

Implementing Self-Management Education: Successes & Challenges in Arthritis *Discussion Guide for Local Activity*

Total 30 Minutes

At the end of this activity, participants will be able to:

- *Increase the Collaborative Nature between the Arthritis Foundation, State Health Department and Community Partners*
- *Identify and Clarify the Challenges and Solutions to Implementing an Evidenced-Based Chronic Disease Self-Management Program*
- *Apply Lessons Learned from Other States in the Areas of Defining Roles, Marketing to Participants, and Recruiting and Retaining Leaders*

Instruction (5 minutes): Utilizing the information presented during the satellite broadcast, local partners are asked to develop one goal that will assist them in overcoming a challenge of program implementation. Participants should select a goal that focuses on one of the areas listed below:

- Defining Roles
- Marketing to Participants
- Recruiting Leaders
- Retaining Leaders

Discussion (10 minutes): The group should identify challenges that impede the progress of program implementation and then choose one challenge and discuss possible solutions or goals to meet that challenge. Choose one goal for the local partners to address over the next 6-12 months.

Activity (15 minutes): Designate a person to record the identified solution and its subsequent objectives, action steps, etc. on the *blank* goal sheet. As the group thinks about breaking the goal down into manageable objectives and action steps, use the sample goal sheet as guidance.

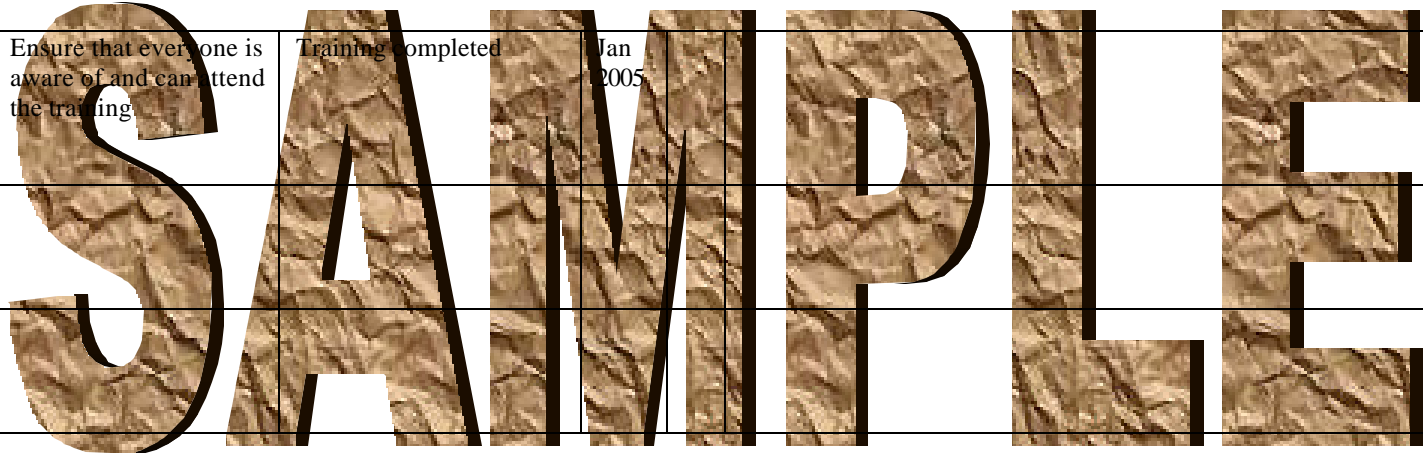
**The local activity coordinator should ensure that the attendance and goal sheets are completed and returned to the state DOH arthritis staff personnel within two weeks of the satellite broadcast.

Your State Arthritis Contact is:

Challenge: Recruiting Program Leaders

Goal: Certify Twelve New Leaders **By:** April 20, 2005

OBJECTIVE 1: Work with community partners to identify and recruit potential leaders						
Action Step	Action Step Leader(s)	Intended Outcome	Performance Measure	Due date	✓ y/n	Progress/Comments/ Potential Partners
Identify community partners	Arthritis Foundation	Develop a mailing list to reach more potential partners	Complete mailing list	July 2004		Potential partners include Office For the Aging, Hospital Education Dept.
Mail leader information to entire mailing list	State DOH Office For the Aging	Recruit new leaders from combined mailing list	Maintain roster	Sept 2004		
Record contact information of interested individuals	Office For the Aging	Develop a sign-up list of potential leaders	Obtain contact information for at least 12 interested individuals	Nov 2004		
OBJECTIVE 2: Train new leaders						
Schedule training dates	Arthritis Foundation Office For the Aging	Ensure that everyone is aware of and can attend the training	Training completed	Jan 2005		
OBJECTIVE 3:						



Challenge: _____

Goal: _____ *By* _____, _____

OBJECTIVE 1:

Action Step	Action Step Leader(s)	Intended Outcome	Performance Measure	Due date	✓ y/n	Progress/Comments/ Potential Partners

OBJECTIVE 2:

OBJECTIVE 3:
