

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.ihf.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.ihf.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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