

My Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My Date of Birth \_\_\_\_ /\_\_\_\_ /\_\_\_\_

Today’s Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PATH - Diabetes PATH & Pain PATH**

Personal Action Toward Health

*The Stanford Chronic Disease Self-Management Programs*



**Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs** 

**Matter of Balance**

Fall Prevention Program

*MaineHealth’s Partnership for Healthy Aging*

 Dear Physician/Provider,

I recently attended a Personal Action Toward Health (PATH) or Matter of Balance workshop to help me better self-manage my health. I attended the;

* Chronic Disease Self-Management
* Diabetes Self-Management
* Chronic Pain Self-Management
* A Matter of Balance (Fall Prevention)

I learned:

* Techniques to deal with frustration, fatigue, pain and isolation
* Goal setting and problem solving skills to successfully master tasks I want to accomplish with increased confidence in my ability to deal with symptoms and problems caused by my chronic disease or chronic pain.
* Basic information about chronic disease and guidelines to prevent complications, nutrition, label reading and making good food choices for my health
* Appropriate use of medications
* How to communicate effectively with family, friends and health professionals
* Appropriate exercises for fitness and safety
* Physical factors such as how blood pressure, weakness, poor flexibility and balance and how to counteract them with exercises specific to those issues
* How to identify potential fall hazards in my home and community and strategies to reduce my risk for falls
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In the workshop I learned how to set a weekly Action Plan that was achievable, action specific and something I want to do toward better health. I made this Action Plan for the next six months:

**My Six-Month Action Plan**

Long-Term Goal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specific Action Step \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How much/often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ When \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Confidence level (how likely I am to meet the goal?) 0 – 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The best thing about the PATH or MOB workshop for me has been: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* I would recommend this workshop to others.