



## What is the Chronic Disease Self-Management Programme (CDSMP)?

CDSMP is a Self-Management Resource Centre (SMRC) programme originally developed at Stanford University to help people manage their chronic conditions.

You receive peer support, learn self-management and problem-solving strategies, set your own goals and make personalised step-by-step plans.

If you have one or more chronic conditions, or are caring for someone with these conditions, this programme is for you.

The programme is run in small-group workshops spanning across six weeks for about 2.5 hours per weekly session.

## For more Information

Scan here to read more about CDSMP



Scan here to register



## In this six-week programme, you will learn about:



Self-management techniques to mitigate symptoms such as difficult emotions, fatigue and pain



Making healthier food choices



The principles of exercising and how it improves health



Communicating effectively with family, friends and healthcare professionals



How to evaluate new treatments and understand medication choices



Problem solving skills and decision making strategies



Making an action plan