

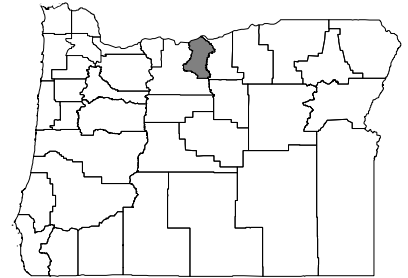
# LIVING WELL WITH CHRONIC CONDITIONS

## Chronic Disease Self-Management in Oregon

### SHERMAN 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

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Since 2005, Sherman County has hosted:

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

#### Participants

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Since 2005, eight people have completed a Living Well program in Sherman County.

- The majority of participants were white females under the age of 65.
- Chronic conditions reported were arthritis, high blood pressure, chronic pain, high cholesterol, depression, fibromyalgia and cancer.
- Participants reported hearing about the workshop from their doctor or nurse's office, family members and other health/social service providers.

## **Leaders and Master Trainers**

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In Sherman County, there are:

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

## **Licensed and Partner Organizations**

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

- Mid-Columbia Council of Governments

## **For More Information**

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### **Living Well Programs**

Sue Samet

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For Living Well data and publications, please visit [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell).

