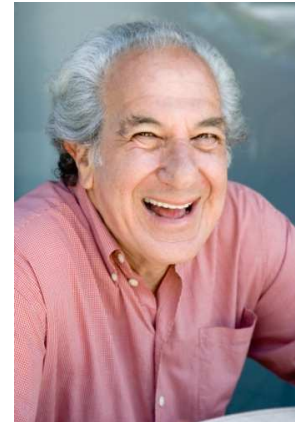


# Oregon Living Well with Chronic Conditions



October 2009 Newsletter

## New Resource Now Available *Living Well: A Guide to Implementation*



The Oregon Living Well Program is pleased to announce the release of the *Living Well Chronic Disease Self-Management Program: A Guide to Implementation*. This resource was developed by the Oregon Living Well Program and the Oregon Living Well Network. The *Living Well Guide to Implementation* is designed to provide Living Well coordinators and others that are involved with Living Well programs with everything they need to successfully implement Living Well in their communities, regardless of whether their program is brand new or several years in the making. The *Living Well Guide to Implementation* is broken into four sections:

1. Background
2. Offering Programs
3. Leader and Master Training
4. Growing and Sustaining Programs

Each section contains an appendix with resources and tools that can be used and/or adapted to meet the needs of your organization and community.

The *Living Well Guide to Implementation* is available on the Oregon Living Well Web site at <http://oregon.gov/DHS/ph/livingwell/resources.shtml>.

## Positive Self-Management Fidelity Tools Now Available!

The Living Well Network Quality Assurance and Fidelity Workgroup has spent the last year developing tools for local programs to assess the fidelity of their Living Well workshops and leader training. A Leader Fidelity Checklist and Leader Training Fidelity Checklist were completed for Living Well programs earlier this year.

Lauren Nathe, PSMP Master Trainer, with support of the Quality Assurance and Fidelity Workgroup, has also created a Leader Fidelity Checklist and a Leader Training Fidelity Checklist specifically for the Positive Self-Management Program (PSMP). To access these tools, visit <http://oregon.gov/DHS/ph/livingwell/resources>.

Tomando Control fidelity tools will be available in November!

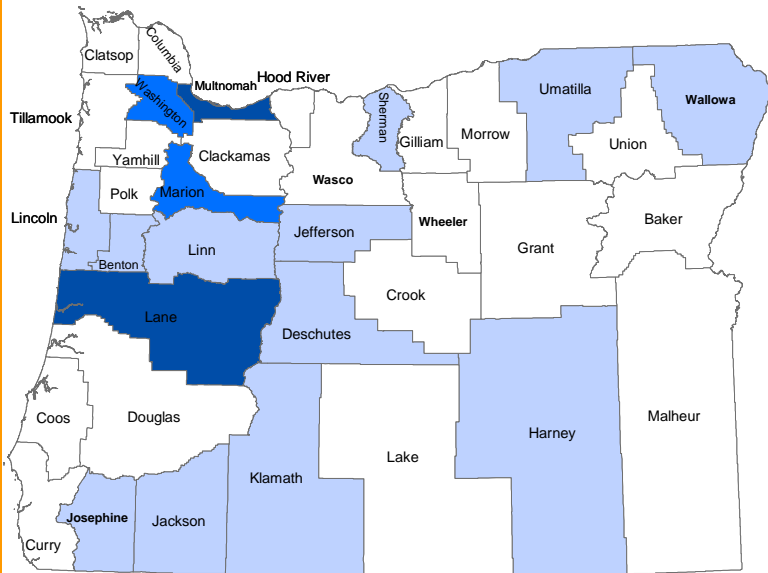
## National Council on Aging Plans for Pilot of Online CDSMP

The National Council on Aging (NCOA) plans to work with the group of states that were awarded a Sustainable Systems grant, which includes Oregon, to train several Living Well leaders as online facilitators and pilot the new online version of CDSMP. The online version has undergone research to determine its effectiveness and is already being piloted in several health systems around the world, including GroupHealth Cooperative in Washington State and Alberta Health in Canada. This opportunity will allow states and NCOA to learn more about how these efforts can serve the general population rather than only working within a limited set of insured individuals. No further details about how the pilot will operate have been confirmed at this time, but we will keep you updated as we learn more. For more information about the online program, visit <http://patienteducation.stanford.edu/internet/healthyliving.html>.

