The **My Life** Self Management programme , developed and piloted on Teesside has been supported by NHS.

The programme draws together proven effective approaches in supporting those living with long term conditions, to modify their behaviours, including:

* *Small interactive discussion /information sessions in groups ( up to 10 people)*
* *Evidence based information on how services work locally*
* *One to one coaching sessions with trained coaches (face to face, skype and phone available)*
* *Skills and confidence building with a personal manual to keep.*
* *Taking ownership of some aspects of life, goal setting and measuring change*
* *Links to community integration, engagement and continuity within own localities.*
* *Matched peer support (on specific goals or issues identified extends beyond programme)*
* *Facebook – interactive, on going social support from each other*
* *1 month and 3 month reviews/reunions*

**Why:** We use and share information to enable people to access services more effectively, take more control over their lives and be more open to the lifestyle options they have.

**Who is it for :** Adults diagnosed with a long term health condition ( except respiratory disease) and/or are living with chronic pain. The programmes in Stockton are funded primarily for people aged 65 years and older but this is not essential.

The medical conditions need to be in a managed state and people need enough memory coping strategies to remember and reflect . There is no charge. Carers can attend the introductory session.

**When:** **The programme starts in February 2014** ( venue and date to be confirmed) . Programmes are delivered in accessible community or health venues.

**How long**: The programme runs for 9 weeks , including 5 x weekly 2.5 hour group sessions and up to 3 1.5 hour coaching sessions over the course of the programme. We offer a flexible approach across the programmes to suit individuals pace and health conditions.

**What :** the outline of the programme is based on the following topics , but is finally modified to suit the participants on the programme :

* **Health and Well being /taking control**
* **Navigating the maze of social care and personalisation**
* **Living independently with adaptations and technology in the home**
* **Getting involved- something to offer- Volunteering opportunities**
* **My Place: engaging with your local community: what next? sharing information**
* **Follow up 1 month and 3 months reunions/contact**

**How to refer or signpost: ring 01642 535300 and leave your contact details or those of your client. We will call back within 2 working days. People can also self refer.**

**Or you can email us on** [**lindy@mylifeplus.org.uk**](mailto:lindy@mylifeplus.org.uk)