

Self-management Programs

Program	Website address	Phone	Information
Living a Healthy Life – an adaptation of the Stanford Model (New Zealand)	http://www.arthritis.org.nz/index.php/Service-Centre-Greater-Wellington-Events.html	(64) 04 472 1427 or 0800 663 463 for the local centre.	This page has links to what's on in each area of NZ.
Living Improvements for Everyone (LIFE) – Victoria Australia	http://www.diabeteslife.org.au/LifeCourses/Courselocator/tabid/142/Default.aspx	(61) 03 8648 1880	
Health Navigator	http://www.healthnavigator.org.nz/self-management/self-management-programmes		Health Navigator lists self-management courses available in NZ.
The Personal Helpers and Mentors (PhaMS) Program (Australia)	http://www.fahcsia.gov.au/sa/mentalhealth/progserv/PersonalHelpersMentorsProgram/Pages/default.aspx#1		The Personal Helpers and Mentors Program is a new program that supports people whose lives are seriously affected by a severe mental illness. It focuses on recovery – demonstrating that people with mental illness can lead a fulfilled life in the community with the same opportunities as other people. People who join the program will work with their own Personal Helper and Mentor who will support them on their recovery journey.
Stanford Internet Chronic Disease Self-management Program	http://patienteducation.stanford.edu/internet/healthyliving.html		Each workshop runs for six weeks, with new lessons each week. Participants are asked to log on at their convenience two or three times each week for a total of one to two hours. There is no requirement that participants log in at the same time. Each participant in the workshop receives a copy of the companion book, <i>Living a Healthy Life With Chronic Conditions</i> , 3rd Edition.
Arthritis Self-management Courses (ASM) Australia	http://www.arthritis.org.au/page/Our_Services/Self-Management_Courses/ http://www.arthritisnsw.org.au/education/selfmanage.html http://www.arthritisvic.org.au/pages.asp?d=5A4C5A717251477C7008060B0F0703	(61) 07 857 4200 1800 011 041 1800 011041 (61) 03 8531 8000	Good programs currently exist for arthritis sufferers for their chronic condition self-management. These are offered by state based organisations. Contact each state individually. Queensland, NSW and Victoria are provided.