**Mission and Vision of the YMCA**

The YMCA's mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. Their work is focused in three key areas: youth development, healthy living, and social responsibility.

**YMCA Needs Assessment**

Staff needs (per self-created surveys passed out to staff):
- Education on self-management skills
- Education on occupational therapy’s role in community settings
- Resources to provide to members for arthritis, diabetes, and other chronic conditions, as well as self-management resources

Member needs (per Stanford Chronic Disease survey and member comments):
- Education on stress management and mental health
- Arthritis/joint protection principles
- How to access local resources and support groups
- How to manage fatigue

**Experiential Component Goals**

- I will develop a one to two page handout summarizing pertinent literature related to chronic disease and self-management in order to educate YMCA staff and other stakeholders to support the need for my program.
- I will conduct a needs assessment with the staff and YMCA members in order to determine the need for programming, staff and members interest in learning more about self-management, and to evaluate current level of knowledge on chronic disease and self-management.
- I will develop and pilot educational sessions in order to educate YMCA members on the role of occupational therapy in community settings and chronic disease management, overview of chronic disease, self-management skills, fall prevention, overall health/wellness, and local resources, incorporating staff members and guest speakers as applicable.
- I will develop a resource book for staff members, containing reproducible worksheets and educational materials for them to use with their clients/members.
- I will further my knowledge base about individuals' lived experiences related to chronic disease through various mediums (e.g. Ted Talks, movies, books, etc.)
- I will develop a presentation to educate staff, YMCA members, community members, and stakeholders on the role of OT, the incidence/prevalence of chronic disease, and using a self-management approach for chronic disease management.

**Advocacy**

- Completed five presentations to various community organizations discussing the role of occupational therapy in community settings and occupational therapy’s role in chronic disease management.
- Started the process of developing a connection with Mercy Hospital’s Chronic Care Clinic by meeting with the Chronic Care Clinic director, and providing her with resources and YMCA passes to hand out to patients.

**Review of the Literature**

Ohio ranks 37th in the nation for health and spends more per person on healthcare than 34 other states. Chronic disease is the number one cause of death in Ohio and it is above the national average when it comes to prevalence of many common chronic diseases (Ohio Department of Health, 2014). In Champaign County, 24% of the residents currently smoke cigarettes, 34% are overweight, and 26% are obese, increasing the risk for chronic disease (Ohio Department of Health, 2008). According to the World Health Organization (2015), development of an integrated approach to target major risk factors for chronic disease is the most cost effective way to prevent and control them. Community care and self-management programs are being increasingly recognized as central to managing chronic conditions, and have been shown to improve health status and reduce healthcare utilization and costs (Ory et al., 2013). Self-management programs allow individuals to acquire more information about their chronic illness, learn new skills and strategies to manage their condition, and have access to resources in the community in order to better cope with their chronic disease (Schulman-Green et al., 2012). According to the American Occupational Therapy Association (2015), self-management is an emerging practice area and the client-centered nature of occupational therapy is ideal to support this approach.

**Educational Sessions (cont.)**

**Session outcomes**

<table>
<thead>
<tr>
<th>Category</th>
<th>Pre-survey rating</th>
<th>Post-survey rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication</td>
<td>8.5</td>
<td>9.68</td>
</tr>
<tr>
<td>Accessing resources</td>
<td>6.5</td>
<td>9</td>
</tr>
<tr>
<td>Managing symptoms</td>
<td>5.81</td>
<td>9.14</td>
</tr>
<tr>
<td>Self-management skills</td>
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<td>9.44</td>
</tr>
<tr>
<td>Home accessibility</td>
<td>7.75</td>
<td>8.84</td>
</tr>
</tbody>
</table>

**Statements from participants:**

- “The resources and materials you provided were very helpful. I will use them to refer to in the future.”
- “I have struggled with arthritis for years and no one has told me about adaptive equipment. I will use the handouts and links you provided to purchase items for my home.”
- “Before your sessions, I was tired every day by noon. The information on how to pace and prioritize my day has helped me to better manage my fatigue.”

**Staff Education**

- Educated staff members on self-management skills and motivational interviewing
- Educated staff on the role of OT in community settings and benefits of CDSMP at the YMCA
- Provided staff members with a resource binder containing handouts on the following: arthritis, joint protection principles, ergonomics, occupational balance, mental health, stress management, relaxation techniques, fall prevention, home assessments, action planning, decision making, motivational interviewing, local resources, energy conservation, and cognition. These resources will be used by fitness staff in various group exercise classes, including Yoga as Therapy/Fall Prevention, and water aerobics classes (Arthritis, and Regaining Range of Motion.)

**Acknowledgements**

I would like to thank the following organizations and individuals for their assistance with my EC:
- The Champaign Family YMCA for allowing me to complete my experiential component at their site.
- Paul Waldsmith, CEO of the YMCA, for being my expert mentor and providing me with guidance and expertise throughout this experience.
- The YMCA leadership staff for their assistance and willingness to participate in education.
- YMCA members for providing me with feedback and participating in the educational sessions.

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**Chronic Disease Management in a Community Based Setting:**

**Champaign Family YMCA**

**McKenzie Callicott, OTD/S**

Faculty Advisor: Dr. Elena Wong Espiritu, OTD, OTR/L, BCPR