



Lay Leaders help others to:

- Identify strategies for living with a chronic condition and manage daily symptoms.
- Add new techniques & activities into a plan for living well.
- Gain a greater sense of self confidence.
- Improve communication with family, friends and health care professionals.



**TO REGISTER,
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VOLUNTEERS NEEDED BECOME A TRAINED LAY LEADER!

YOU CAN HELP OLDER ADULTS LIVING WITH CHRONIC CONDITIONS!

Trainees will be certified as a Lay Leader for the evidence-based Chronic Disease Self-Management Program (CDSMP). This is a six-week workshop offered to older adults 60+ living with chronic conditions. Workshops are offered in-person and virtually at various sites throughout Philadelphia and meet every week for 2 ½ hours over six-weeks. Applicants will interview beforehand with a Master Trainer.

Lay Leaders Must:

- ✓ Be comfortable speaking in a group.
- ✓ Be able to read at a 12th grade level.
- ✓ Have good communication skills & be dependable.
 - ✓ Have access to reliable transportation.
- ✓ Attend all training sessions & complete necessary assignments/practice teaching.
- ✓ Have access to the internet & a device with sound/webcam.
- ✓ Co-lead a workshop within 6 months of training.

VIRTUAL TRAINING SCHEDULE:

Lay Leader training will be held twice a week over the course of 7 weeks.

Dates: Mondays and Wednesdays, starting Oct. 18th through Dec. 6th (skipping the week of Thanksgiving)

Time: 9:30am to 12noon
(Virtually via ZOOM)

Philadelphia Corporation for Aging supports this program through Title IIIID funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.