**Physician Please Check all that apply:**

Chronic Disease PATH Workshop (2.5 hours once a week for 6 weeks)

Diabetes PATH Workshop (2.5 hours once a week for 6 weeks)

Chronic Pain PATH Workshop (2.5 hours once a week for 6 weeks)

A Matter of Balance, Fall Prevention (16 hours of instruction provided in 2 hour sessions once or twice a week)

Creating Confident Caregivers, for families caring for someone with Dementia (2 hours once a week for 6 weeks)

Other caregiver workshop

**INDICATORS FOR REFERRAL –**

* Patient is challenged/frustrated with day-to-day management of chronic condition(s).
* Patient is open to identifying ways to better manage his/her chronic condition(s).
* Social and/or physical activities have declined as a result of condition(s).
* Patient expresses some motivation in managing his/her chronic condition(s) to improve the quality of life.

**Qualifying Criteria** –

* Patient is *not* in need of intense psychological counseling at this time and can process general health information
* Patient has, or is caring for someone who has, one or more chronic conditions

Classes are facilitated by certified leaders who have learned to live a healthy life with chronic illness. Leaders are required to participate and model effective behavior along with the class participants.

**Patient**

By signing below you give your physician’s office consent to provide your name and contact information to the Region 9 Area Agency on Aging so that you may be contacted with upcoming workshop information.

Signed name Printed Name

Date Phone # with area code: County:

**Health Care Provider fax completed form to: 989-358-6604**

**More information online at:** <http://www.nemcsa.org/Region_9.aspx> or [http://www.mihealthyprograms.org/](http://www.mihealthyprograms.org/%0d)

**Contact Region 9 AAA at 800.219.2273 with questions or to be listed in the Northeast MI Partnership for Aging Well**