



Managing Multiple Chronic Conditions (MCC)

[AARP: Chronic Conditions Among Older Americans](#)

[Chronic Disease Self-Management Program](#)

The Chronic Disease Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.

[Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging](#)

Welcome to *Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging!* The National Institute on Aging (NIA) is part of the National Institutes of Health, and the goal of our research is to improve the health and well-being of older adults.

[Multiple Chronic Conditions: A Day in the Life](#)

“Multiple Chronic Conditions: A Day in the Life” centers around the experiences of Mae, a woman with multiple chronic conditions. Beginning at home with her family, we follow Mae as she visits one health care provider after another, struggling to keep track of the various instructions, treatments, and prescriptions she receives – all while trying to maintain a balanced life.

[National Council on Aging: Chronic Disease Management](#)

Every day, millions of people with chronic diseases struggle to manage their symptoms. About 80% of older adults have at least one chronic disease, and 68% have at least two. Chronic diseases place a significant burden on individuals as well as health care systems. The good news is that people with chronic diseases who learn how to manage their symptoms can improve their quality of life and reduce their health care costs.

If you have difficulty accessing any of these resources, please email catch-on@rush.edu.

