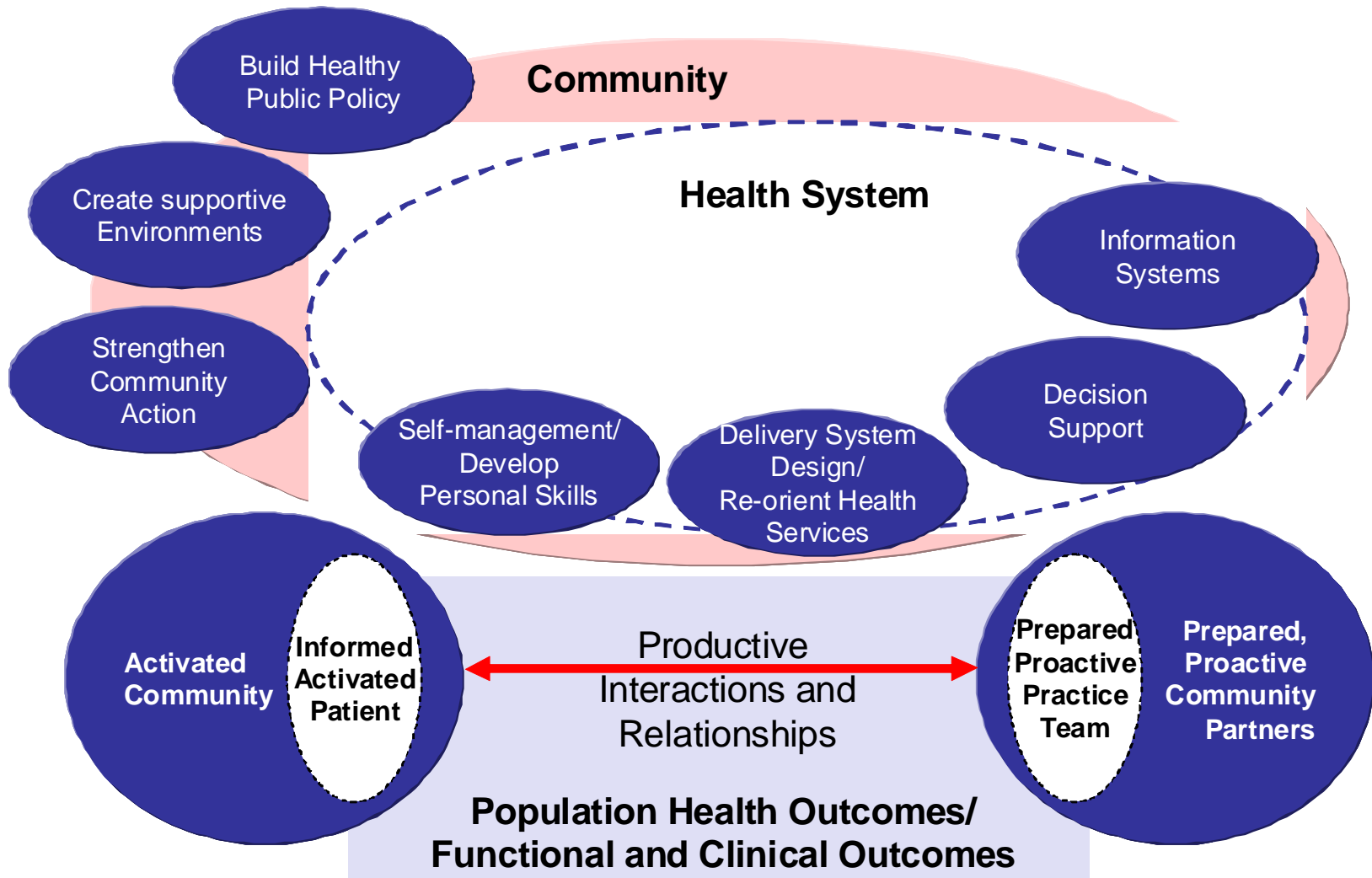


# The Expanded Chronic Care Model



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Components		Examples
<b>Self-management / Develop Personal Skills</b>	Enhancing skills and capacities for personal health and wellbeing	<ul style="list-style-type: none"> <li>• Smoking prevention and cessation programs</li> </ul>
<b>Decision Support</b>	Integration of strategies for facilitating the community's abilities to stay healthy	<ul style="list-style-type: none"> <li>• Development of health promotion and prevention "best practice" guidelines</li> </ul>
<b>Delivery System Design / Re-orient Health Services</b>	Expansion of mandate to support individuals and communities in a more holistic way	<ul style="list-style-type: none"> <li>• Advocacy on behalf of (and with) vulnerable populations</li> <li>• Emphasis in quality improvement on health and quality of life outcomes, not just clinical outcomes</li> </ul>
<b>Information Systems</b>	Creation of broadly based information systems to include community data beyond the healthcare system	<ul style="list-style-type: none"> <li>• Use of broad community needs assessments that take into account:               <ul style="list-style-type: none"> <li>– Poverty rates,</li> <li>– availability of public transportation</li> <li>– violent crime rate</li> </ul> </li> </ul>

## The Expanded Chronic Care Model cont...

Components		Examples
<b>Build Healthy Public Policy</b>	Development of implementation of policies designed to improve population health	<ul style="list-style-type: none"><li>• Advocating for/developing:<ul style="list-style-type: none"><li>– Smoking bylaws</li><li>– walking trails</li><li>– reduction in the price of whole wheat flour</li></ul></li></ul>
<b>Create Supportive Environments</b>	Generating living and employment conditions that are safe, stimulating and enjoyable	<ul style="list-style-type: none"><li>• Maintaining older people in their homes for as long as possible</li><li>• Work towards the development of well-lit streets and bicycle paths</li></ul>
<b>Strengthen Community Action</b>	Working with community groups to set priorities and achieve goals that enhance the health of the community	<ul style="list-style-type: none"><li>• Supporting the need for safe, affordable housing</li></ul>