



An evidence-based program developed at Stanford University for individuals who want to manage their chronic condition

Help individuals:  
**Feel better.**  
**Be in control.**  
**Do the things they want to do.**

For more information on KOHP contact:



Department on Aging  
Department of Health and Environment



## What is KOHP?

KOHP is a highly interactive program where people of various chronic conditions come together to learn and practice new skills over a six week period to manage their chronic condition.



## Course Structure

The participants meet once a week for 2 ½ hours to discuss and problem solve a variety of topics relevant to coping with chronic conditions.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) how to evaluate new treatments.



Participants are encouraged to share their successes in dealing with a variety of topics so participants can learn from each other and build their confidence in dealing with their chronic condition. Participants do not learn the medical aspect of a disease but rather how to manage the emotional, physical and social challenges of having a chronic condition. Family members and/or friends of participants are encouraged to attend the workshop in order to increase their understanding of the challenges associated with living with a chronic condition on a daily basis.

***In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”***



## Benefits of taking KOHP

Upon completion of the workshop, participants have experienced one or more of the following results:

- Reported increased physical activity
- Showed improvement in cognitive symptom management
- Improved communication with physicians
- Reported improved general health
- Reported decreased health distress
- Reported decreased fatigue, disability and social/role activities limitations

**HELP OTHERS  
PUT LIFE  
BACK IN  
THEIR LIVES**

For more KOHP information:  
[www.agingkansas.org](http://www.agingkansas.org)  
[www.kdheks.gov/arthritis](http://www.kdheks.gov/arthritis)