



Volunteer Leaders Needed

Become a wellness program group leader for consumers and caregivers "Living a Healthy Life with Chronic Conditions."

2009 Peer Leader Training Sessions upcoming:

Location	Date	Times (4 days, 7 hours each day)
Lindsay Kawartha Lakes Police Services, 6 Victoria Ave. N.	June 8, 9, 15 & 16, 2009	9:00 a.m. – 4:00 p.m. Monday & Tuesday each week
Scarborough St Paul's L'Amoreaux Centre 3333 Finch Ave East	June 11, 12, 18 & 19, 2009	9:00 a.m. – 4:00 p.m. Thursday & Friday each week
* New: DIABETES Program * 2-day Cross-Training for <u>Master Trainers & Trained Leaders</u> only Whitby Village at Taunton Mills 3800 Brock St. N	June 22 & 23, 2009	9:00 a.m. - 4:30 p.m. Monday & Tuesday
* New: DIABETES Program * 4-day Leader Training Whitby Village at Taunton Mills 3800 Brock St. N	June 24, 25, 26 & 27, 2009	9:00 a.m. - 4:30 p.m. Wednesday through Saturday
Northumberland Central East CCAC Port Hope Branch 151A Rose Glen Rd	August 12, 13, 19 & 20, 2009	10:00 a.m. – 5:00 p.m.
Scarborough Carefirst Seniors & Community Services, 3601 Victoria Park Ave <i>* Cantonese Training *</i>	September 2009	TBA
Durham	September 2009	TBA
Lindsay	October 2009	TBA

Who Should Consider Becoming A Volunteer Self -Management Leader?

Leaders are not necessarily healthcare professionals. Peer Leader Training is available for persons affected by chronic conditions including patients, family members, caregivers, & educators. Thousands of patients and caregivers have been trained to lead Self-Management Workshops in over 25 countries in all kinds of communities. Leaders are individuals interested in learning how to better manage their chronic conditions and to live a healthy life. Leaders must agree to lead 1-2 workshops during the following year.

We hope you will consider becoming a volunteer group leader for this worthwhile program. You will have fun, meet new friends and help others to positively self manage their chronic conditions.

No healthcare training is needed. No previous experience in leading groups is needed. The 4-Day Training is free of charge to trainees. Costs of training are covered by the Central East Self-Management Project Budget. Breakfast and lunch will be provided.

Characteristics of a Leader

- Responsible, respected and trustworthy
- Able to problem solve
- Open to new ideas
- Able to keep confidentiality
- Committed to the philosophy of the program, its objectives and goals
- Able to communicate on sensitive issues; is discreet and tolerant
- Able to facilitate a group discussion
- Committed towards helping others
- Enjoys meeting new people
- Willing to listen, learn new skills, and become a healthy role model

Leader Expectations

- Co-facilitate standardized workshops at various locations in the community as assigned by the program coordinator. (Groups are always led by pairs of leaders, working together.)
- Commit to facilitate a minimum of one full series every 6 months – 1 year
- Distribute, collect and record required participant data, such as attendance sheets & evaluation forms, and return these to the program coordinator
- Work together with co-leader to fairly share the work load of all preparation, teaching and follow-up activities required
- Notify program coordinator of equipment and material needs at the sites

- Notify program coordinator of all concerns re: facilities, class participants, and co-leader
- Teach only as directed in the leader's manual without additions or deletions
- Refrain from giving personal advice, selling or endorsing particular products to class participants
- Keep program coordinator updated on his/her availability to facilitate workshops
- Assist program staff, if possible, with various other duties as designated and approved by the coordinator, i.e. recruiting class participants, promoting program, clerical tasks, etc.
- Arrange own transportation
- Abide by program rules and expectations

Peer Leader Training Requirements

- Complete the 4 day Leader's training course including practice teaching assignments
- Attend refresher sessions periodically to maintain certification
- *Where possible, we prefer that Trainees have completed the Self-Management Workshop as a participant before training as a leader.*
- Submit the attached "Volunteer Application Form".

About the "Living a Healthy Life with Chronic Conditions" Program

The Central East Local Health Integration Network (CE LHIN) has funded chronic disease self-management training as a priority project, sponsored through the Central East Community Care Access Centre (CECCAC). The Chronic Disease Self-Management Program, developed at Stanford University, is called "Living a Healthy Life with Chronic Conditions". It is designed to give patients and their families the skills and tools to help themselves manage the daily challenges of their chronic conditions. The program is offered in English, Chinese and Tamil.

Two additional workshops are also available. The Chronic Pain Self-Management workshop and the Diabetes Self-Management workshop are offered across the Central East LHIN in community and health care settings. By the end of the program's 3rd year, over 2700 individuals will have received self-management training. And self-management workshops will help to link people to other programs providing disease education, exercise, nutritional counseling, and ongoing peer support.

Workshop groups meet once a week for 2½ hours, for six weeks. There are 8 to 16 participants in each workshop. It is given in a community setting. The workshop teaches skills for living a healthy life, such as healthy eating and exercise; managing pain, fatigue, stress and medications; communicating with healthcare professionals; making decisions about treatments; planning ahead and problem solving.

About Peer Leader Training

Peer Leaders, typically volunteers, are trained to deliver the Stanford University “Living a Healthy Life with Chronic Conditions” workshop, the Chronic Pain Self-Management workshop and the Diabetes Self-Management workshop. Peer Leader Training is a 4-day process. “Trainees” are required to attend all four days of the Leader Training. Peer leaders may be health service providers or lay people, and usually are living with a chronic condition themselves. Leaders often register in pairs, since all self-management workshops are co-facilitated by 2 leaders working together.

