



Media Release

For immediate release

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Northerners Learn About Living Well With Chronic Disease

January 19th to 22nd in Prince Albert, 18 volunteers from across northern Saskatchewan learned how to offer the Stanford Chronic Disease Self Management Program to individuals in their communities. This training was offered by Prince Albert Grand Council (PAGC) Diabetes Education, with support from the Northern Chronic Care Coalition. Training for the free program was led by PAGC's Elaine Conacher and Carol Gillis of the Northern Chronic Care Coalition (NCCC.) Gillis says,

"The self management program is to really emphasize the importance of the central role that patients and clients have in managing their own care. This training now allows the peer leaders to go back to their communities and provide support to people in managing their own chronic conditions."

Chronic diseases such as diabetes disproportionately affect northerners. These diseases have no cure at this time—they must be managed for life. Effective management of chronic disease makes an enormous difference in the lives of patients and their families, as well as in communities.

The training was available to health care professionals, community leaders, and other interested residents. One participant commented,

"I enjoyed this training and I believe this will benefit my clients in my community."

Many participants singled out the program's action plans as particularly valuable, and noted an increase in confidence as they returned to their communities to share what they learned.

About the Prince Albert Grand Council

The vision of the Prince Albert Grand Council (PAGC) includes the development and provision of necessary social programming for its constituents.

About the Northern Chronic Care Coalition

The Northern Chronic Care Coalition (NCCC) is a project of the Northern Health Strategy. Their goal is to ease that burden by improving chronic disease management in northern Saskatchewan.

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