



**NH Chronic Disease Self-Management Network
Stanford Chronic Disease Self-Management Program
Better Choices, Better Health**



Leader Update Training

The New Hampshire Chronic Disease Self-Management Network is offering a Leader Training for "Better Choices, Better Health," the Stanford Chronic Disease Self-Management Program (CDSMP) primarily targeting adults over 60 and their caregivers. The training will prepare you to teach the updates to the curriculum and to continue providing excellent services in the workshops.

Who can complete the leader update Training?

Current leaders who want to continue educating individuals within our community with chronic diseases.

What is the program all about?

- CDSMP is an evidence-based program and is endorsed by the Administration on Aging (AoA), Center for Disease Control and Prevention (CDC), and the National Council on Aging (NCOA).
- The nationally recognized CDSMP was developed and researched by Stanford University and is a lay-led participant education program offered in communities in the United States and several other countries.
- The program provides information and teaches practical skills on managing chronic health problems. The CDSMP gives people the confidence and motivation they need to manage the challenges of living with a chronic health condition.
- The Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction.

For more information on the Stanford Chronic Disease Self-Management Program (CDSMP), please refer to <https://www.selfmanagementresource.com/>

Where and when is the leader update training?

Date: September 11, 2020
Time: 8:30-4:00pm
Location: City Wide Community Center, Program Room 1
14 Canterbury Road, Concord, NH 03301

*Light snacks will be provided. Lunch is on your own.

To register, [click here.](#)

Considerations:

Each "Better Choices, Better Health" workshop held in the community must be led by two trained Leaders. Stanford recommends that Leaders be individuals living with a chronic condition, and that at least one of the two Leaders be a peer Leader and not a health or social service provider.

Updated Leaders will be able to...

- Commit to offering at least one 6-week program within one year, preferably within three months of being trained.
- Support promotion and implementation of the program, using organizational support or resources from the NH CDSMP Network.
- Ensure that either Northern or Southern NH AHEC receives follow-up information about workshops and participants on a regular basis, using forms provided by the NH CDSMP Network.
- Reach diverse audiences including low income and high-risk populations.