

Aging and In-Home Services Provides “Living a Healthy Life” Workshop for Sufferers of Chronic Conditions

A grant provided by the National Council on Aging is helping older adults, 55 years and older that suffer from a chronic condition or diseases such as diabetes, arthritis, heart disease, asthma and more. Persons are taught to self-manage their chronic condition. “Living a Healthy Life,” is the name of the workshop that AIHS has planned for its nine counties.

“The Living a Healthy Life,” workshop gives the person a new way of coping with their condition. Something out of the ordinary about the workshop is that the leaders of the workshop also have a chronic condition or are caregivers to someone with a chronic condition. The leaders do not instruct, instead they walk right along with the participants in the journey of learning how to live with a chronic condition.

The “Living a Healthy Life,” is a six week, one time per week for two and a-half hours workshop for people suffering with a chronic condition with topics such as:

- **Healthy Eating, Exercising Tips for People with Specific Chronic Illnesses**
- **Making Treatment Decisions**

- **Managing Your Medicine**
- **Using Your Mind to Manage Symptoms**

Many persons share similar symptoms such as fatigue, depression, anger, frustration, fear, and stress. The symptoms result in a vicious cycle of health related issues. Since everyone shares similar issues, the workshop provides a wonderful place to share and learn how to manage their condition.

For more information regarding upcoming workshops in your area contact:

*Julianne Harter, BA
Special Projects Coordinator
Aging and In-Home Services of Northeast Indiana, Inc.
2927 Lake Avenue
Fort Wayne, IN 46805
(800)552-3662 or (260)745-1200
JHarter@agingihs.org*

To read more about the “Living a Healthy Life” Program here are links to:

The Indiana State Department of Health <http://www.in.gov/isdh/23966.htm> and

Stanford University’s Chronic Disease Self-Management Program

<http://patienteducation.stanford.edu/programs/cdsmp.html> .