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# Announcement

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**DATE:** June 20, 2005

**TO:** Primary Care Networks and Chronic Disease Management Contacts in RHAs

**RE:** **Provincial Stanford Chronic Disease Self-Management Leader Training Program**

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Alberta Health & Wellness is pleased to announce the allocation of project funding under the Primary Health Care Transition Fund, Health Canada to support the Stanford Chronic Disease Self-Management Program (CDSMP) Leader Training throughout Alberta. The target audiences for this program are Primary Care Networks and RHAs. This program utilizes an education model co-facilitated by two trained leaders. The leaders are health care professionals or volunteers who follow a standardized scripted course outline.

The purpose of this **leader** training program is to:

- build resources & expertise in all Primary Care Networks and RHAs
- ensure comprehensive province-wide support of chronic disease self-management programs

This program can complement various chronic disease management programs that Primary Care Networks and RHAs are currently developing.

The purpose of the Stanford CDSMP workshop is:

- Help people manage their life with chronic disease
- Increase health self-management skills and self-confidence
- Enhance the skills required to problem solve and make decisions related to living a healthy life with a chronic condition

David Thompson Health Region (DTHR) and Chinook Health Region (CHR) are pleased to coordinate this program on behalf of all RHAs and Primary Care Networks. They will also co-chair a provincial advisory committee to support the delivery of the Leader Training Program. . .

The Stanford Chronic Disease Self-Management Program is internationally recognized as a key component in health renewal to support self-care, ultimately resulting in improved health outcomes and decreased acute service utilization for persons with chronic conditions.

### **What Support is Available?**

Primary Care Network and RHAs who are interested in offering Stanford Self-Management Workshops are eligible to receive coordination support and funds to offer the 4 day Leader Trainer course to a maximum of 26 participants per course. Funds will support:

- Tuition costs for Stanford delivered sessions
- Program coordination / management costs
- Stanford licenses for RHAs
- Remuneration or backfill for Trainers
- Transportation and lodging for trainers to provide training
- Workshop delivery expenses (e.g. manuals, advertising, workshop materials, meeting room rental, etc.)

Those interested must identify a key regional contact for internal program development and support. Each RHA will have the opportunity to offer at least one training course. Additional training will depend upon availability of funding.

### **When is it Available?**

The initial phase of Leader training will be scheduled throughout the province between July 2005 and November 2005. Leader Training Courses will be offered in communities identified by regional contacts.

The second phase, in the spring of 2006, will support a single provincial training session for Leaders to become Master Trainers. Having Leaders trained to the level of Master Trainer will allow Primary Care Networks and RHAs to develop capacity for program sustainability.

The third phase, in the summer of 2006, will allow for on-going consultation, discussion and networking for on-going program development.

### **Where Do I Get More Information?**

A more detailed presentation on this program will be presented at upcoming Primary Care Network Forums (June 28, Calgary for Round 2 Primary Care Networks and July 4, Edmonton for Round 1 Primary Care Networks). To receive an information package, or discuss training opportunities, please contact:

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