Primary Care of Southwest Georgia

Patient Resources for Self Management

Focus	Website	Description
Diabetes Self Management	www.diabeteseducator.org/DiabetesEducation/Patient_Resources	For information on the AADE7 Self-Care Behaviors
	http://www.diabetes.org/	The American Diabetes Association
Communication & Collaboration	http://www.howsyourhealth.com/	An online resource for physicians and patients to improve communication. Developed by the board of trustees of Dartmouth College, this patient Web site is divided into two parts: (1) patients are asked questions to obtain information in order to better care for themselves and (2) patients receive information to address health conditions based on answers from the questions. This site provides resources for additional disease-specific information and calculators and patient action planning.
Self-Care	http://www.healthcoach4me.com/en/index.html	HealthCoach4Me is an easy-to-use interactive Web site designed for people just like you—people who want to take charge of their health, but who need a little help along the way. There are 2 main components of the site: the Health Library and My Coaching Plan.
	http://patienteducation.stanford.edu/programs/	Self-management Programs available for multiple disease/health issues.
	http://www.newhealthpartnerships.org/	Developed by the Institute for Healthcare Improvement, New Health Partnerships offers a variety of resources for patients and providers to aid communication facilitate patient development of self-management skills and promote systematic changes to support patient self-care.
Care & Prevention	http://www.healthfinder.gov/	contains extensive information on preventive medicine, health organizations, drug interactions and more. Physician tools to improve care are also available.
	http://medfusion.net/ihealth/	Patients have access to the online medical library and can search by topic on diseases and conditions, life stages, treatments, and other information
	http://www.ihi.org/	This Web site organizes information around specific health care topics, such as chronic conditions and patient-centered care, and provides tools to assess clinical practice learn new techniques and implement advances in patient care.

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Chronic Conditions	http://www.improvingchroniccare.org/	The Patient Education Department of the Stanford School of Medicine is at the forefront of programming for individuals with chronic conditions. Their Patient Self-Management Education programs have been rigorously evaluated and shown to achieve improved health outcomes for patients coping with chronic conditions.
Cancer	http://www.cancer.org/	The American Cancer Society
Alzheimers	http://www.alz.org/	The Alzheimer's Association
Heart	http://www.heart.org/	The American Heart Association
Caregivers	http://www.caregiver.org/	The Family Caregiver Alliance is an information center to support and provide information for those caring for a loved one. Resources include information on hiring in the home, relocating parents, coordinating elder care and other topics. The Web site also has links to online support group, policy and advocacy information. http://www.caregiver.org/
Older Adults	http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx	Resources can be accessed on the web or by calling (800) 677-1116.
	http://www.healthandage.com/Home/gm=0!gc=40	The Health and Aging Caregiver Center provides information to help caregivers deal with day-to-day problems. This Web site contains articles, news, digests and other items that help caregivers with both practical and emotional issues they may encounter.