



What is PATH (Personal Action Toward Health)?

PATH is a workshop that empowers people to take an active role in managing a chronic or long-term health condition. Workshops meet for 6 weeks, in 2 1/2 hour sessions each week. Workshops are offered in convenient, easily accessible community locations, and are offered for free.

Who should participate in PATH?

Adults with any chronic or long-term health conditions including arthritis, asthma, diabetes, depression, emphysema, fibromyalgia, & heart disease. Family members, friends, and caregivers are also encouraged to attend the workshop.

What happens in a PATH workshop?

The goal of the workshop is to help participants become better self-managers. The workshop focuses on symptoms that are common to people with a variety of health conditions. Over the 6 weeks, emphasis is placed on creating personal action plans and setting practical, achievable goals.

Participants learn strategies to help them deal with problems such as pain, fatigue, and difficult emotions. Other topics include managing symptoms, managing medications, working with health care providers, relaxation, healthy eating, physical activity, and communicating with family and friends.

Are there other PATH workshops?

Yes, in addition to PATH, there are several other versions of the self-management program that have the same 6 week format.

Diabetes PATH is a workshop for adults with Type 2 diabetes, their family, friends and caregivers. You will learn about preventing high and low blood sugars, medications, meal planning, foot and skin care, handling sick days and preventing complications. The workshop covers many things about diabetes, but what you will really learn are ways to help take care of your health.

It doesn't matter how long you have had diabetes or how well or how poorly you think you are doing with your diabetes. Anyone with diabetes can attend. **Diabetes PATH does not change your treatment. That is between you and your health care team. We want you to follow your doctor's orders. But, you can learn new ways to talk to your health care team and help manage your diabetes.**

Diabetes PATH is helpful even if you have already attended a different diabetes education program. These programs can help you in different ways. What you learn from both might work together to give you more "tools" every day to help you do what's needed to take care of your diabetes and your health. And, if you haven't been to a diabetes education class you can still come.

Chronic Pain PATH is a workshop for adults with long-term pain and their caregivers. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) pacing activity and rest, and, 7) how to evaluate new treatments. You will really learn the ways to manage long-term pain on a day-to-day basis where you control pain more that it controls you.