RUSH CENTER FOR
Urban Health Equity

Community Health Worker Training Manual SELF-MANAGEMENT

SECTION 1: SELF-MANAGEMENT
(Core Content)

Summary

The self-management section is the core training content to be used in combination with the other trainings in this manual. This section is mandatory and will be referred back to throughout the manual in each specific disease content area. Self-management techniques should be fully understood prior to beginning the other training manuals in order to be able to apply them to each specific disease. All materials and flip charts or white boards used throughout this section should be saved and kept visible throughout disease specific trainings as this information should be referred to throughout the manual. The information in this section will be discussed and examined within each subsequent section.

Main Topics and Approximate Lengths

Self-Management Topic	Time Needed
Problem Solving	75 minutes
Social Support	90 minutes
Environmental Rearrangement	80 minutes
Self-Monitoring	90 minutes
Culture	30 minutes
Action/Change Plans	55 minutes

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