

## Is there any proof that self-management courses can help me?

**Yes!**

The health benefits of self-management courses have been well demonstrated by research conducted in many countries. Some examples are shown below.

## Studies

- An Australian study showed that arthritis patients attending self-management courses had less pain compared to those who did not attend courses (Osborne 2007).
- A UK study of people with diabetes found that after attending a self-management course about 1 in 4 (25%) were more likely to monitor their blood sugar levels (Cooper 2003).
- Studies from the UK found people with diabetes and heart disease participating in self-management courses lost weight (Clark 2004 & 2000).

References available on request from the Centre for Rheumatic Disease, Royal Melbourne Hospital, The University of Melbourne. Ph 03 8344 3148.

Course \_\_\_\_\_  
When \_\_\_\_\_  
Where \_\_\_\_\_  
\_\_\_\_\_

Contact person \_\_\_\_\_  
Phone number \_\_\_\_\_

Course \_\_\_\_\_  
When \_\_\_\_\_  
Where \_\_\_\_\_  
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### More information

This information is available in Arabic, Greek, Italian, Mandarin and Vietnamese.

If you have suggestions for making this leaflet more useful to people with long-term health problems, please contact us on 03 8344 3148.



## Do you have a long-term health problem?

A long-term health problem is one that lasts for more than six months. People may have ongoing symptoms or concerns as a result of one of the following health problems:

- arthritis
- asthma
- coronary heart disease
- depression
- diabetes
- lung disease
- stroke.

People with long-term health problems may have a lack of energy. Some have pain and others have breathing and sleep problems. They may also feel depressed and worry about the future.

### This leaflet aims to...

... help you understand the importance of looking after your own health and give you information about the benefits of self-management courses. It can also direct you to relevant self-management courses that could help you.

## How could a self-management course help me?

Does your health make it difficult for you to do everyday tasks such as walking, shopping or gardening? If the answer is yes, then a self-management course may be just what you need.

These courses can help you learn how to live your life more comfortably and show you how to become healthier.

## What will I gain from attending a self-management course?

A self-management course may help you to:

- feel better physically and emotionally
- feel more in control of your health
- develop more confidence to continue your activities
- continue roles that may be important to you such as working or looking after others
- be more independent.

“ Once you understand how to manage diabetes it’s much easier... it’s something you have to do. Going to the [course] was a definite bonus. ”

**Graeme 51 years (diabetes) – employed contractor**

“ Before coming to the [course] I was sleepier and lazier and now I have more energy. Now I exercise every morning and look for food labels to help me make better food choices. ”

**Janice 55 years (diabetes) – home duties**



## Who can attend?

Courses are open to anyone living with long-term health problems such as those listed in the box above. You can join a course yourself or your health professional can refer you to one. Usually people from similar cultural backgrounds are also attending the course. Bring a family member, friend or carer to the course with you. They are all welcome!

## Who runs the courses?

Courses are run by community health services or other organisations, and are led by trained leaders.

## For more information about the courses in your area you can call:

- |   |              |
|---|--------------|
| • Arthritis Foundation                  | 1800 011 041 |
| • Diabetes Australia                    | 1300 136 588 |
| • Cancer Council                        | 13 11 20     |
| • National Heart Foundation             | 1300 362 787 |
| • Asthma Foundation                     | 1800 645 130 |
| • Multicultural Mental Health Australia | 02 9840 3333 |

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