

A Few Facts to Consider About Chronic Conditions:

- 90% of people 60 and older have one or more chronic conditions.
- They include asthma, depression, Parkinson's, obesity, heart disease and stroke, among others.
- They do not go away through a course of treatment as do most other acute illnesses.
- They can, however, be managed to improve outcomes.

For more information and to learn about workshops taking place at locations throughout Westchester, contact Marikay Capasso at (914) 813-6427 mqcq@westchestergov.com or Charlotte Nottingham at (914) 813-6407 cmn9@westchestergov.com. To specifically find a workshop taking place near you, go to <https://ceacw.org/find-a-workshop> and enter your Zip code.

"This program can be transformative for seniors by giving them more control over daily lives. The knowledge they gain empowers them and can significantly ease their chronic health issues."

Mae Carpenter, Commissioner
Westchester County Department
of Senior Programs and Services

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George Latimer, County Executive
Mae Carpenter, Commissioner
Department of Senior Programs and Services



Livable Communities

Health for Life Program (HeLP)

Manage chronic conditions to
put life back in your life



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Health For Life Program (HeLP)

Managing Chronic Conditions to Put Life Back in Your Life

Are you over 55 and having to manage a chronic health condition such as arthritis, hypertension or diabetes? If so, think about taking part in a free program that teaches skills and strategies to:

- Improve your health and quality of life
- Take charge to feel better and more in control
- Reduce unnecessary trips and payments to doctors and hospitals
- Learn from others with similar issues
- Have fun while benefitting from an interactive workshop

About HeLP

(Formerly known as the Chronic Disease Self-Management Program)

If you are 55 or older with chronic health conditions, Westchester County's Health for Life Program (HeLP) offers you a sensible and enjoyable way to enhance your quality of life by showing you how to manage conditions such as high blood pressure, pain, depression and diabetes.

HeLP empowers you through a greater understanding of physical activity, healthy eating, stress management and using medications correctly. You'll learn about improving communication with health care providers and family members. You'll also practice decision-making techniques and develop your own action plans to increase your confidence about living independently.

HeLP workshops take place for 2 ½ hours each week for six weeks at community-based locations like libraries, senior centers, social service agencies, housing complexes and houses of worship.

HeLP follows a model developed at the Stanford University School of Medicine over 20 years ago. It is an internationally recognized and proven program that benefits participants.

Leaders of HeLP workshops are specially-trained and certified volunteers. Though they need not be health care professionals, they are often managing chronic conditions themselves. Stanford has found that people learn best from their peers in similar situations.

HeLP does not replace your health care team. Rather, it enables you to work more effectively with health providers to enhance your health outcomes.

HeLP is part of the Livable Communities initiative of Westchester County's Department of Senior Programs and Services and the Westchester Public/Private Partnership. The goal of Livable Communities is to contribute to the quality of life for people of all ages and enable seniors to live in their homes or appropriate affordable housing in their communities as they age.

HeLP reinforces that goal directly by teaching people how to take responsibility for their health.