

Self-Management

British Columbia

Helping Adults Gain Knowledge, Skills, Confidence
for
Self-Managing Chronic Conditions

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University
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Institute on Aging
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BRITISH
COLUMBIA

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Agenda

1. UVic Self-Management BC
2. What is Self-Management?
3. Workshops & Programs
4. Participant Benefits
5. Fraser East Workshops
6. How you can help us help others



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1. UVic Self-Management BC

- Self-Management BC, non-profit since 2002
- UVic Institute on Aging & Lifelong Health
- Dr. Patrick McGowan, Program Director
- Fully funded by Province of BC MOH
- Patients as Partners initiative



1. UVic Self-Management BC (Cont.)

- Ladner office, 18 staff, most work remotely
- Approx. 250 volunteer leaders across BC
- FREE workshops & programs for BC adults
- 60,000+ BC adults have taken a workshop



1. UVic Self-Management BC (Cont.)

- Coordinators manage BC regions
- Aligned BC Health Authority regions
- Fraser Health split into 3 regions
- Fraser North, South & East Region
- Fraser East Region:
 - Langley to Hope, up to Boston Bar
 - Communities south of Fraser River



2. What is Self-Management?

- Tasks that individuals must undertake on daily basis to live well with one or more chronic conditions
- Gain self-confidence needed to deal with challenging conditions, difficult emotions
- To have & enjoy as normal a life as possible
- One in three BC adults living with one or more chronic conditions and/or pain



3. Workshops & Programs

- Developed/maintained by Stanford U (SMRC)
- UVic Self-Management BC, exclusive BC licence
- Many other licensed orgs world-wide
- Evidence-based, endorsed by:
 - BC Ministry of Health
 - Health Council of Canada
 - US Centers for Disease Control & Prevention
 - US National Council on Aging
 - UK National Health Services



3. Workshops & Programs (Cont.)

6-session In-Person
Self-Management
Workshops

Self-Study Tool
Kits for Active
Living

6-Session
Virtual (ZOOM)
Self-Management
Workshops

Better Choices,
Better Health
Online Workshop

Health Coach &
Frailty Coach
Phone Support
Programs



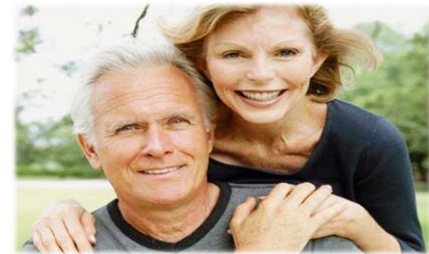
3. Workshops & Programs (Cont.)

