

WATERLOO WELLINGTON SELF-MANAGEMENT PROGRAM NEWSLETTER

HOLIDAY EDITION



2020 - - & What We Learned Along the Way

THE YEAR WE LEARNED TO PIVOT

2020 has definitely changed our perception of normality. This year has brought its fair share of challenges and changes but one thing is certain-- our team grew together and flourished like never before. We quickly put our heads together and worked towards a new way of offering our wonderful programs to the community.

This pivot would not have been possible without our amazing, dedicated leaders. You were able to shift from offering in person workshops to learning a whole new virtual process or waiting patiently until in person sessions can resume. THANK YOU for being so patient with us while we quickly shifted our gears from in person offerings to a completely virtual program.

Since offering our first ever virtual workshop in May, we have offered many workshops via Zoom and OTN (*Ontario Telemedicine Network*) including, M.A.S.T., Craving Change, Take Charge Chronic Pain, Dial it Down and Better Sleep. We have even brought on some new workshops to our long list of program offerings such as Powerful Tools for Caregivers and Active Living with Chronic Pain Tool Kit-- a Self- Directed program.

We are full-steam ahead and we are not stopping now! As the year comes to an end, we continue to plan and coordinate workshops for 2021. We are ready to take on any new challenges we may be faced with and we look forward to working with you in the new year.

The Waterloo Wellington Self-Management Program would like to wish you and your families a safe and healthy Holiday season and a Joyous New Year!

New Program Offerings

ACTIVE LIVING WITH CHRONIC PAIN-- TOOL KIT (SELF-DIRECTED LEARNING).

This 6- week self-directed learning program helps those manage living with persistent pain. Participants learn at their own pace with a kit that is mailed to their home. They are also supported with a weekly teleconference call with a leader and 4-5 other participants.

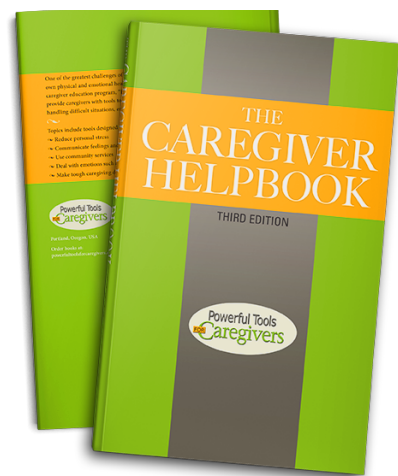
Thank you to **Lisa Parker** who offered our very first session in October-- well done Lisa!



POWERFUL TOOLS FOR CAREGIVERS

This 6- week, highly interactive workshop series is designed to help caregivers develop a wealth of self-care tools. Caregivers learn self-management tools to help to reduce stress, improve self-confidence and communication, find balance and increase their ability to make tough decisions. This program builds on the skills caregivers need to take better care of themselves.

Thank you **Chaitali, Martha and Doreen** for offering our first round of Powerful Tools for Caregivers



SINCE MAY 2020, WE HAVE OFFERED 27 VIRTUAL PROGRAMS FOR INDIVIDUALS AND 8 VIRTUAL LEARNING OPPORTUNITIES FOR HEALTHCARE PROFESSIONALS

LEADER

TRAINING

This spring all new leader training was

suspended due to covid-19 and the inability to hold in person training. *Power Tools for Caregivers* was the first to transition to online leader training and we were lucky to be able to train 7 leaders this summer. This is a new program for us and we have just completed our first 6 week workshop series. It was a great group, with 5 very dedicated participants. There are 2 more workshops scheduled for this winter and we are hoping we will be able to fill them. If you know anyone who might be interested or could benefit, please refer them to our website for more information:

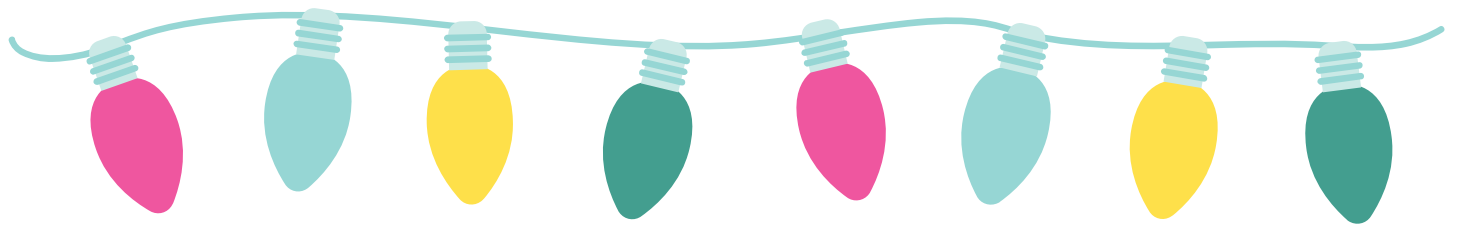
<https://www.wselfmanagement.ca/Individual-Powerful-Tools-for-Caregivers.htm>



Formerly known as "Big White Wall", **Togetherall** is an online community where members can support each other. An online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares.

Support is available **24 hours a day, 7 days a week, 365 days a year**. You can simply find support by logging on.

Click here to **Get Support, Take Control, and Feel Better**



PROCESS CHANGES

Since shifting our workshop delivery to be completely virtual, we have had to find a way to deliver all workshop materials to participants. Justine looks after packing up all the books and resources and mails everything directly to each participant.

In addition to the reminder calls, Justine also sends out an email to all participants with the virtual workshop login information.

