



Cancer Survivors Taking Personal Action Toward Health

- The Personal Action Toward Health (PATH) program is a self-management education program for people with chronic health conditions. This program can help you to build confidence in managing your health and to keep you active and engaged in your life.
- Self-management education workshops can assist cancer survivors in the transition from active treatment to survivorship. By placing the focus on self-management, PATH can help you gain control by teaching easy ways to reduce pain, fatigue and other common challenges.
- The tools learned in PATH workshops can help you maintain independence and stay involved in valued activities - enhancing your quality of life.
- This program is a complement to the care provided by our medical team and teaches how to exercise properly, eat healthy, use medications appropriately, solve everyday problems, and communicate effectively with family members and health care providers. The life skills learned in this course have been shown to reduce pain, depression, fear, frustration; improve mobility through exercise; increase energy; and boost confidence in health management.

What is it?

- Personal Action Toward Health (PATH) participants attend a 2½-hour interactive workshop once a week for 6 weeks to learn symptom management, problem-solving, decision-making, and other skills for dealing with problems common to people with chronic diseases.
- At each session participants are also encouraged to set a realistic goal for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop, and receive feedback from the group to address challenges.
- Workshops are held in community settings such as senior centers, churches, and hospitals. They are facilitated by two leaders, one or both of whom are non-health professionals with a chronic disease.
- This program is available for free or a nominal fee in many communities across the state of Michigan.

Who is it for?

PATH is for adults with chronic health conditions such as arthritis, cancer, diabetes, heart disease, depression and lung disease. The program may be particularly beneficial for people who have more than one health condition or whose health problems have begun to interfere with their valued life activities. Caregivers of someone with a chronic condition are also welcome and encouraged to attend.

What are the benefits?

There is strong evidence from published clinical trials that participation in PATH can improve physical and psychosocial outcomes and quality of life for people with chronic health conditions. Benefits include:

- More aerobic exercise
- Better cognitive symptom management
- Better communication with physician
- Improved psychological health
- More energy and less fatigue
- Reduced depression and health distress
- Fewer social role limitations
- Increased confidence in managing arthritis

How Do I find a PATH Class?

For information regarding area coordinators or to find a PATH workshop please contact Karen McCloskey at McCloskeyK@michigan.gov, or 517-335-1236.