



Area Agency on Aging, PSA 2
Serving Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby Counties

Seeking Leaders to Facilitate Disease Self-Management Workshops

The Area Agency on Aging, PSA 2 is looking for committed leaders throughout our nine-county region to facilitate disease self-management workshops. If you would like to be considered for leader training, **please complete and return the Healthy U Leader Application Form by February 12, 2016.**

A four-day leader training for *Healthy U/Chronic Disease* will be held March 17, 18, 24, and 25. These are all-day trainings (9:00 am to 4:00 pm), and you must attend all four days of training. Round-trip mileage to the Dayton area training site will be reimbursed and lunch will be provided.

PROGRAM INFORMATION

We offer three workshops in our region. The **Chronic Disease** Self-Management Program (CDSMP) brings together people with different long-term health problems for interactive, small-group sessions that focus on the participant's role in better managing their disease. The **Diabetes** Self-Management Program (DSMP) is similar in format but also includes content specific to type 2 diabetes. The **Chronic Pain** Self-Management Program (CPSMP) is similar in format but also includes content specific to management of chronic pain and the Moving Easy Program. All three workshops are evidence-based programs developed at Stanford University; for additional information, visit <http://patienteducation.stanford.edu/programs/cdsmp.html>.

The March 2016 training will prepare leaders to present the chronic disease workshop. Interested active chronic disease leaders may cross-train (2 days) in the diabetes and pain workshops when offered.

All workshops are offered in a variety of community settings throughout Ohio as **Healthy U**. Each workshop consists of six weekly sessions that last between 2 and 2.5 hours. They are presented to groups of 10-20 adults age 18 and older. Participants receive a free supplementary textbook, *Living a Healthy Life with Chronic Conditions* or *Living a Healthy Life with Chronic Pain*. Chronic pain workshop participants also receive a free CD of the Moving Easy Program.

Leaders facilitate in pairs, and as long as funding supports it, leaders who execute an agreement with our agency receive a small stipend upon completion of each workshop series in our region and submission of paperwork (maximum \$150 each).

POSITION DESCRIPTION – Healthy U Lay Leader

Each lay leader will be trained in and act as a co-facilitator for Healthy U, modeling skills and activities in strict adherence to the Stanford training manuals. Facilitators focus on *process* – helping create a sense of connection between group members and leaders to create a safe and optimum environment of mutual learning and support.

Minimum Requirements

- Successfully complete the required leader training.
- Facilitate a minimum of two workshops per calendar year.
- Strictly adhere to content and timeframes outlined in the training manual. Leaders will not introduce additional content or materials that are not part of the Stanford program.
- Submit required workshop paperwork within three days of final workshop session.
- Ability to lead on different days of the week and at different times of day. Leaders with extremely limited availability may not be able to maintain active leader status.
- Physically able to lift/transport workshop materials and set up room/materials. Workshop materials include a large portfolio that carries two stands, charts, and brainstorm paper; a small paperwork folder; and a box of 20 textbooks.
- Maintain all class materials and equipment provided. Return all unused materials in good condition upon request or resignation as a lay leader.
- Set up classrooms and clean up after sessions. Leave classrooms neat and in the condition required by the host site.

Ideal Abilities/Values of a Leader

- Believes in the Stanford program and its benefits.
- Demonstrates a caring, respectful, and compassionate attitude toward all people.
- Able to communicate successfully with a variety of individuals in different environments.
- Respects participant confidentiality.
- Able to work comfortably with groups, to read aloud and follow a script, and to write clearly on charts.
- Possesses good listening skills and is respectful of differing opinions. Able to guide discussions non-judgmentally.
- Able to encourage others and be optimistic about a person's ability to make step-by-step changes.
- Willing to share some personal information and experience with the group.
- Dependable and on time. Must arrive 30 minutes before the start of each session, and start and finish sessions on time. Must have reliable transportation.