

CDSME Remote Alternatives

Due to health and safety concerns related to Covid-19, in-person workshops have been cancelled or postponed indefinitely. However, the Self-Management Resource Center has offered alternatives that we may try in the meantime.

1. Enroll individuals in Better Choices Better Health (BCBH) online workshops

Description: BCBH is an internet-based group workshop that uses content from the Chronic Disease Self-Management Program and is hosted and facilitated by Canary Health. Participants log on once per week to participate in sessions and chat room discussions. This program is evidence-based.

Enrollment: Individuals can be enrolled after telephonic contact. They must have access to a computer and internet to participate.

Could replace: Chronic Disease Self-Management Program, Diabetes Self-Management Program (English)

Cost/person: \$270

2. Online workshops via Zoom or another online platform

Description: Two leaders would facilitate online, showing charts and other materials on the online platform as needed. A technology support person is needed to help participants connect and troubleshoot any connection issues. Leaders will also need additional resources for urgent situations that may come up due to heightened mental or physical health issues exacerbated by self-isolation. This option has not been researched and therefore is not evidence-based but is allowable by Administration for Community Living under federal funding, at least during the COVID-19 pandemic.

Enrollment: Individuals could be enrolled via telephonic contact. They would need to provide an email address and mailing address, and confirm that they have access to a computer or other internet-connected device (with camera). They would be sent the workshop materials (book and CD) in advance, then be sent an email with instructions on how to join the class via online platform, and preferably walked through those instructions by tech-savvy staff from your organization.

Could replace: Chronic Disease Self-Management Program, Tomando Control de su Salud, Diabetes Self-Management Program (English + Spanish), Chronic Pain Self-Management (English + Spanish)

Cost/person: \$28 (approximate cost to purchase and directly ship one book and CD)

3. Mailed toolkits with weekly telephone contact

Description: One leader would have short (30 – 45 minute) conference calls with 4 - 6 participants at a time over the course of six weeks. Each week's phone call would focus on different topics included in the toolkit and would encourage small group discussion. Scripts are available from SMRC.

Enrollment: Individuals could be enrolled via telephonic contact. They would need to provide their mailing address for toolkit shipment. After allowing at least 10 business days for shipping, weekly telephonic contact would begin.

Could replace: Chronic Disease Self-Management Program, Tomando Control de su Salud. DSMP, CPSMP toolkits will be available July 1. Spanish versions of DSMP and CPSMP may be available later.

Cost/person: \$45-\$58 (approximate cost to purchase and directly ship one toolkit)

