

# Supporting Patient Self-Management: Successes and Challenges of Implementing the Stanford Model

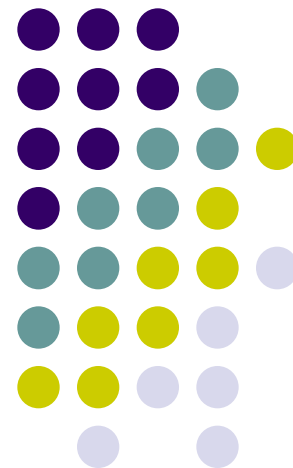
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York Central Hospital and Chairperson Chronic Disease Prevention  
Workgroup, Central LHIN

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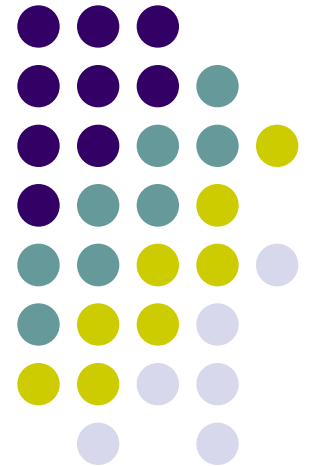
Project Coordinator Stroke Prevention Strategy in the Central LHIN,  
York Central Hospital lead agency, and Chairperson Self Management  
Workgroup for the Central LHIN, and T-Trainer with the Stanford Model



# Workshop Style

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Interactive

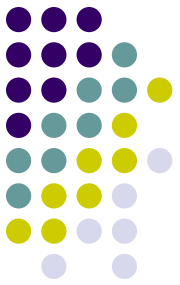


# Workshop Style



Critical Thinking: “We come not to praise the model but to examine it”

# Overview



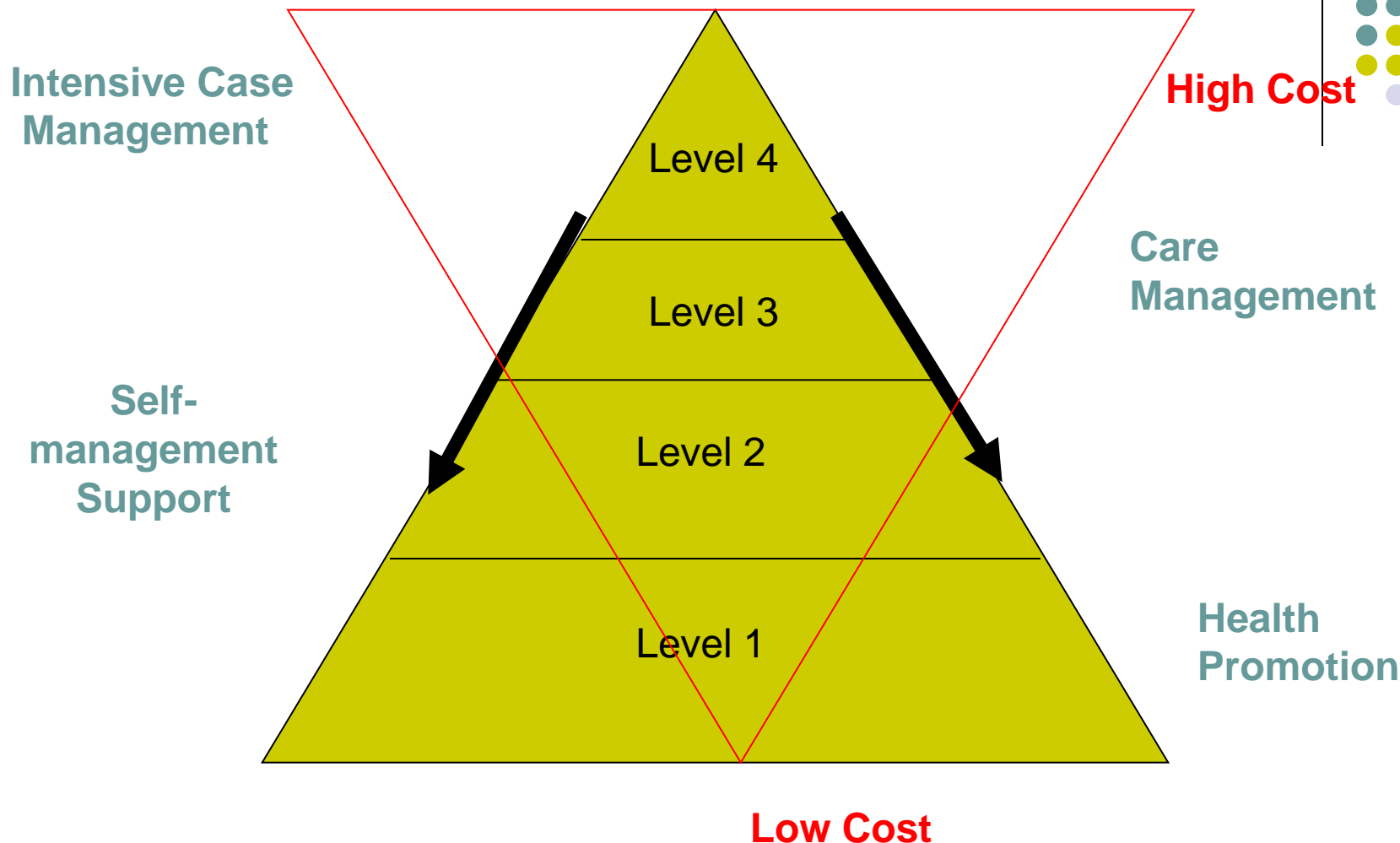
## **PART I**                      **Carla**

- Stanford Model from the perspectives of
  - The patient
  - The practitioner
  - The organization administrator
  - The funder/policy-maker
  - The researcher
- At the frontline: Sharing an Experience of implementing the Stanford model

## **PART II**                      **Judy**

- Overview of Self Management and the Stanford Model
- Research and Evaluation
- Canada: Patterns and Trends
- SWOT
- Learnings and suggestions for further follow-up

**A co-ordinated CDPM System offers patients an appropriate suite of community and health system services depending on need**



Costs can be reduced using strategies, like self management, to push the service needs to a lower level



Adapted from the work of the  
Barrie Community Health Centre

## Reducing the effects of Chronic conditions by shifting resources to self management

