

***Dare To Live Fully***

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## **Illness Self Management Coaching**

You may be experiencing an illness, either acute or chronic, but that does **not** mean that you are a victim of the illness. Much current research in healthcare improvement points to the fact that your approach to illness, and the degree that you take control of your experience, significantly affects your quality of life and can affect your physical outcome.

***Illness self management coaching*** is a learning and problem solving process that involves your commitment to assess your attitudes, emotions, thinking, and behaviors related to the illness, and a process that helps you to develop a proactive plan to become an active, informed, and collaborative partner with your medical provider(s) /medical team.

You and I will work together to formulate the ***self management plan***, in conjunction with the recommendations of your medical providers, and communicate your progress to those providers.

Being diagnosed with an illness, and following through with the accompanying medical treatments, can be very stressful and confusing. I will work with you to research the treatments you and your medical providers have agreed upon, and provide you with the most current information.

The ***self management plan*** focuses on 1. prioritizing problems and issues, 2. formulating specific proactive goals to address these issues, 3. planning ahead for potential "failure modes" (what could be a roadblock to your goals) and developing alternative plans as needed, 4. assessing your confidence level to achieve your goals, and 5. following up and communicating with your medical providers as to your progress and successes.

Illness self management coaching does not offer medical advice, but assists you in following through with your medical providers' treatment recommendations. Before engaging in my services, please discuss this information with your medical provider(s) so that we can work together as a team. These services are not covered by medical insurance, and payment plans can be arranged. I also provide ***telephone*** and ***Internet chat room*** sessions for individuals who are homebound or out-of-state, or for family members and others involved in the care for someone who is ill.

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Suggested research and resources: **American Academy of Family Physicians**, *Supporting Self-management in Patients with Chronic Illness*. ([www.aafp.org](http://www.aafp.org)) **Institute for Healthcare Improvement**, *Self Management Support* ([www.IHI.org](http://www.IHI.org))  
**Manage your Illness**, <http://www.manageyourillness.com>