

# Chronic Disease Self-Management



## THE VISION – TE WHAKAKITENGA:

Individuals, whānau and communities supported to be active partners in managing their health and wellbeing.

## SELF-MANAGEMENT TOOLBOX



- Physical activity
- Medications
- Decision-making
- Action planning
- Breathing techniques
- Understanding emotions
- Problem solving
- Using your mind
- Sleep
- Communication
- Healthy eating
- Weight management
- Working with healthcare professionals

\* Drawn from Stanford University group self-management model

## The Programme

ProCare has facilitated self-management programmes since 2008. These initiatives are delivered in local community venues, general practice, marae, churches and libraries.

Referrals to the programme are made through general practice, ProCare Psychological Services, NGOs and the community.

“ I came across the ProCare programme at a time when I was feeling lost, confused and afraid. ”

## THE OUTCOMES

“ Made good friends; thank God for that. ”

99%

Thought the people in the group worked very well together

“ I was letting pain and ill-health take over my daily life. Coming to this meeting has changed what I do and how I think. ”

98%

Trusted the information and advice they were given

96%

Felt it was worth their time and effort

95%

Intend to tell other people about the programme