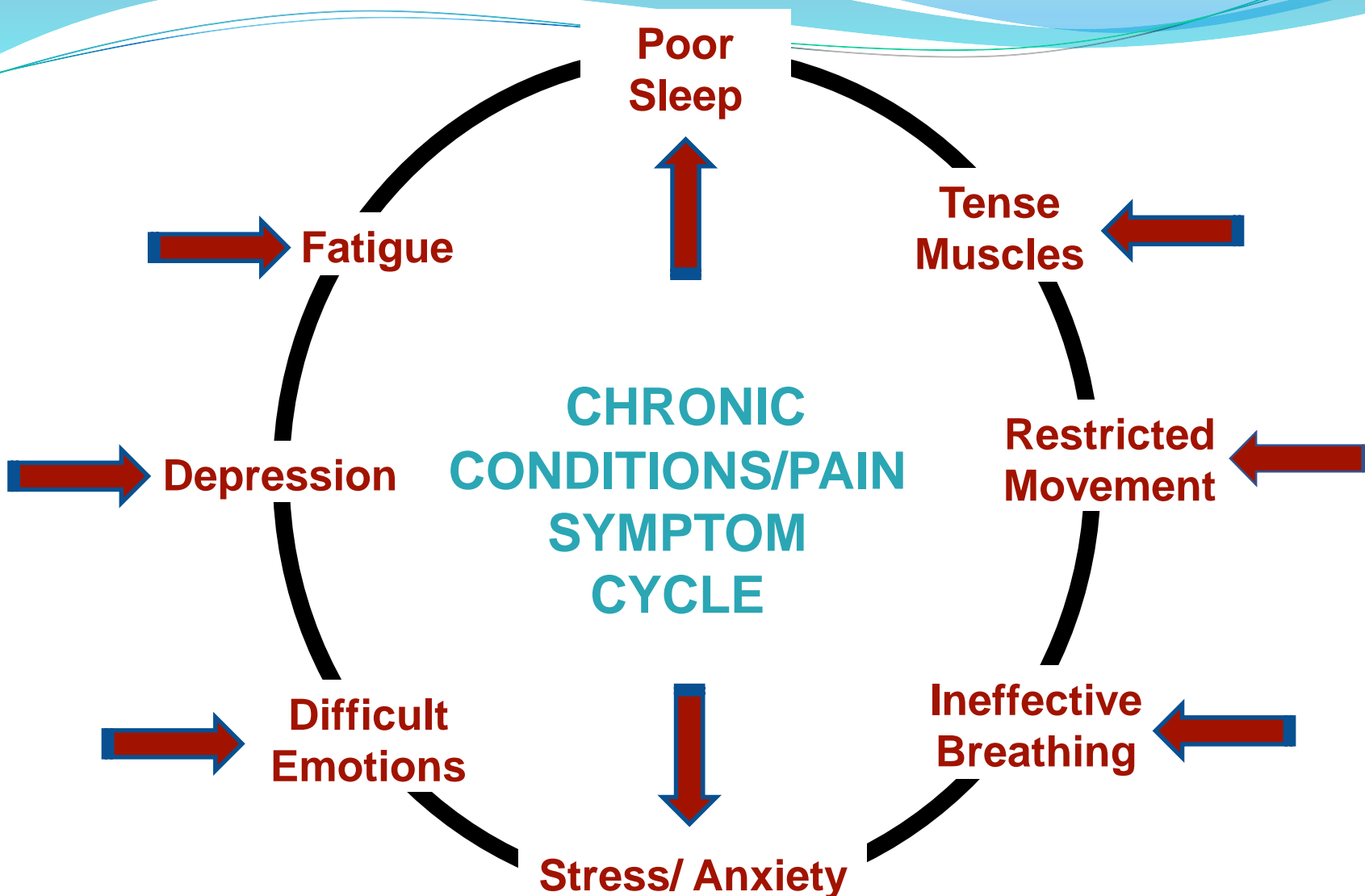
- Any BC adult 19+ with chronic conditions
- Spouses, partners, caregivers welcome
- Self-referral, most participants 45+
- Commit to attending all 6 sessions
- Ready to learn, try new things, move forward
- Work together, share ideas, experiences



3. Workshops & Programs (Cont.)

- Learn to recognize typical **symptom cycle**
- How to break cycle using **self-management tools**
- Learn & practice action planning, goal setting
- Problem solving, decision making
- Experience behavioral changes, feel better for it
- Leave empowered, confident, optimistic, hopeful



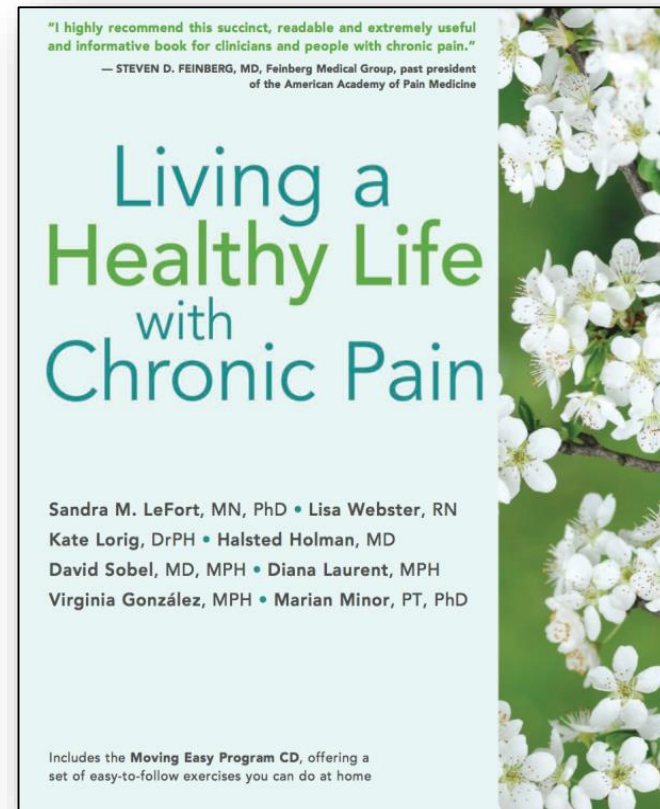
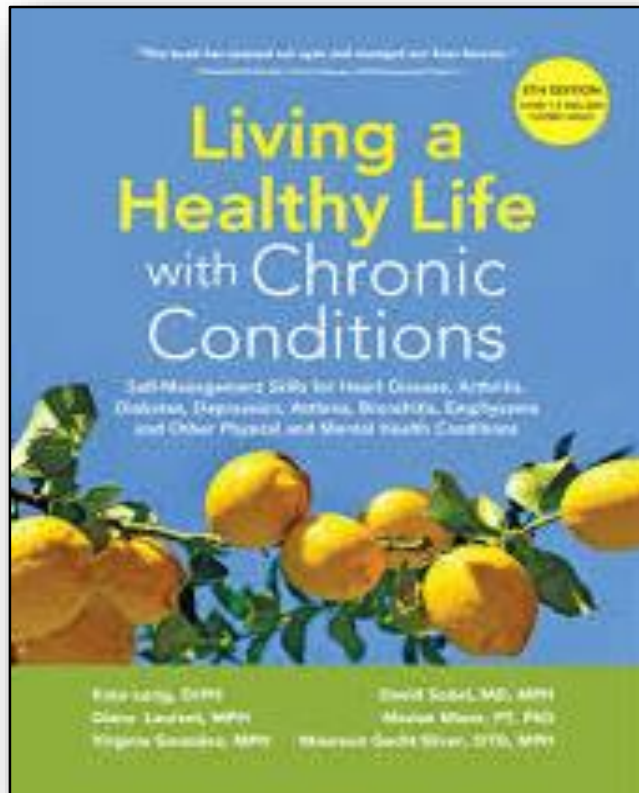


