



SEMPER PARVA PER ASPERA
Kansas

Department on Aging
Department of Health and Environment

Put Life Back in Your Life!

Kansans Optimizing Health Program (KOHP)

Kansans Optimizing Health Program (KOHP) is an interactive workshop that meets for 2.5 hours once a week for six weeks. This workshop will help set goals, develop a plan and track progress toward improving your health - one step at a time.



This evidence-based program, designed at Stanford University, is for individuals with arthritis, diabetes, heart disease, lung disease, asthma, stroke and other chronic health conditions. The workshop provides participants with the opportunity to learn from and share experiences with their peers. Participants learn strategies and tools to reduce pain, improve mobility, become more self-efficient and maintain independence.

Topics discussed:

- Make an action plan
- Manage symptoms
- Problem solve
- Deal with difficult emotions
- Manage pain, fatigue and depression
- Develop an individualized exercise program
- Work with your health care team
- Understand medications
- Improve nutrition
- Develop communication strategies for family and friends
- Make treatment decisions
- Improve breathing

Participant benefits include:

- Fewer days in the hospital
- Decreased functional limitations
- Less health distress
- Fewer outpatient and ER visits
- Less fatigue

Become a KOHP Leader:

KOHP is designed to be lead by a team of two leaders, one of which is living successfully with a chronic condition. Leader training is provided by the Kansas Department of Health and Environment and the Kansas Department on Aging – and is conducted by Stanford trained, Master Trainers. Leader training is conducted over a four-day timeframe. Training materials provide in-depth information needed to conduct and market the workshop. KDHE and KDOA underwrite training and training related costs. Support is provided to trained leaders to recruit participants, market programs and implement the program.

Leader expectations:

- Identify site to conduct program/ Lead at least two workshops annually
- Market and promote the KOHP workshop
- Follow program guidelines as taught in Leader Training
- Maintain attendance records and registration forms and provide them to KDHE – the sponsoring Agency

Possible program sites:

KOHP can be implemented any place people gather – such as: worksites, churches, hospitals, health departments, senior centers or fitness facilities.

Value of participation:

- Help others learn to take control of a chronic health condition and improve their quality of life
- Provide evidence-based education
- Improve the quality of life for those in your community

For more information on KOHP please contact Coordinators:

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