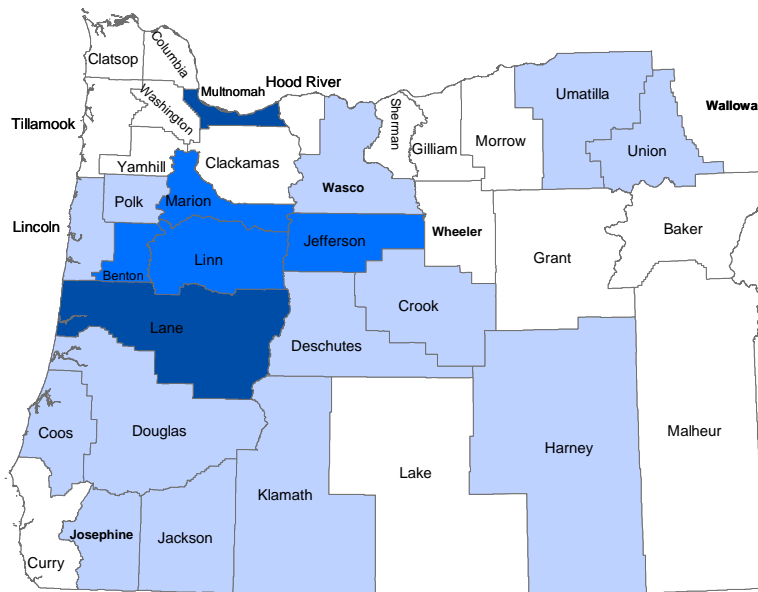
*Save the date! Living Well Annual Forum—May 6-7, 2010, Newport, Oregon*

## More Oregon Counties Now Actively Offering Living Well Programs

### 2008 Programs



### 2009 Programs



2009 has been a year of growth for Living Well in Oregon. These maps show the difference between 2008 and 2009 in terms of the counties that are offering one or more Living Well programs (the darker blue shades denote counties that offer more than one of the Stanford self-management programs, including Tomando Control and the Positive Self-Management Program). Although fewer programs have been offered to date in 2009 overall, the number of new programs and the number of counties that are now actively offering Living Well programs has dramatically increased. Why is this the case? So far, the data we've received for 2009 indicates that a greater number of licensed organizations are offering workshops, however, some are offering fewer workshops than in 2008, leading to the decrease in overall program and participant numbers. We're excited to report that despite these challenges, more organizations than ever are interested in Living Well and are partnering locally to offer Living Well workshops!

Some of the initiatives that helped create this growth include:

- Regional Training Centers coordinate and provide Living Well and Tomando Control training in nine of Oregon's 36 counties: Benton, Coos, Curry, Douglas, Jackson, Josephine, Klamath, Lincoln, and Linn.
- A leader training held in Eastern Oregon in April 2009 yielded new leaders from Baker, Malheur, Union, and Wallowa counties.
- Regional collaboration in Central Oregon has led to Living Well being offered in Crook county.
- Regional collaboration in the mid-Willamette Valley has led to leaders being trained and workshops offered in Polk and Yamhill counties.

Please note that the data reported above is derived from completed Program Summary Forms and Participant Information Forms. The Oregon Living Well Program relies heavily on our partners across the state to collect the most accurate program and participant data. To access the data collection forms, visit <http://oregon.gov/DHS/ph/livingwell/reportprograminfo.shtml>. **Remember, you will receive 10 participant books for every set of workshop data that is submitted!**

Congratulations to all on a successful year for Living Well in Oregon.