



Better Health Self Management

A six week course aimed at consumers who have a chronic illness. It is not disease specific and is aimed at giving the participants skills to manage their own chronic illness. The program is facilitated by appropriately trained health professionals or peer leaders with a chronic health condition.

Topics covered include 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;
- Communicating effectively with family, friends and health professionals;
- Nutrition; and
- How to evaluate new treatments.

The program is licensed by Stanford University and leader training is facilitated by Arthritis Victoria .

Campaspe PCP holds a facilitation license for member agencies. Leader training is available through Arthritis Vic, see their website for training dates or contact Campaspe PCP 5484 4485.