



CITY OF ALBUQUERQUE  BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



Manage Your Chronic Disease (MyCD) Program Summary

The goal of the *Manage Your Chronic Disease (MyCD)* program 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 follows the Chronic Disease Self-Management Program (CDSMP) developed by Stanford University's School of Medicine Division of Family and Community Medicine. The *MyCD* program is a guided workshop delivered two and one-half hours, once a week, for six weeks, in community settings such as senior centers, churches, health care facilities, etc. Adults with different chronic health problems, and their caregivers, come together to attend these workshops that are facilitated by two trained 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. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their individualized self-management program. The *MyCD* program does not conflict with an individuals' existing health improvement program or treatment plan, but rather is designed to enhance regular treatment and disease-specific education.

Expected results from participation in the *MyCD* program include improvement in program participant self-reported levels of: health, energy, stretching and strengthening exercise, and endurance exercise, as well as decreases in health distress and hospitalizations.

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