

- 90% of people 60+ have one or more chronic health problems.
- Chronic diseases include asthma, arthritis, diabetes, high blood pressure, depression, Parkinson's, obesity, heart disease and stroke.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

Ongoing classes are now taking place at locations throughout Westchester. For more information, contact Rebecca Bent at (914) 813-6263 or [rqb@westchestergov.com](mailto:rqb@westchestergov.com).

*“This program can be transforming for seniors. It gives them more control over their daily lives and new zest for an enriched life. Not only does the knowledge empower them, but when followed, it can significantly ease their chronic conditions.”*

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

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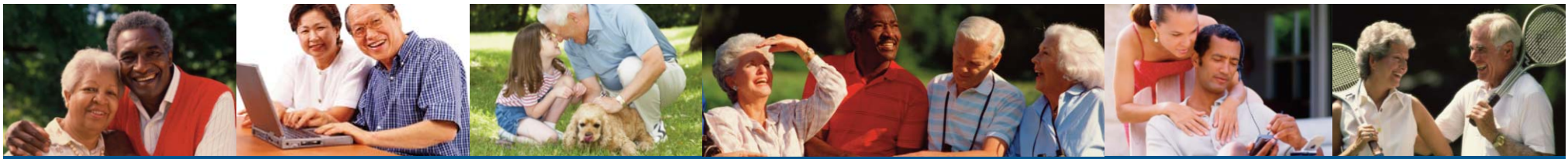
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# Living Well: Put Life Back in Your Life

## The Chronic Disease Self-Management Program





## Put Life Back In Your Life

### The Chronic Disease Self-Management Program

If you're over 55 and have a chronic health condition, think about taking part in a free Chronic Disease Self-Management Program (CDSMP) to:

- Improve your health
- Take charge of your life
- Feel better

### About CDSMP

Are you 55 or older with chronic conditions? If so, Living Well's free Chronic Disease Self-Management Program (CDSMP) offers you a sensible and enjoyable way to enhance your quality of life by showing you how to manage your chronic health conditions, such as high blood pressure, pain, depression and diabetes.

CDSMP empowers you through a greater understanding of physical activity, healthy eating, and stress management. You'll learn about managing your medications correctly and improving communication with health care providers and family. By practicing decision-making techniques and action plans, you'll be more confident about taking control of your life.

The program takes place for 2 ½ hours a week for six weeks at community-based locations such as houses of worship, senior centers, nonprofit organizations, and housing developments throughout Westchester. It also offers a wonderful way to meet new people and share what you know while considering new ways to address your health concerns.

CDSMP is an initiative that follows a model developed at Stanford University's School of Medicine. It is a nationwide program that has been in existence for over 20 years, with proven benefits for participants.

Leaders of CDSMP workshops are volunteers who are specially trained and certified. Often, they have chronic conditions themselves.

The program does not replace your health care team. Rather, it allows you to work with health providers to enhance health outcomes.

CDSMP is part of the Department of Senior Programs and Services' Livable Communities initiative. The initiative's goal is to enhance the quality of life for people of all ages and enable seniors to live in their homes or appropriate, affordable housing options in their communities as they age.

The program contributes directly to that goal by teaching participants how to take responsibility for their chronic conditions. The program has been shown to reduce health care costs and unnecessary trips to doctors and hospitals.

*“Good health is basic to whatever we want to do. The Livable Communities Living Well program is still another way that Westchester County is helping its senior residents to have a better quality of life.”*

**Robert P. Astorino**  
Westchester County Executive