

**A FREE ONLINE COURSE**  
for managing your long-term  
health condition

**Control your condition**

**don't let it**

**control you**



**An interactive web-based  
course to learn to  
manage the day-to-day  
issues associated with  
living with a long-term  
health condition.**



**Expert Patients  
Programme**  
Community Interest Company

# Course information

## What is the EPP CIC Online Course?

Expert Patients Programme CIC Online is a **FREE** internet-based self-management course for people who live with any long-term condition(s) and may be particularly useful for those whose health conditions may prevent them accessing a community course, e.g., agoraphobia, mobility problems, neurological conditions, cystic fibrosis etc.

New sessions will start each week with up to 20 participants logging on 2-3 times per week for a total of 2 hours. The course lasts 6 weeks and participants can access the course at anytime and anywhere there is internet access.

Topics that the course covers include:

- Managing tiredness and pain
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Action planning and problem solving techniques
- Communication skills with healthcare professionals, friends, family and colleagues

## Why should you go on this course?

The course was developed by staff at Stanford University, USA, who have years of experience with successfully managing online programmes across America. The NHS implemented a pilot scheme from 2005 to 2006 and found course attendees showed significant improvements in confidence and energy.



**Improving the lives of people with long-term conditions**



## **Who can go on this course?**

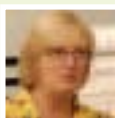
This course aims to widen access to the EPP CIC self-management programme and is suitable for anyone living with one or more long-term health conditions. It is also useful for those who have difficulty getting out of the house, live in rural areas or would just prefer to do the course online rather than face-to-face. A user name and secure email address allows each participant to log onto the programme remotely, as long as they have internet access.

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with long-term conditions**

# How can it help you?

## Benefits include:

- More confidence in dealing with problems
- Enjoyment of physical activity
- Healthier eating patterns
- Less stress
- Improved goal setting
- Improved communication and relationships
- Supporting others online and being supported



“I can now walk continuously for 30 minutes and am increasing it by 5 minutes every week. Action planning has made it easier for me to work out what I have to do and take a systematic approach to doing it.”



“By controlling goals for myself and working to achieve them, I have been experiencing a much more positive frame of mind and accomplishing more, where previously I was despairing.”



**For details about the  
course contact:**

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EPPAH/001/09

**Or visit**  
**[www.expertpatients.co.uk](http://www.expertpatients.co.uk)**