

FREQUENTLY ASKED QUESTIONS

How is the program culturally sensitive?

Services are offered in many languages by health professionals who are familiar with your culture and language. The programs are held in sites such as temples, mosques, community and cultural centres, and doctors' offices. Culturally sensitive and translated educational tools are used.

Is the Chronic Disease Management Program for Diverse Populations offered to all diverse groups?

The program is offered to the Indo-Asian and Chinese populations. The program will be available to other diverse groups in the near future.

Does this program replace existing treatment for long-term conditions?

No - the program is to enhance the regular care and treatment of long-term health conditions.

If I have a heart problem, can I still take part in the exercise program?

Yes - you will receive a one-on-one assessment to find out if you can take part in the program.

Do I need a referral from my doctor?

No. You only need a referral for the exercise part of the program. We will contact your doctor.

Can I bring someone with me?

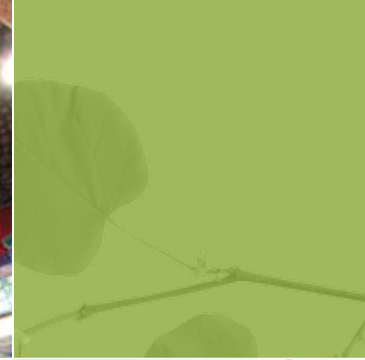
Yes - you can bring your spouse, family member, or a friend to the classes.

Is there a fee for this program?

There are fees for the exercise and Row Your Own Boat programs; however, financial help is available.

CHRONIC DISEASE MANAGEMENT PROGRAM FOR DIVERSE POPULATIONS

DIVERSE POPULATIONS
WITH LONG-TERM ILLNESSES
CAN BENEFIT FROM THE
CALGARY HEALTH REGION'S
CHRONIC DISEASE
MANAGEMENT PROGRAM
FOR DIVERSE POPULATIONS.



For more information about
the program, and the diverse groups
it serves, fees, or to register call:

(403) 943-1664

www.calgaryhealthregion.ca/cdm

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CHRONIC DISEASE MANAGEMENT PROGRAM FOR DIVERSE POPULATIONS

LEARN TO LIVE WELL
WITH A LONG-TERM ILLNESS



This program is for diverse populations with long-term illnesses such as diabetes, heart disease, high blood pressure, chronic pain, and chronic lung diseases.

Through the program, family doctors are supported by nurses from the Calgary Health Region, who help them offer culturally sensitive care to patients with long-term conditions. Chronic Disease Management for Diverse Populations also offers a culturally sensitive version of the Living Well with a Chronic Condition program, which has three parts to it:

SUPERVISED EXERCISE CLASSES

- Offered three times a week for eight weeks. Includes a one-on-one and group assessment by a healthcare professional.
- Designed to meet patients' unique needs and health conditions.
- Taught and supervised by exercise specialists, fitness leaders, and interpreters.
- Interpretation services are available when needed.
- Consists of aerobics, resistance, balance, and flexibility activities.

There is a fee for the exercise classes; however, financial help is available.

DISEASE-SPECIFIC EDUCATION CLASSES

- Classes are offered at different times and in community sites.
- Education for specific long-term conditions covers subjects such as managing the symptoms, monitoring blood pressure and blood sugars, nutritional management of specific diseases, and medications.
- Instructed by health professionals, including nurses and dietitians from diverse backgrounds.
- Complex and high-risk patients receive personalized assessments and education from nurses and dietitians in specialty clinics, community sites, or doctors' offices.

There are no fees for the education classes.

ROW YOUR OWN BOAT SELF-MANAGEMENT WORKSHOP

- Offered once a week for six weeks.
- People with different long-term illnesses get together to share ideas and learn the skills needed to live successfully with their long-term health conditions.
- Subjects covered include relaxation techniques, goal setting, problem solving, and managing emotions such as frustration and fear.
- Provided by trained volunteers from diverse backgrounds who also have long-term illnesses.

There is a fee for the workshop; however, financial assistance is available.