

# Me Managing Me

A self-management program for  
children and adolescents

© Arthritis SA 2007

# Processes

---

Why generic?

---

# 1<sup>st</sup> Step

---

## Lessons learned

- Trialled in a school over a 7 week period
-







# **2<sup>nd</sup> Step**

---

## **Lessons learned**

- Two part discussion session with teachers from one school.
-

# 3<sup>rd</sup> Step

---

## Lessons learned

- Two part teachers' workshop at a venue outside the school environment
-

# **Model 1**

---

## **For Schools**

- A course with 6 – 8 sessions run over a 6 – 8 week period.
-

# **Model 2**

---

## **For Schools**

- A selected section of the program is run over a period of time
-

# **Model 3**

---

## **For Schools**

- Selected sections are used as they are needed or when appropriate.
-

# **Model 4**

---

## **For Hospitals**

- The program is presented as a full course of 6 – 8 sessions.
-

# **Model 5**

---

## **For Hospitals or Community Organisations**

- Workshops for children with chronic illness or disability run over a 6 – 8 week period.
-

# **Model 6**

---

## **For Community Organisations**

- Camp setting for targeted groups.
-

# **Model 7**

---

## **For Schools**

- School camp setting using the whole program or selected sections.
-

# Action Plans

---

- What is the action plan?
  - Using the action plan in the program
  - Using the action plan across the curriculum
-

# The Journal

---

Using the journal

Parent support

---

# The Topics

---

- Setting goals
  - Relaxation
  - Communication
  - Healthy Eating
  - Exercise/Physical Activity
-

# Methodology

---

- Game or warm-up activity
  - Feedback on action plans from previous session
  - Brainstorm ideas and issues
  - Problem Solving
  - Small group discussion
  - Making action plans and setting goals
-

# Skills

---

- Goal setting
  - Time management
  - Recording
  - Concentration
  - Positive thinking or “self talk”
  - Solving problems
  - Relaxation
  - Communication
-

# Additional Modules

---

- Healthy Bones information
  - Juvenile Idiopathic Arthritis
-

# Parent Information and Workshop

---

□ Explanatory letter

□ Workshop:

- The topics
  - The skills
  - The journal
-

# Critical Issues for Success

---

- Training
  - Ownership
  - Follow-up
  - Practice
  - Networking
  - Parental support and knowledge
  - Future directions
-

# Contact us:

---

At Arthritis South Australia

□ Carol Spargo:

[c.spargo@arthritissa.org.au](mailto:c.spargo@arthritissa.org.au)

□ Jenny Bennett:

[j.bennett@arthritissa.org.au](mailto:j.bennett@arthritissa.org.au)

---

# Acknowledgements

---

- Arthritis Foundation of South Australia
  - The Crows Foundation, Adelaide, South Australia
  - Trust Company Ltd, Melbourne, Australia
  - Roche
  - Southwick Goodyear Pty Ltd
-