



Canadian Société  
Cancer canadienne  
Society du cancer

## **Canadian Cancer Society Patient self-management program**

***The Canadian Cancer Society Ontario Division has a goal to enhance support and information offerings- not only to people and caregivers recently diagnosed or undergoing treatment with cancer – but as they continue their journey post treatment and live with cancer.***

- ✓ The program, developed and researched at Stanford University, is designed to help people gain self-confidence in their ability to control their symptoms and to understand how their health affects their lives.
- ✓ Sessions are led by 2 trained peer leaders who have completed Stanford University's required Leaders training
- ✓ The highly interactive meetings focus on building skills, sharing experiences and mutual support.
- ✓ Skills are taught to support day-to-day living with and beyond cancer and to maintain and/or increase life's activities.

### **Registration information:**

- ✓ No cost to participate- must be a post treatment cancer patient - whether days or years past treatment
- ✓ Patients and their caregivers are welcome
- ✓ Maximum 15 - minimum 8 participants
- ✓ Groups meet for 2 1/2 hours, once a week for six weeks
- ✓ Participants should confirm their availability to attend the full six week program
- ✓ Participants will receive a resource book and program materials
- ✓ Examples of session "how-to's"
  - How to manage symptoms and treatment side-effects
  - How to manage medications
  - How to work with your healthcare team
  - How to set goals and make plans to achieve goals
  - How to solve problems and handle difficult emotions

## **Background:**

The Chronic Disease Self-Management Program was developed as a result of a five-year study conducted at Stanford University and is currently offered as a licensed program in North America. The goal of the program is to help people live the best possible life with a long-term condition and the philosophy behind patient self-management and self-efficacy include:

- engagement in activities and behaviors that promote health
- monitoring and managing symptoms and signs or treatment of illness
- managing the effect of chronic condition, acute episodic illness or treatment on functioning, emotional health and relationships
- managing and adhering to a treatment plan
- improved communication with family, friends and health care providers

The program is conducted as a two and a half hour workshop held weekly for six weeks in community settings such as libraries and community centers. Subjects include techniques to deal with the psychosocial aspects of illness, appropriate exercise for maintaining and improving strength, appropriate use of medication, communication, healthy eating, and self-management techniques. Trained lay leaders facilitate each session using a Leaders Manual and a participant workbook is provided which complements the leader's facilitation. Organizations wishing to conduct workshops must be licensed through Stanford University.

Some key criteria of the program is that only authorized leaders can teach the CDSMP program using the standard content, leaders are lay people and sessions are facilitated in pairs. Leaders are certified by Stanford University's Master Trainers and sessions held by licensed organizations. Evaluations are conducted for each workshop.

Register today by contacting Candice at 613-723-1744 ext. 3621 or [cnelson@ontario.cancer.ca](mailto:cnelson@ontario.cancer.ca)