

Self Management Resources

Resource Title	Web link	Description	Reference	Cost	Comments
South West Self Management Program	http://www.swselfmanagement.ca/smtoolkit/	Modules with text, video, download tools, personal notes. Modules: intro to self management, assess identify, set goal/action plan. Video features M. Hindmarsh.	South West CCAC, Ontario Canada	*	*On line tools/resources are no cost. Self Management in Theory and Practice - a guide for Health care Providers cost \$30.00
Patient self management tools: An Overview	http://www.swselfmanagement.ca/smtoolkit/docs/patient-self-management-tools-overview.pdf	Resource manual	California Healthcare Foundation	no	2005 publication
Coaching Patients for Successful Self-Management	http://www.chcf.org/publications/2008/08/video-on-coaching-patients-for-successful-selfmanagement	Video (14 min.): focus is on supporting healthy behavior change and ensuring that patients are taking their medications appropriately. Video features T. Bodenheimer.	California Healthcare Foundation	no	
Techniques for Effective Patient Self-Management	http://www.chcf.org/publications/2006/08/video-with-techniques-for-effective-patient-selfmanagement#ixzz1VmcUtVCW	Video (33 min) Focus is on: Engage the patient and understand why behavior change might or might not be perceived as worthwhile from the patient's perspective; explore and enhance the importance of making healthy behavior changes/ and Engage in collaborative action planning to support the patient's efforts in making a concrete, personally meaningful, and achievable plan for change.	California Healthcare Foundation	no	Document Download "My Action Plan" also found on this page: http://www.chcf.org/~media/MEDIA%20LIBRARY%20Files/PDF/PDF%20M/PDF%20MyActionPlanEnglish.pdf
Institute for Health care improvement (IHI)	Partnering in Self-Management Support: A Toolkit for Clinicians: http://www.ihc.org/resources/Pages/Tools/SelfManagementToolkitforClinicians.aspx	Extensive resources: patient self management worksheet, self management toolkit, steps for implementation, measures. May need to Login/Register to access some resources.	IHI	no	Extensive on line tools and resources www.ihc.org
Motivational Interviewing	http://www.motivationalinterviewing.org/	Resources, background of motivational interviewing. It is hosted by the Motivational Interviewing Network of Trainers (MINT), an international organization committed to promoting high-quality MI practice and training. Has a library of references.	MINT	*	*On line resources, some no cost, and also items with fees
Self-Management Support	http://www.integration.samhsa.gov/about-us/esolutions-newsletter/march-2014-esolutions	Article, Quick Tips, Resources, with emphasis on mental health and substance abuse.	SAMHSA	*	
The Centre for Collaboration, Motivation and Innovation (CCMI)	http://www.centrecmi.ca/	Extensive learning resources: videos, flowcharts, action plans, worksheets, selected publications, etc.	CCMI	*	Some tools, resources, and videos available online. Many tools can be downloaded directly from this site.

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AHRQ	https://www.ahrq.gov/professionals/prevention-chronic-care/improve/self-mgmt/self/sms_home.html	Articles, guides, patient materials, reports, tools, training materials, videos, and other resources.	AHRQ	no	
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