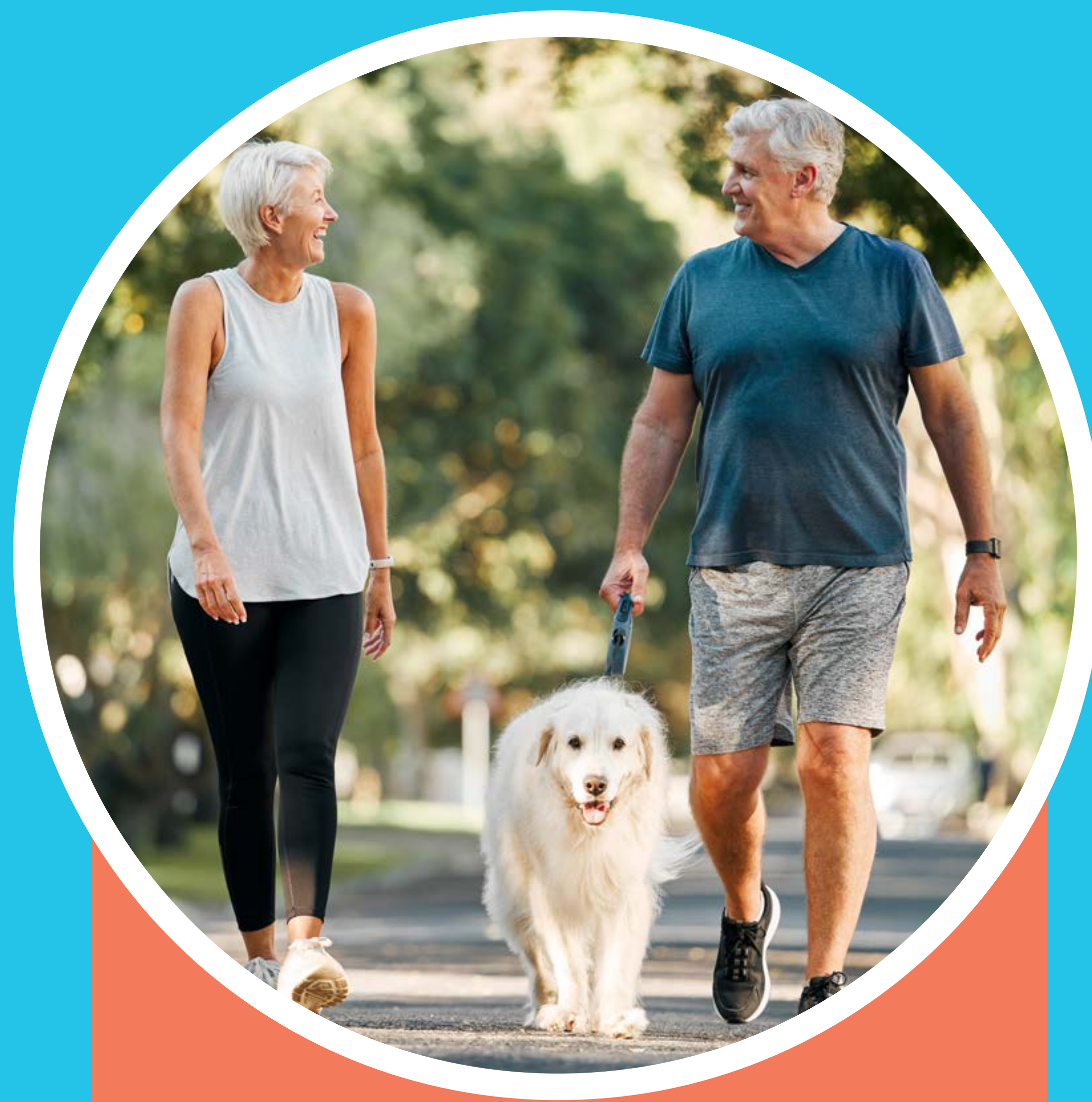


Investigating the Flinders Program's feasibility in a group to empower adults living with chronic conditions

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Knowledge gap

We know

When used in one-on-one consultations, the Flinders Program for Chronic Conditions is effective in supporting self-management in people living with chronic conditions.

We don't know

It's feasibility and acceptability when delivered to a group program setting (as the Take Control — Live Well program).

