COURSE NO: 52-11-72  NEW: September/2011

TITLE: HEALTH LITERACY: CHRONIC DISEASE SELF-MANAGEMENT

PROGRAM: Older Adults

CREDITS: 0  HOURS: 15

COURSE: 6:6008 Health Literacy

COURSE DESCRIPTION:

Developed and tested by Stanford University, the Chronic Disease Self-Management Program (Healthier Living/CDSMP) is an evidence-based program designed to enable people to understand and manage a range of health conditions, such as diabetes, arthritis, high blood pressure, depression, heart disease, and chronic pain. Using a systematic approach, this competency-based course includes information relevant to improving physical and mental health status through self-management and development of action plans which integrate course information and techniques into daily life.

PREREQUISITES:

None

NOTE:

THIS COURSE MUST BE TAUGHT BY A CREDENTIALED DACE TEACHER WHO HAS EARNED LEADER CERTIFICATION IN THIS EVIDENCE BASED PROGRAM, Chronic Disease Self-Management.

THIS COURSE MAY NOT BE OFFERED WITHOUT PRIOR APPROVAL OF THE PROGRAM FOR OLDER ADULTS ADVISOR. CALL (213) 241-3167 FOR IMPLEMENTATION GUIDELINES.

After a student has completed this course, he/she may not be allowed to re-enroll in the course.