

Healthy Connections 2010



Self-Managing Care:

From Ideas to Solutions

AFTERNOON WORKSHOP SERIES

Featuring Sessions Led by Local and International Experts

SELF MANAGEMENT TOOLKIT I: *Change is Good, You Go First: Implementing Self Management Support through Interdisciplinary Team Care*

Judith Schaefer; MacColl Institute, Group Health Research Institute

1:00pm - 2:30pm

Enabling individuals to make good choices and sustain healthy behaviors calls for a collaborative relationship between healthcare providers and teams, and clients and their families. It also calls for a partnership that supports clients in building the skills and confidence they need to lead active and fulfilling lives. The concepts and tools used in this seminar come from the Partnering in Self Management Support toolkit. This 90 minute workshop session addresses the implementation of self-management support: team care, roles and tasks, cross-training, and community partnerships and will focus on the Cycle of SMS graphic outlined in the toolkit. Within the framework of this seminar, participants will describe client centered, team-based management of chronic illness through the cycle of SMS, and plan role and task distribution to effectively provide SMS within and across practice settings and community partners.

SELF MANAGEMENT TOOLKIT II: *Change is Good, You Go First: Collaborating with Patients for Everyone's Health*

Judith Schaefer; MacColl Institute, Group Health Research Institute

3:00 - 4:30

The concepts and tools used in this seminar come from Partnering in Self Management Support, a toolkit for clinicians, and are intended to give busy clinical practices an introduction to a set of activities and changes that support clients and families in the day-to-day management of chronic conditions. Practices that are just beginning to reorganize client-centered care, as well as those experienced in collaborative self-management, will find high-leverage change ideas that offer a number of ways to begin using the techniques and tools with a small number of individuals. This seminar session will demonstrate and provide interactive practice with the behavior change skills and tools featured in the toolkit. Participants will explore moving from client/patient education to client centered SMS. They will use tools to guide client centered self-management processes including collaborative agenda setting, information sharing, action planning and problem solving.

THE FOLLOWING WORKSHOPS WILL BE REPEATED AT 1:00 – 2:30PM & AT 3:00 – 4:30PM

HEALTH COACHING FOR DEMENTIA CARE: *Making Sense of Self Management Strategies* *Frances Morton-Chang; Elder Coach*

Historically care planning for persons with dementia (PWDs) has bounced between risk mitigation strategies and crisis intervention. Using the Balance of Care methodology as a backdrop, this 90 minute workshop will provide insight around enablers and inhibitors to self-management strategies for persons with dementia, and why coaching in self-care is good for both the individual and good for the system. This session will challenge popular misconceptions about persons with dementia and their ability to manage their own care. This seminar will discuss the urgency of proactive self-care strategies and the growing prevalence of Alzheimer's Disease and related dementias. Participants will explore opportunities and strategies to better support and empower persons with dementia to manage and accommodate the decline in their cognitive abilities.

TEACH: *Putting Motivational Interviewing Skills into Practice* *Dr. Marilyn Herie and Rosa Dragonetti; Centre for Addictions and Mental Health (CAMH)*

This skills building workshop is designed to help participants enhance their clinical skills in Motivational Interviewing (MI). This 90 minute workshop has been designed for all health care practitioners – especially those who work as front line workers with clients on a daily basis. Using a fun and interactive approach, we will focus on building confidence and competence using key motivational strategies. Participants will observe, practice and assess motivational approaches and techniques in a non-threatening and supportive environment. Tools and techniques for strategic reflection, enhancing motivation in *resistant* clients, and developing an implementation plan will also be covered.

Health Equity Impact Assessment (HEIA): *Finally, an Easy to Use Equity Planning Tool for Our Sector*

Bob Gardner, The Wellesley Institute and Anthony Mohamed, St. Michael's Hospital

This hands-on 90 minute session will introduce a proven equity planning tool that helps to assess the potential impact of health programming and/or service initiatives among diverse health disadvantaged communities. Developed by the Ministry of Health and Long Term Care and the Toronto Central Local Health Integration Network (TC LHIN), it has been piloted by the Toronto Central LHIN and is being considered by the MOHLTC for wider implementation. This seminar offers participants a broad understanding about the genesis of the planning tool and how it can be applied effectively within organizations. This session is targeted to anyone in the health sector who is involved with equity-focused planning and new clinical, policy, quality and/or safety initiatives.

SELF -MANAGEMENT STRATEGIES FOR CULTURALLY DIVERSE POPULATIONS: *The Case Of Type II Diabetes Self Management Program For The Canadian-Chinese Population* *Betty Wills, Carefirst Seniors and Community Services Association*

Toronto is a culturally and ethnically diverse city and visible minorities account for 43% of its residents (Census of Canada 2001). The prevalence of type 2 diabetes (T2D) is high in non-European

ethnic groups (ICES, 2007) and is particularly high in populations from East Asia and South Asia. Diabetes self-management programs have been shown to be effective in empowering individuals to take better care of themselves, but these programs must be culturally appropriate for each group. The aim of this workshop is to explore and discuss specific self-management strategies that are useful to promote successful self-care abilities among individuals from ethnic minorities. The planning of a culturally tailored diabetes self-management program may result in improved outcomes among individuals from different cultural backgrounds. In particular, the concept of efficacy and its effectiveness among Chinese-Canadians who are diagnosed with T2D will be discussed. The workshop will further explore other relevant constructs that may impact on diabetes self-management in this population. Finally, strategies to increase and optimize diabetes self-management among Chinese-Canadians will be presented.

Sponsored by Solutions and CRNCC with support from the TC LHIN, in partnership with Ryerson University, WEUHA, SETo, PLANTSS.

Media sponsor: Longwoods Publishing.

The CRNCC is funded by the Social Sciences and Research Council of Canada and Ryerson University.

