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**Stanford University Chronic Disease Self Management Series Offered at the Westerly
*Eliza Jennings Collaborates with Fairhill Partners to
Expand Home and Community-based Services to Underserved Older Adults***

A growing number of older adults are seeking ways to improve their overall health and manage chronic conditions. As part of its commitment to becoming more integrated into the home and community-based services community of providers, Eliza Jennings Senior Care Network (Eliza Jennings) recently collaborated with Fairhill Partners to offer a new series of seminars on chronic disease symptom management and health promotion. The Chronic Disease Self Management Program (CDSMP) was developed at Stanford University and licensed locally to Fairhill Partners, who provided the training to Eliza Jennings. The first series was held at the Westerly, a HUD congregate community for older adults in Lakewood and location of an Eliza Jennings at Home on-site wellness clinic. There is no charge to series participants.

Designed to enhance existing programs and treatment, CDSMP covers topics such as managing symptoms; dealing with problems such as fatigue, pain and frustration; exercising to improve strength, flexibility and endurance; using medications appropriately; communicating with family and health professionals; choosing nutritious foods; and evaluating new treatments.

It is the process in which CDSMP is taught that makes it effective. The workshop is given two and a half hours, once a week, for six weeks in community settings such as senior centers, churches and hospitals. Classes are interactive and foster mutual support, success and participants' confidence in managing their health as well as active lifestyles. Residents are trained and empowered to conduct the six-week session themselves. Eliza Jennings will facilitate future programs at the Westerly, including sessions on gait and balance.

Evidence-based health promotion programs are the preferred model for education and support because they are based on scientific research and are adapted from tested models

that have been proven successful in addressing critical and chronic health issues. This is particularly important for aging service providers; evidence-based programs support opportunities to:

- Significantly enhance the health and well-being of older people in the community
- Help attract new clients and funding sources through innovative programming
- Assist in forging partnerships with other local organizations , including health care providers
- Pave the way toward creating communities that promote holistic well-being for older adults

Chronic diseases are the leading cause of death and disability in the U.S. Studies involving 1,000 individuals showed that people who participated in the program, when compared with people who did not, improved their healthful behaviors (exercise, symptom management, coping, and communications with physicians), improved their health status (health, fatigue, disability and social activities) spent fewer days in the hospital and had fewer outpatient visits. These are very desirable results for many of the lower-income older adults who are living in affordable housing situations.

Eliza Jennings is committed to providing a broader range of innovative home and community-based services to older adults outside of its residential care communities. More and more, older adults are looking for information and support to take ownership in the management of their health and wellness. We are pleased to share news about an innovative, evidence-based program designed to empower older adults in the community with information and tools to live longer, healthier, quality lives, maximize independence and keep disease and disability at bay.