University's School of Medicine Patient Education Research Center; the **Chronic Disease Self-Management Program (CDSMP)** for adults with any chronic condition and caregivers; the **Diabetes Self-Management Program (DSMP)**, for people with type 2 Diabetes and those who care for them; and the **Cancer: Thriving and Surviving (CTS)** program for cancer survivors and caregivers.

All *MyCD* programs are guided workshops delivered two and one-half hours, once a week, for six weeks, in community settings such as senior centers, churches, health care facilities, etc. These workshops are licensed through Stanford and are facilitated by two trained and certified leaders, one or both of whom are non-health professionals with chronic diseases themselves.

Subjects covered include:

- techniques for dealing with problems such as frustration, fatigue, pain, and isolation;
- appropriate exercise for maintaining and improving strength, flexibility, and endurance and preventing falls;
- appropriate use of medications;
- communicating effectively with family, friends, and health professionals;
- nutrition, healthy eating, and weight management; and
- how to evaluate new treatments.

Workshop sessions are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

MyCD programs do not conflict with an individuals' existing health improvement program or treatment plan, but rather are designed to enhance regular treatment and disease-specific education.

MyCD workshops are **FREE** and run throughout the year.
Call 880 – 2800 to choose your workshop and reserve your space today.