We are handling our **Participant Workshop Surveys** a little bit differently as well. Our workshops hosted through Zoom have the survey built right into the session in which participants can complete as a poll. The results are delivered in real-time which is a great way to capture feedback instantly. We also have the option of sending out a survey monkey link in an email containing a certificate of completion for each participant.

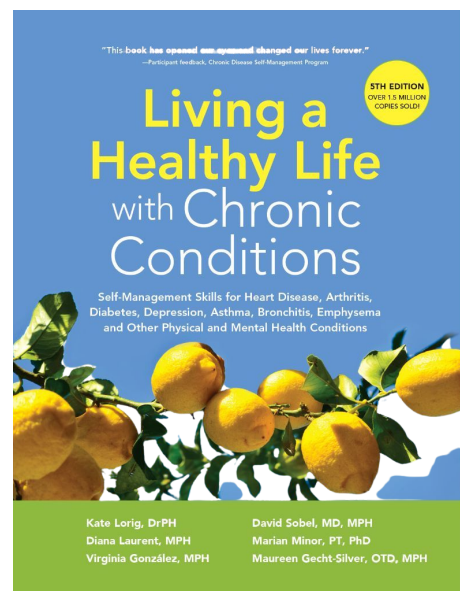


UPDATED CHRONIC CONDITIONS WORKBOOK

For those leaders who are certified to facilitate the **Take Charge Chronic Conditions** program, there is a new 5th edition workbook that was released this year.

Canadian content has been integrated throughout the book, every chapter has been revised, updated and carefully edited, and includes readings, useful websites, and other helpful resources organized by topic.

TO LEARN MORE ABOUT THE SPECIFIC CHANGES MADE TO THIS EDITION, PLEASE [CLICK HERE](#)





Program Updates

THE SELF-MANAGEMENT RESOURCE CENTRE (SMRC) PROGRAM UPDATE

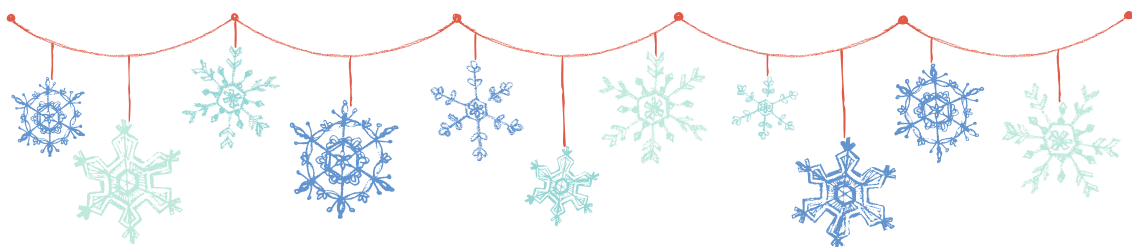
The Self-Management Resource Centre (SMRC) gave permission for us to offer their workshops online using a PowerPoint slide deck through a secure online videoconferencing tool. This is a temporary solution until in person workshops can resume. They also developed a “Tool Kit” for Chronic Pain and Chronic Disease. This is a good option for those that may not have access to a computer, unlimited internet and comfort with Zoom.

Participants must be motivated to spend a few hours each week to read, practice their new skills in a self-directed independent learning format. This is supported by 6 weekly teleconferences with a Leader and 4-5 other participants. Action planning and key points are covered each week. It is a different Leader experience as there is no visual connection with the participants.

If you might be interested in leading a chronic pain or chronic disease workshop in this teleconference format please contact Laurie at laurieh@langs.org for more information.

In 2020, the Chronic Disease program and text book were updated by the SMRC and all active leaders are required to take leader update training. Starting in 2021, we are no longer permitted to use the old 4th edition textbook or the older curriculum in the leader manual. Despite the challenges of holding leader trainings during COVID19 the deadline has not changed. This means we have only been able to send a very small group for leader update training.

If you are interested in continuing to lead the chronic disease program and have led at least 1 workshop in 2019, please contact Laurie at laurieh@langs.org.



STAYING CERTIFIED!

Leaders that were active before COVID19 (*meaning you have led at least 1 workshop in 2019*) your options to remain certified are as follows:

- Lead a virtual workshop series in 2020 or early 2021**
- Lead a Chronic Pain Tool Kit Teleconference workshop series in 2020 or early 2021**

If not, you will be required to take leader refresher training or the CDSMP (*Chronic Disease Self-Management Program*) 2020 update training in 2021 so you can retain an active status.



Program Updates

... CONTINUED

DIABETES, HEALTHY FEET AND YOU!

Wounds Canada has reformatted this program to an online workshop with updated videos and a new PowerPoint slide deck. The virtual workshop is made up of a series of two 90 mins weekly sessions. If you certified in this program and are interested in leading the revised virtual workshop please contact Laurie at laurieh@langs.org.

CRAVING CHANGE

Thanks to Amy Waugh, we were able to start offering this workshop in a virtual classroom using a revised PowerPoint slide deck. It appears that we are the only program in our area that is currently offering this program virtually so it has been in high demand. Some workshops have filled within hours of being scheduled. If you are certified in Craving Change and are interested in leading a virtual workshop please contact Laurie at laurieh@langs.org.

LOOKING *ahead*

We are looking forward to the day we can start offering in person programs again. However, we know that this is not going to happen for a while longer. Despite the limitations of running programs in a virtual classroom, we are determined to offer as many workshops as we can. In 2021 we are planning to start offering the Chronic Disease program including Tool Kit version, and the Diabetes Healthy Feet and You workshop. Any new program options that might come our way will also be considered. Stay tuned and information will be shared as it becomes available.

HAPPY HOLIDAYS AND A HAPPY NEW YEAR FROM THE SELF-MANAGEMENT PROGRAM TEAM