

Get the Most Out of Life

Information for health and community workers

Get the Most Out of Life is a 6-week group program to help Tasmanians self-manage their chronic conditions and symptoms.

Two trained leaders deliver programs for groups of 10-15 participants.

Who can benefit from the program?

The program is suitable for people with chronic conditions, including, but not limited to:

- heart disease,
- arthritis,
- diabetes,
- asthma,
- bronchitis / emphysema / COPD
- chronic kidney disease
- multiple sclerosis and other neurological conditions.

The program is especially helpful for people with multiple conditions, as it teaches skills to coordinate many of the things needed to manage their health.

Partners / family members / friends / carers are also welcome to participate.

What does the program cover?

Get the Most Out of Life encourages participants to become more active self-managers. They share their experiences of learning new tools and support each other in the process.

Get the Most Out of Life helps participants learn how to:

- manage their symptoms
- get started with healthy eating and physical activity
- communicate effectively with their doctor and healthcare team
- manage difficult emotions
- develop an action plan - a key self-management tool
- be systematic with problem solving and decision making
- self-manage medication responsibilities
- practice relaxation techniques and self-help activities to improve sleep and reduce stress, pain and depression.

What does the research show?

This program was originally developed at Stanford University and is now licensed by the [Self Management Resource Center](#) USA, as the [Chronic Disease Self Management Program](#).

More than 50 research studies have found that people who participate in this program generally:

- have fewer symptoms such as depression and shortness of breath,
- better quality of life,
- they exercise more, and
- use health care less.

Research indicates that trained peers (non-professionals) with chronic conditions, can facilitate the program as effectively, if not more effectively, than health professionals. In Tasmania we have a mix of health workers and volunteers as leaders.

How do I refer people?

It's best if people self-refer via the contact details listed below (it is a self-management program after all).

They can speak with a coordinator who can answer questions and register them for the next group or add them to a waiting list.

You can help by giving them a brochure about the program and / or the contact details.

Where are programs run?

Get the Most Out of Life programs are held in venues across NW Tasmania.

People may also be able to access a program online.

Is there a cost?

A gold coin contribution for refreshments is the only cost to attend.

What is the length of the program?

The program runs for 2½ hours each week for six weeks with a group of about 10 - 15 people.

Who is licensed in Tasmania?

In Tasmania programs are delivered by [Tasmanian Health Service](#), and [Rural Health Tasmania](#).

Contact:

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May 2021

Dale Anderson's story



Dale Anderson, Food Services Manager at the Launceston General Hospital attended the six-week Get the Most Out of Life program and has not looked back since.

Dale has type II diabetes and says doing the program really made him take stock and look at things differently.

"I'm more comfortable since doing the program – I was in denial for a few years after my initial diagnosis. I'd even go to different doctors just to get the scripts I needed so I avoided having the conversation about changes I needed to make."

"The program made me realise I needed to be more responsible about my medication, I needed to look after myself better, and seeing other people in worse situations made me realise others do experience difficulties. I sit back and listen more and am definitely more aware and not as judgemental of others.

I really enjoyed every aspect of the program and have already recommended the program to others."