Background

The **Take Control — Live Well Program** is a self-management support program for adults living with a chronic condition in the ACT.

Welcome phone call

- Confirm eligibility
- Problem statement
- Goal statement

Week 1

- Care plan (part 1)
- Impacts of condition
- Monitoring symptoms
- Responding to symptoms

Week 2

- Care plan (part 2)
- Lifestyle
- Healthy eating
- Movement
- Mental health

Week 3

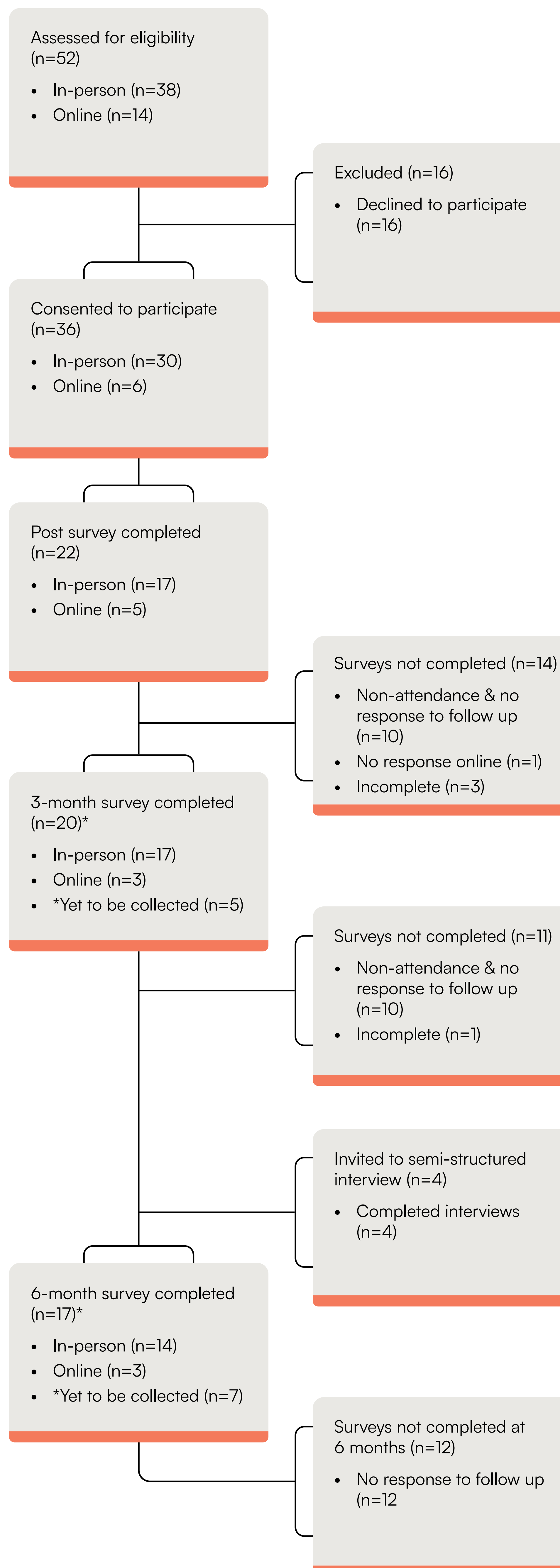
- Care plan (part 3)
- Involvement
- Knowledge
- Support Services

→ **Opt-in SMS support**

3 Month

- Review progress
- Discuss relapse
- Care plan review

Methods—as a pre-post design



Results

Emerging themes



Supporting self-efficacy and managing emotional impacts

“...because when you have a problem, everything's overwhelming and it's like 'where do I start?'...it actually helped you stop and think step by step and break it up, so it was manageable...”



Insight and reflection

“You have to take some responsibility for it, you know, or else you can just ignore it. And it's only you who suffers.”



Connecting with others

“It helped knowing that other people had their own struggles and made me feel less 'alone' in dealing with my personal issues.”



Idea generating and defining

“...gives you ideas by listening to the presenters, and other people. It made me think 'oh yeah, well, I could do this'.”



Meeting needs

“The facilitators were wonderful. The information was great.”

Where to now

- Initial results are positive.
- Further quantitative analysis is required to assess feasibility.

