

Programme

WHAT IS THE ACTIVE PATIENT PROGRAMME?

It's a programme to provide support for people living with a chronic illness in order to help them to manage their health in a better way.

It is delivered using workshops, thereby promoting an exchange of knowledge between persons who can share experiences of chronic illnesses to improve their quality of life

WHO IS IT FOR?

Everyone who suffers from one, or more, chronic illnesses, such as diabetes, cardiovascular and respiratory diseases, with chronic pain, or other lengthy physical or mental illnesses.

This also includes the carers of people who need looking after.

WHAT ARE THE GOALS?

To provide support and training for people who attend the workshops to:

- Improve their skills, motivation and confidence to deal with the symptoms of the illness
- Encourage healthy lifestyles
- Follow recommendations and treatments better.
- Improve health outcomes
- Improve communication with healthcare professionals.
- Make efficient use of health resources

WHAT DOES IT CONSIST OF?

The workshops, which are based on peer-to-peer training, are given by 2 professional tutors and patients suffering from chronic illnesses, who have been trained and accredited by Stanford University in the United States.

Using different activities, they start to achieve small changes and gain confidence in their skills in order to deal with the symptoms and problems caused by the illness. They learn how to handle pain, to settle conflicts, eat the right foods, increase their level of physical activity, control their moods, and how the illness has an impact on their personal relations.

DURATION OF WORKSHOPS

Each workshop lasts for 6 consecutive weeks with sessions of two hours and a half per week. The participants must be motivated and committed to attending.

TYPE OF WORKSHOPS

- **TAKING CONTROL OF YOUR HEALTH WORKSHOP ('TCS')**: For people with chronic illnesses which looks at features that are common to most of them.
- **HANDLING DIABETES WORKSHOP (IN ADULTS)**: for people with diabetes, who are also eligible for the Taking Control of Your Health workshop

WHERE ARE THEY CARRIED OUT?

At different points in the Region of Valencia, both in health centres and other locations. Check for future dates at www.cuidatecv.es

HOW CAN I APPLY?

Fill in the application form you can find at www.cuidatecv.es and we will get in touch with you.

If you require further information, or have any queries, contact us by email: pacientactiu@gva.es or **make an enquiry at your local health centre.**



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