Live Well, Virginia!, Chronic Disease Self-Management Program, Fairfax

Age Requirements 60+ Available 24/7 No Other Eligibility Criteria Advance notice may be needed for accommodations. Family No **Intake Process** Call, email, or visit the website for information. Intake Contact Telephone (703) 324-7948 Provider Refer Yes Report Problems Call the Agency Send an Email Send a Letter Residency Requirements Serves residents of the cities of Falls Church and Fairfax and Fairfax County Self Refer Yes Fairfax County Area Agency on Aging https://www.fairfaxcounty.gov/familyservices/older-adults https://www.fairfaxcounty.gov/hscode/ereg/Registration.aspx?groupID=34 Main (703) 324-5374 TTY/TTD

(703) 449-1186

12011 Government Center ParkwaySuite 70822035 VAUnited States

Monday: 8:00 am-4:30 pm Tuesday: 8:00 am-4:30 pm Wednesday: 8:00 am-4:30 pm Thursday: 8:00 am-4:30 pm Friday: 8:00 am-4:30 pm

Saturday: Closed
Sunday: Closed
Fee Structure
No Fee
Languages Spoken
Multi-Lingual

The Chronic Disease Self-Management Program (CDSMP) is a six week, 2.5 hour workshop that offers tools and information to help people manage their chronic conditions and participate more fully in life. Through this supportive interactive workshop, often led by others with chronic conditions, participants learn about a variety of topics, such as:

- Healthy eating and exercise
- Evaluating new treatment choices
- Appropriate use of medications
- Effective ways to talk with healthcare professionals and loved ones

Most importantly, participants help each other through brainstorming and problemsolving as they develop weekly achievable action plans. Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Service Area(s)
Fairfax City
,
Fairfax County
,
Falls Church City

Email

FairfaxAAA@fairfaxcounty.gov