

Register for a **FREE** six week **PATH Workshop** today!

**PATH Workshop** listings for Northwest Michigan are available online at [www.aaanm.org](http://www.aaanm.org) or call **1-800-442-1713**

Available Self-Management Programs include:

**Chronic Disease Workshops**

**Diabetes Workshops**

**Chronic Pain Workshops**

- Groups of 10-15 participants per workshop.
- Participants receive a copy of the textbook, **Living a Healthy Life with Chronic Conditions**, and Relaxation CD

*The Area Agency on Aging of Northwest Michigan is scheduling **PATH Workshops** throughout the ten counties of Northwest Michigan (Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, and Wexford).*

***PATH Workshop** listings throughout Michigan can be found at: <http://mihealthyprograms.org/path-workshop-search.aspx>*

**“The group setting and attention to behavior change encouraged me to be accountable and effective with how I choose to manage my health problem.”**



AREA AGENCY ON AGING  
of Northwest Michigan

MICHIGAN STATE UNIVERSITY Extension



NORTHERN MICHIGAN DIABETES INITIATIVE



## Personal Action Toward Health (PATH) Workshops

Living a **Healthy Life** with Long-Term Health Problems

*A six week program to help you improve your health – one step at a time*

Coping with a long-term health problem can be difficult. If you or a family member is struggling with an ongoing illness or health problem, a **PATH Workshop** can help.

To find a training near you and to register, please call:

**Area Agency on Aging of Northwest Michigan**

**1-800-442-1713**

## What is PATH?

The Stanford Chronic Disease Self-Management Program (CDSMP), called **PATH** (Personal Action Toward Health) in Michigan, is a six-week workshop conducted in two and a half hour sessions in community settings. Each 2 ½ hour session is designed to be fun and interactive.

The program was developed and tested by Stanford University to help people learn the techniques and strategies they need for the day-to-day management of chronic or long term health conditions.

Program participants reported improved symptom management, communication with physicians, self-efficacy, physical activity, and general health. Additional studies showed that program participants spent fewer nights in the hospital and used fewer health services.

Stanford also has online programs. To learn more about Stanford University Self-Management Programs go to: <http://patienteducation.stanford.edu>.

## Who should attend?

**PATH** is designed to benefit adults of all ages with chronic or long-term health conditions including heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and other physical and mental health conditions.

**PATH** does not replace regular medical treatment, but helps you learn practical skills to manage your health condition on a day-to-day basis.

Family members, friends and caregivers are welcome to attend the sessions with you.

### You will learn:

- Ways to deal with frustration, fatigue and pain.
- How to develop a healthy eating and exercise plan.
- Goal setting and problem solving.
- How to manage medications.
- How to plan visits with your health care provider.
- Ways to talk with family and friends about your chronic condition.
- How using the power of mind can help manage your symptoms.

## Healthcare Professionals

Referring patients to a **PATH Workshop** in the community can help patients develop chronic disease self-management skills that complement traditional patient education, resulting in patients making healthy lifestyle choices and achieving better health outcomes.

A major focus of **PATH Workshops** is the development of weekly action plans. Participants share with the group:

- 1) What they are going to do (something they want to do that is achievable and action-specific),
- 2) How much they are going to do it,
- 3) When they are going to do it, and
- 4) How often they are going to do it.

Weekly feedback/problem-solving within the group about these weekly action plans helps them achieve their goals and build confidence in their ability to set and reach goals and problem-solve solutions. Action planning can be incorporated during patient visits with healthcare professionals, too.