

Montana Arthritis Program: Living Life Well Program Implementation – Lynn Paul, PI

Montana: Living Life Well is the name the Montana Arthritis Program (MAP- DPHHS) has adopted for the Chronic Disease Self-Management Program (CDSMP) developed at Stanford University. Grantees commit to the initial four days of Leader Training, plus the time for coordinating and providing at least four six-week Montana: Living Life Well workshops within the following year. Workshops meet weekly for 6 weeks to empower participants to take an active role in managing their health. During the sessions, participants learn skills needed in the day-to-day management of chronic health conditions (such as arthritis, asthma, diabetes, heart and lung disease) to maintain and/or improve their ability to carry out activities of daily living. This program covers topics such as: techniques to deal with problems associated with chronic disease, appropriate exercise, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and, how to evaluate new treatments. Participants who have completed a workshop demonstrated significant improvements in exercise, ability to do social and household activities, less depression, fear and frustration or worry about their health, reduction in symptoms like pain, and increased confidence in their ability to manage their condition. Trainers will collect and submit workshop data to the Montana Arthritis Program quarterly.