Tool Kit for Active Living with Chronic Conditions

- Making Decisions
- Planning
- Sleep
- Using Your Mind
- Understanding Emotions
- Healthy Eating
- Evaluating Treatments
- Problem-Solving
- Physical Activity
- Pain Management
- Weight Management
- Communication
- Medication Usage
- Working with Healthcare Professionals



“Living a Healthy Life” Reference Manuals



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4. Participant Benefits

- Patient feedback gathered 6 & 12 months after workshop:
 - **Better overall health & wellbeing**
 - **More able to cope** with symptoms, self-manage chronic conditions, chronic pain
 - **Higher level of self-efficacy** to manage symptoms, chronic conditions, pain, depression
 - **Less distressed** about health condition, less limited in daily activities, less bothered by condition
 - **Use healthcare system less** after workshop
 - **Hope for the future**, looking forward, making plans



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5. Fraser East Workshops

- **In-Person Self-Management Workshops**
 - Chronic conditions, pain, diabetes
 - Six sessions, 2.5 hours a week
 - 6-12 participants, 2 co-leaders
 - Scripted Leader Manual, ensures fidelity
 - Held every Spring, Fall, Winter season

- 24-27 in-person workshops a year, venue partners in Langley, Abbotsford, Chilliwack

- Virtual workshops, BCHB Online, Self-study TK's Health & Frailty Coaching also available



5. Fraser East Workshops – Spring 2025

LANGLEY

Dates	Meet Days	Times	SOV Lutheran Church	Langley Senior Resources Society	Walnut Grove Community Centre
May 14 - June 18	Wednesdays	10-12:30	Chronic Pain		
May 15 - June 19	Thursdays	9:30-12:00		Diabetes	
May 25 - June 29	Sunday	2-4:30			Chronic Conditions

CHILLIWACK

Dates	Meet Days	Times	Bob Chan-Kent Family YMCA	Fraser Health Primary Care Centre	Bob Chan-Kent Family YMCA
May 13 - June 17	Tuesday	1-3:30	Chronic Conditions		
May 15 - June 19	Thursdays	1-3:30		Chronic Pain	
May 25 - June 29	Sunday	2-4:30			Diabetes

ABBOTSFORD

Dates	Meet Days	Times	Matsqui Rec Centre	Matsqui Rec Centre
May 15 - June 19	Thursdays	1-3:30	Diabetes	
May 25 - June 29	Sundays	2-4:30		Chronic Pain

6. How you can help us help others

- **Tell people about us:**
 - Family, friends, caregivers who need support
 - Community orgs, HCP's, support groups, etc.
 - Individuals well-suited to becoming a leader
- **Consider becoming a partner:**
 - **Venue** – host workshops, trainings, promotion
 - **Community & Healthcare** – help promote our seasonal workshops in your community
- **Explore our website, pick up a brochure**



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Thank you everyone!



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