

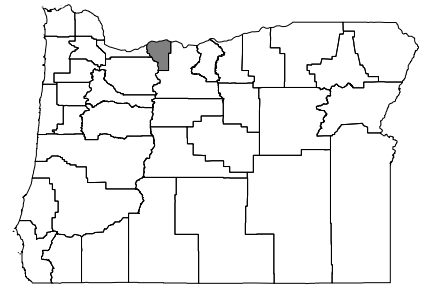
LIVING WELL WITH CHRONIC CONDITIONS

Chronic Disease Self-Management in Oregon

HOOD RIVER COUNTY FACT SHEET 2009

Living Well is Oregon's name for the Stanford Chronic Disease Self-Management Program (CDSMP). Living Well encompasses three different evidence-based programs.

- **Living Well** is the English language version of CDSMP. It is a 6-week, peer-led workshop for people with one or more chronic conditions and their support people.
- **Tomando Control de su Salud** is the culturally adapted, Spanish language version of CDSMP.
- **Positive Self-Management Program** is a 7-week peer-led workshop designed specifically for people living with HIV/AIDS and their support people.



Programs

Since 2005, Hood River County has hosted:

- 1 Living Well programs (LW)
- 0 Tomando Control de su Salud programs (T)
- 0 Positive Self-Management Programs (PSMP)

Participants

Since 2005, nine people have completed a Living Well program in Hood River County.

- The majority of participants were white females, 65 years of age or older.
- Chronic conditions reported were arthritis, high blood pressure, chronic pain, high cholesterol, depression, heart disease, cancer and multiple sclerosis.
- Participants reported hearing about the workshop from newspapers and senior centers.

Leaders and Master Trainers

In Hood River County, there are:

- 3** Living Well leaders
- 0** Tomando leaders
- 0** Positive Self-Management Program leaders

Licensed and Partner Organizations

The following Hood River County organizations hold a license from Stanford University to offer Living Well, Tomando Control de su Salud, or Positive Self-Management programs:

- La Clinica del Carino

For More Information

Living Well Programs

Sue Samet

(541) 298-4101 or ssamet@mccog.com

For Living Well data and publications, please visit www.healthoregon.org/livingwell.

