

Arthritis Foundation Self-Help Leader Training

A self-management program for people with arthritis, fibromyalgia & other related conditions

WHEN:

Thursday, August 21, 2008

9:00 am – 4:00 pm

and

Friday, August 22, 2008

9:00 am – 4:00 pm

WHERE:

Randolph County Health
Department - Education Room
423 E Logan, Moberly, MO

COST:

FREE to leaders who commit to leading a class with in 6 months of the training and submitting participant data

REGISTRATION REQUIRED:

Each participant must register with a partner / co-leader

Contact Amber Phelps

(573) 882-8097

phelpsam@missouri.edu

Other Courses Available:

Arthritis Foundation Exercise
Chronic Disease Self Management

Contact CEMRAC for additional information or visit our web site at www.martrc.org/community/regional



MU—School of Health Professions
Stephens College Campus, Hillcrest Hall
1507 E Broadway
Columbia, MO 65215



Help make a difference in your community and register today!

A self-management education program developed at Stanford University, the Arthritis Foundation Self-Help Program teaches proven skills for living with arthritis, fibromyalgia & other related conditions. The six-week class is lead by two leaders and features ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise. While every individual is unique, many people who complete the program enjoy the following benefits:

- Decreased pain and physician visits
- Increased practice of self-management behaviors, communication and exercise

Benefits of Teaching

We'll give you the training you need to deliver these programs, and you will join the ranks of thousands of officially certified Arthritis Foundation leaders making a difference across the country. As a program leader, you will:

- Experience the deep satisfaction of helping to change lives through programs proven to be safe and effective
- Provide programs that your participants will trust
- Receive specialized training and easy-to-use instructional materials
- Learn new skills and gain valuable experience with teaching and program delivery
- Receive the opportunity to obtain the Arthritis Foundation's nationally recognized certification and contact hours for possible continuing education credits
- Have fun!

Please review the pre-requisites & qualifications attached.

ROLE: Co-plan & co-lead quality AFSHP classes for people with arthritis.

QUALIFICATIONS:

1. Certification as an AFSHP Instructor requires:
 - Successful completion of an AFSHP Instructor Training Workshop.
 - Successful teaching of at least one AFSHP six-week class series within six months of completing an AFSHP Leader Training Workshop and submission of participant data to the Regional Arthritis Center (RAC).
 - Teaching at least one class series annually and submission of participant data.
 - Attendance at recertification training every three years.
2. Empathy toward people with arthritis gained through personal or professional experiences (diagnosis of arthritis is desirable).
3. Ability to present factual information in a clear, concise, and object manner (prior teaching experience is desirable).
4. Interest in working with groups and ability in group process skills.
5. Affiliation with a facility or agency that can provide the classes and insurance coverage for the program.
6. Belief in value of encouraging people with arthritis to assume responsibility for their self-management.
7. Belief in value of encouraging group sharing of problems and solutions.
8. Acceptance that role of leader is that of a facilitator of active group interaction, not simply an instructor.
9. Current certification in CPR is recommended.

RESPONSIBILITIES:

1. Commit to following all AFSHP policies and conduct all class sessions in accordance with the *Arthritis Foundation Exercise Program Instructor's Manual and Guidelines and Procedures Manual*. Sign a Statement of Understanding to document this commitment.
2. Participate in pre-class planning & activities as time & ability allows to ensure successful classes.
3. Assist with and/or ensure that course materials & equipment are delivered to class room.
4. Facilitate a warm, relaxed & friendly atmosphere within each session.
5. Establish participant / class rules.
6. Share responsibilities with a co-leader for presentation, initiating & monitoring discussions & stimulating participation from all class members at each class.
7. Take attendance at every class & submit timely & accurate participant data & release forms from participants on a quarterly basis or as required by the AF.
8. Participate in evaluation procedures established by the AF.
9. Inform class participants about other AF & RAC resources & activities.
10. Communicate problems, concerns, questions or suggestions to the AF.

TIME COMMITMENT:

- Attendance at a 1 1/2 day leader training workshop
- Attendance at recertification workshop every 3 years
- Preparation time (approximately 4-6 hours)
- Class time (approximately 12-15 hours per 6 week class series)
- Logistics time (approximately 2-4 hours per class series)