

# Choices and Changes Newsletter

VOLUME 1, ISSUE 3 FALL 2012

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The **Choices and Changes** has been having a tremendous summer and is building up momentum for an even more amazing fall!

We have reached 149 clinicians through this professional development opportunity and have had the opportunity to implement the mentorship component of the workshop with 65 of our program graduates.

We have five newly trained Faculty Members, who bring a diverse array of experiences and expertise to our team and we are excited to have them on board.

Our upcoming workshop sessions for this fall and winter have been receiving a steady stream of registrants, but there is still some space and if you, or any of your colleagues would like to register, please see the upcoming dates and times listed below and contact us. They are held once a week at our CW DRCC office, and we can also come to your organization if you would prefer.

- Tuesday, October 2, 2012
- Thursday, November 8, 2012 (12:30pm-4:30pm)
- Wednesday, December 5, 2012
- Wednesday, January 30, 2012

Time: 8:00am-12:30pm (a light breakfast will be provided)

## Contact Information:

**Chronic Disease Self-  
Management**  
2250 Bovaird Dr East,  
Brampton, ON  
L6R 0W3  
905-494-6752 Ext 6  
cdsm@williamoslerhs.ca

## Choices and Changes: A Clinician's Perspective

“The self-management of chronic diseases is paramount to our success in changing the current healthcare pressures. In my opinion we cannot empower anyone but we can help patients feel empowered by providing access to information, education, support and resources, including programs like Stanford's Chronic Disease Self Management Program. **Central West Diabetes Regional Co-ordination Centre** is training peer leaders to broaden the access to this incredible resource so that the program can be delivered to patients by other patients who know the realities of living with chronic diseases. Imagine learning basic but powerful information about dealing with the symptom cycle from a physician who has approximately 10 minutes to listen to your concerns vs. two peers that lead a small group through a series of 2.5 hour sessions over a 6 weeks period. Which do you think will have more long term lasting effects? I am not suggesting that physicians are not needed. I am only saying that their efforts combined with other resources are bound to be more successful in helping people deal with chronic illnesses. A partnership between patients and health care providers is the way to go.”

Dorota Azzopardi RN, BScn



### Dr. Jacques Bedard MD, CSPQ, FRCP[C] Workshop-Initiate a Behavior Change in 3 Minutes

On the evening of June 5, 2012 Dr. Bedard riveted an audience of clinicians with his talk of empowerment and self-management.. He taught many practical and efficient skills that included:

- Building effective partnerships with your patients in order to promote positive behaviour changes.
- How to quickly assess the readiness of your patients for change using his techniques.
- Utilizing the Motivational Interviewing adaptation technique in your communication with your patients instead of the old directive approach of information and advice giving.

The evening was a success! If you want further information on Dr. Bedard or this workshop, please visit his website:

[http://www.lemieuxbedard.com/emc/files/3\\_Minutes\\_Empowerment.pdf](http://www.lemieuxbedard.com/emc/files/3_Minutes_Empowerment.pdf)

## Diabetes Excellence Day 2012: The Art of Chronic Disease Management-Mind, Body, and Spirit

We have a great day lined up for you, with fantastic speaker and terrific topics?

Register online at: <http://www.surveymonkey.com/s/S9VSFFD>

The Central West Diabetes Regional Coordination Centre (CW DRCC) and the Central West Local Health Integration Network (CW LHIN) Primary Care Leads Proudly present:

### The Art of Chronic Disease Management


## Body, Mind & Spirit

Keynote Address: **Mike Hindmarsh, Ph.D. (ABD), M.A., B.A.Sc**

**Date:** September 22, 2012  
**Location:** Courtyard Marriott Brampton  
**Cost:** \$100.00

**Register Online:**  
<http://www.surveymonkey.com/s/S9VSFFD>


Or scan the QR code to register from your smartphone!



**Target Audience:**  
 RD, RN, RPN, NP, PA, Pharmacists, Physicians, community service providers and Administrators who support clients with chronic conditions.

*Registration closes September 10, 2012*

### Presentation Highlights



- Mental Health & Chronic Disease
- Best Practice
- Diabetes & Kidney Health
- System Navigation
- Self-Management
- Access
- Diabetes & Low Vision
- Cancer Care
- Foot & Wound Care

**Turn over for full itinerary**

**Stand UP to Diabetes**  
**Faisons face au diabète**

Central West Diabetes Regional Coordination Centre  
 303-2250 Bovaird Drive East, Brampton ON L6R 0W3  
 Ph: 905.494.6752 | 1.855.289.8401

Space will be limited to the first 200 registrations

## Upcoming Teleconferences and Trainings

If you are interested in learning more about the emotional motivations for and the connection to why people eat how they eat, please see the two teleconferences presented by The Center For Mindful Eating:

Please reply to: [reply-ccc62d18f7-54c0257e98-0a5a@u.cts.vresp.com](mailto:reply-ccc62d18f7-54c0257e98-0a5a@u.cts.vresp.com)

### Where Loneliness Hides:

Date/Day: **September 24, 2012 Monday**  
 Times: **12:00pm**  
 Offered by: **Char Wilkins, MSW, LCSW**  
 Conference Access Number is: **(209) 647-1600**  
 Conference Passcode is: **858168 #**  
 or Skype: **freeconferencecallhd.2096471600**

### Developing a Compassionate View with Food:

Date/Day: **October 2012 Thursday**  
 Times: **3:00pm**  
 Offered by: **Char Wilkins, MSW, LCSW**  
 The Conference Access Number is: **(209) 647-1600**  
 Your Conference Passcode is: **858168 #**  
 or Skype: **freeconferencecallhd.2096471600**