



# AGING & INDEPENDENCE SERVICES

COUNTY OF SAN DIEGO • HEALTH AND HUMAN SERVICES AGENCY

## LONG TERM CARE INTEGRATION PROJECT

### **Long Term Care Integration Project (LTCIP)**

### **STAKEHOLDER MEETING**

**December 12<sup>th</sup>, 2012**

**We are looking forward to seeing you on December 12<sup>th</sup>, 2012 from 10:00 a.m. to 11:30 a.m.** for a LTCIP Stakeholder meeting. The meeting will be held at **Aging & Independence Services (AIS) Headquarters at 5560 Overland Ave., Ste. 310, San Diego, 92123 in the JA Training Room.** There is two hour visitor parking behind the 5560 Overland Ave. building and also on the first floor of the parking garage which can be accessed from Farnham Drive.

Everyone is invited to participate in this interesting and informative meeting. Please plan to join us for stakeholder updates, followed by an interactive presentation and activity about the Chronic Disease Self-Management Program (CDSMP), brought to you by Kristen Smith, MPH, from the AIS Health Promotion Team. Designed for people with any chronic illness, this proven program is intended to help people gain self-confidence in their ability to control their symptoms and understand their condition(s). Program participants attend weekly workshops, which are highly interactive and focus on skill building and social support. The CDSMP promotes patient activation by teaching personal goal setting and problem solving techniques. Topics are holistic in nature and include healthy eating, exercise, medication usage and improving communication with healthcare providers. This program is a great example of an efficacious, integrative project that is happening within our community.

Attendees are also invited to participate in an important discussion focusing on revisiting the mission and vision of the LTCIP. We are entering a changing social climate which is experiencing a seismic shift in the delivery and provision of healthcare services. In order to continue to act in a leadership role, it is essential to stay relevant during these changing times and re-examine the activities and strategies of the LTCIP. Please bring your thoughts and ideas about how you envision the evolution of the LTCIP as we move into 2013 and beyond. We look forward to seeing you and hearing your opinions!

More information about the LTCIP is available at [www.sdltcip.org](http://www.sdltcip.org). Please contact Brenda Schmitthenner, Manager of the LTCIP, at [brenda.schmitthenner@sdcounty.ca.gov](mailto:brenda.schmitthenner@sdcounty.ca.gov) or (858) 495-5853 with questions.