Each Peer Leader receives a Leader’s Manual and a copy of the “Living a Healthy Life” reference book. We can accommodate only 18 trainees in each training session, so space is limited. It is proposed that Peer Leaders will receive a cash honorarium upon successful completion of each 6-week workshop. (Proposed amount: \$120)

FREQUENTLY ASKED QUESTIONS

How much does the training cost?

The training and materials are FREE.

What is Self-Management?

Self-management relates to the tasks that an individual must undertake to live well with one or more chronic conditions. These tasks include gaining confidence to deal with medical needs, everyday roles & responsibilities, and emotional issues.

As a healthcare professional, how will I benefit from this training?

The four-day Chronic Disease Self-Management leader training program will expose you to a new and empowering approach to self-management for those living with chronic conditions. Taking the training will allow you to be eligible to lead workshops in your community with another peer leader who is most likely living with a chronic condition himself or herself. The program will also enable you to better interact with the self-management workshops that are offered in your community. You will develop skills to support self-management in the patients with whom you interact.

Who are the Trainers who lead the 4-day Training?

The Trainers who deliver the Leader Training Workshops are experienced course leaders who have received further training to become Master Trainers.

What is the difference between the “Living a Healthy Life with Chronic Conditions” workshop, the Chronic Pain Self-Management workshop and the Diabetes Self-Management workshop?

The basic skills and tools of self-management are taught in all the workshops. The workshops are about 80% the same. The Chronic Pain and Diabetes workshops include more specific information and activities that are helpful to participants living with these 2 chronic conditions. However, people with chronic pain and diabetes can attend the “Living a Healthy Life” workshop and learn self-management skills.

What will I learn as a Leader?

As a leader, you will have the satisfying task of integrating the contents of the program and learning group facilitation skills that can be transferred to other areas of your life. Most importantly, you will watch people affected by chronic conditions successfully manage their health conditions by using the skills and tools that you have shared with them.

What do leaders do?

Leaders must successfully complete a 4-day Leader Training Workshop. If feasible, we ask certified leaders to commit to deliver the six-week course at least twice in the following year. They will also have the opportunity to participate in activities to promote and implement the course in the community.

Is it difficult to be a leader?

No, it is not difficult to be a leader. Leaders will have thorough training, and receive ongoing support from the Program Coordinator as needed. As far as the course material is concerned, the Leaders Manual gives exact instruction and tips in a user-friendly structure. You do not need to be a health professional to lead this course.

Leader refresher courses are scheduled from time to time. They are an opportunity to share experiences, ask questions and practice leader skills.

Leaders are provided with ongoing support and opportunities for education.

VOLUNTEER APPLICATION FORM: 2009 Peer Leader Training

Preferred Location of Training Session: _____

Dates of Training Session (if known): _____

<i>Please circle: Mr. Mrs. Miss. Ms.</i>		Date:
Last Name:	First:	Telephone:
Address:		Cell / Pager:
City:		Fax:
Postal Code:	E-mail:	

<u>AVAILABILITY</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Mornings</i>							
<i>Afternoons</i>							
<i>Early Evenings</i>							

Occupation:	Employer:	Contact/Phone Number:
Emergency Contact:	Relationship:	Phone Number:

Languages other than English:

(Spoken) _____ **(Written):** _____

Other than helping in the community, what are your reasons for wanting to become a volunteer? _____

Please describe your previous volunteer and work experience:

Describe your experience with elderly people or people with physical or cognitive disabilities:

Opportunities

In addition to co-leading “Living a Healthy Life with Chronic Conditions” workshops, are you able to:

___ Distribute posters or brochures ___ Arrange space, time and dates for a workshop

___ Help to recruit participants ___ Register participants for a workshop

___ Approach media on behalf of the “Living a Healthy Life with Chronic Conditions” workshops

Any other interests? _____

Volunteer Commitment and Responsibilities

There is NO COST for the Peer Leader Training, but we ask that all trained leaders commit to co-lead two, six-week “Living a Healthy Life with Chronic Conditions” workshops in the coming year. Are you able to make this commitment? **Yes** ___ **No** ___

Before becoming a Peer Leader:

- I agree to participate in an interview in person_____ or by phone_____.
- I agree to submit a “signed commitment” to:
 - a) honour my responsibilities as a Peer Leader.
 - b) adhere to the policies of the Central East CCAC including an “oath of confidentiality”.
- I agree to undertake or submit evidence of a valid Police Reference Check. I understand that if the Reference Check is not satisfactory, I may not be offered a volunteer position.

The above volunteer recruitment procedures are standard practise and help to promote a safe environment for self-management workshop participants and fellow Peer Leaders.

Signature of Volunteer

Date

References

Please supply two references: (no family members living with you, please)

Name	Relationship	Phone
_____	_____	_____

OFFICE USE ONLY	
Interview Date:	References Checked:
Orientation Date:	Start Date:
Placement:	
Comments:	
Birthday:	

Name	Relationship	Phone
_____	_____	_____

THANK YOU for your interest!
Please fill out the application form completely.
This information will be kept in confidence.

Please submit this form by fax: 416-750-7935 or email to
healthylifeworkshop@ce.ccac-ont.ca

If you have any questions please contact 1 866 971 5545