

Action Planning

It might have been quite a while since attending the Maximize Your Health Stanford Self Management Program, or it might be still fresh in your mind. But it is **always** a good time to revisit Action Planning.

Remember the parts of an Action Plan:

1. Something YOU want to do
2. Achievable
3. Action Specific
4. Answer the Questions: What? How much? When? How often?
5. Confidence Level of 7 or more.

Choosing a confidence level is very important! If you have a confidence level of 7 or more, you are very likely to have success.

What do you do if your confidence level is 6 or less?

Simply adjust the “what” or the “how much” or the “when” so that the plan becomes more realistic. **You can do it!!**



Problem Solving

Try these steps:

- Identify the Problem
- List ideas
- Select One
- Assess the Results
- Substitute another idea (if needed)
- Utilize other resources
- Accept that the problem may not be solvable now



Remember:
try new
solutions for
2 weeks!

Self Management Strategy Update

The Ministry of Health and Long Term Care is funding a Self Management Strategy in each health region of Ontario. This means that we have funding to run the Maximize Your Health programs for 300 community members and also funding to train 300 health service providers in Self Management skills. This way both community members and healthcare workers will be able to talk about self management skills during clinical appointments. The idea is to create a partnership model of care that will help to improve the health of all Ontarians.

Self Management Newsletter

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The Central West Self Management Strategy is funded through the Ministry of Health and Long Term Care and is operated through the Diabetes Regional Coordination Centre and William Osler Health Centre in collaboration with other healthcare organizations in the region.

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We Need Your Input!

Now that you are graduates of the program, what do you need to keep your Self Management skills up to snuff? Contact us with your ideas. Do you need: refresher sessions, newsletters, help to start support groups or anything else you can think of?

Email

Bclara@haltonhealthcare.on.ca
with your ideas.



CENTRAL WEST SELF MANAGEMENT STRATEGY

Become a Peer Leader!

Research shows that the best leaders of these programs are people who live with chronic conditions themselves. Those leaders are called "Peer Leaders". There will be some FREE opportunities to become Peer Leaders and to lead the Maximize Your Health sessions coming this fall. Are you:

- Enthusiastic?
- Looking to volunteer some time to help others?
- Comfortable leading groups?
- Passionate about your experience in this program?

To become a Peer Leader, you must attend all 4 days of a training session. You will receive certification to run the program under the Self Management Strategy License. Leaders receive a small stipend, reimbursement for kilometers and parking expenses when leading programs after certification.

Upcoming Leader Trainings:

Brampton: Sept 8, 9, 14, 15 or

Mississauga: Sept 15, 16, 22, 23 or

Mississauga: Sept 26, 27, Oct 3, 4

If you or someone you know is interested in attending an upcoming Maximize Your Health Session, there will be LOTS of opportunities coming this fall! Please contact Kunval for more information.

