

CHRONIC DISEASE SELF-MANAGEMENT PROGRAMS

Individuals/Health Care Professionals can make referrals to any of these programs by:

 phone call (256-5997)

 fax (256-5629)

 email (self.management@centralhealth.nl.ca)

 internal mail (Chronic Disease JPMRHC)

 CRMS or Meditech

If unsure of which program to refer, the self-management coordinator will follow-up to determine appropriate program.

HEALTH COACH

Individual Support
Goal Setting/Lifestyle Changes



WHAT TO EXPECT

- Phone appointments will take place between client and designated health coach to assist participants in identifying their goals.
- Motivational interviewing, behaviour change: including sustaining change are key components.

WAIT TIME

Generally within one month of referral received.

IMPROVING HEALTH MY WAY

Group Support
Chronic Disease Education
Sharing & Action Planning



WHAT TO EXPECT

- Participants will attend (in person or through phone) a 6 week, one day/week program that will cover health related topics and engage with other participants in sharing/learning from each other.

WAIT TIME

Based on demand and leader availability

BETTER

Screening program for different types of cancers, diabetes, and heart disease
Individual program offered through telephone, video or in person
One-one interaction with a trained Prevention Practitioner (PP)



WHAT TO EXPECT

- The trained Better Prevention Practitioner will identify out of date screenings, and help the participant navigate access to needed screening and work with participants on lifestyle goal setting.

WAIT TIME

Within 2 weeks of program enrollment
(patient has returned completed Better survey)

Option to re-enter Self-Management Programs for Individual or Group Support