

FEELING BETTER

Living with a chronic condition doesn't mean you have to be ruled by it. Taking an active role in your health can help you feel better – and become better equipped to deal with life's ups and downs.



Adult Cancer Support Group

For people 21 and older who have been diagnosed with cancer

Share information and experiences and generally support each other through cancer and treatment.

The Cancer Support Groups are assisted by cancer counselors. Adults with all types of cancers and stages of treatment are welcome to attend. A support person is welcome to attend, with or without the participant.

Ongoing weekly and bi-weekly groups, 1.5 hours each
No fee

Locations:

- Cascade Park Medical Office
- Interstate Medical Office Central
- Longview-Kelso Medical Office
- Skyline Medical Office

For more information, please call 503-331-6550.



Cancer Rehab Class

For Kaiser Permanente members with a current or prior history of cancer

Gain an understanding of and learn to manage the side effects or symptoms related to your cancer treatment.

Learn how exercise can impact your overall well-being, both during and after cancer treatment. You'll also learn about scar tissue management, American Cancer Society nutritional guidelines, and how to manage fatigue and conserve energy. The session includes education about the signs of lymphedema development, as well as risk reduction and treatment guidelines for this condition.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Locations:

- Interstate Medical Office Central
- Orchards Medical Office

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for appointment," choose Physical Therapy Classes, then choose the class you want to schedule.



Kidney Class

For Kaiser Permanente members who have been told they have reduced kidney function (chronic kidney disease with a GFR less than 60ml/min)

Learn to make lifestyle changes that reduce your risk for kidney disease and its complications.

Have you been told you have some reduced kidney function? Chronic kidney disease (CKD) affects more than 20 million adults – and millions of people with high blood pressure, diabetes, and other ongoing conditions are at risk for developing it. Lifestyle changes can help reduce your risk.

1 session, 1.5 hours

No fee for Kaiser Permanente members

You are welcome to bring one adult family member or friend with you.

Classes are offered at different times and locations throughout the year. For more information or to register, please call 503-249-3442 or 1-855-238-5631.



Pain Coping and Skills Services

For Kaiser Permanente members 18 and older who have chronic pain

Explore and practice effective ways to reduce pain and improve function.

The Pain Management Group Appointment series is led by a team of nurses, social workers, pharmacists, and physical therapy assistants. Learn ways to do more activities that are important to you, improve sleep, communicate about your pain, and enhance coping. At the end of the series, you will meet privately with a team member to discuss your personal pain management plan.

7 sessions – sessions 1-6 are 2-hour group appointments and session 7 is a 40-minute individual appointment

Fee: half of your specialty copay per session

An adult support person may attend with you at no charge.

Locations:

- Beaverton Medical Office
- Cascade Park Medical Office
- Interstate Medical Office Central
- Longview-Kelso Medical Office
- Salmon Creek Medical Office
- Skyline Medical Office
- Sunnybrook Medical Office
- Westside Medical Office

A referral is required to attend Pain Coping and Skills Services. For more information, please call 503-331-6131.



Living Well with Chronic Conditions

For adults who have an ongoing condition, including diabetes, arthritis, asthma, and heart disease

Get tools for living a healthy life while managing an ongoing condition.

The Chronic Disease Self-Management Program is a 6-week workshop. You'll get information and support for continuing your normal daily activities and dealing with the emotions that chronic conditions may bring. All workshops are offered in English and Spanish.

6 sessions, 2.5 hours each

Fees vary

Offered by a community partner. For information:

- In Oregon, go to healthoregon.org/livingwell.
- In Washington, go to livingwell.doh.wa.gov.



Want to know more?

- Visit kp.org/healthengagement for information on pain, ADHD, and more.
- Check out the free online management programs for Kaiser Permanente members at kp.org/healthylifestyles.
- Watch videos on diabetes, high blood pressure, and COPD at kp.org/video.
- Go to kp.org/audio for free audio programs on headaches, fibromyalgia, and more.
- See page 12 for diabetes prevention information.
- Visit kp.org/cancercare.
- Learn about health and wellness programs offered by the African-American Health Coalition, aahc-portland.org/aahc-community-health-programs.
- Use myStrength at kp.org/selfcareapps/nw. It's a digital personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support.