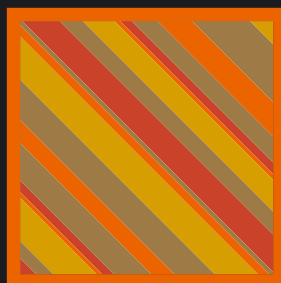
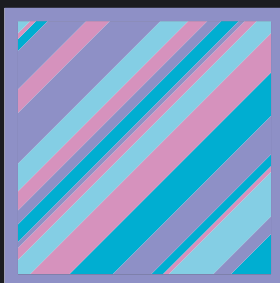
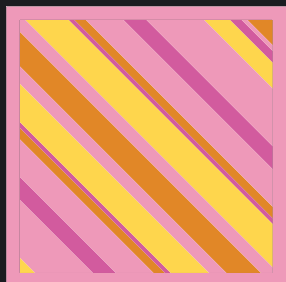
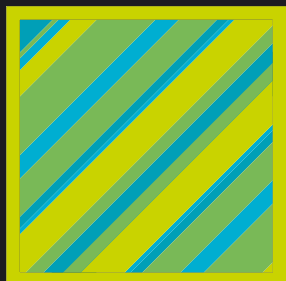


The Expert Patient Programme

# Helping you to manage your long-term health condition



## What is the Expert Patient Programme?

The Expert Patient Programme is a six week course designed to help adults with long-term health conditions to take control of their situation.

It is also suitable for carers of individuals with long-term health conditions.

## What is covered on the programme?

- Understanding your medicines
- Goal-setting and action-planning
- How best to work with health care professionals
- Managing depression
- How to recognise and act on symptoms
- Exercise and physical activity
- Improving communication skills
- Health eating
- Relaxation techniques and guided imagery
- How to better manage pain and fatigue
- Problem-solving
- How to reduce and manage stress



Fatigue

Shortness of breath

Depression

## Understanding your symptom cycle

The Expert Patient Programme enables individuals to look at their own symptom cycle and work on techniques to help alleviate symptoms such as pain, fatigue, depression and difficult emotions.

## Joining the programme

The Expert Patient Programme is run over six weeks, for two and a half hours per week.

The courses are completely free of charge and can be delivered at a location near you.

You can be referred by your health care professional or sign up yourself.

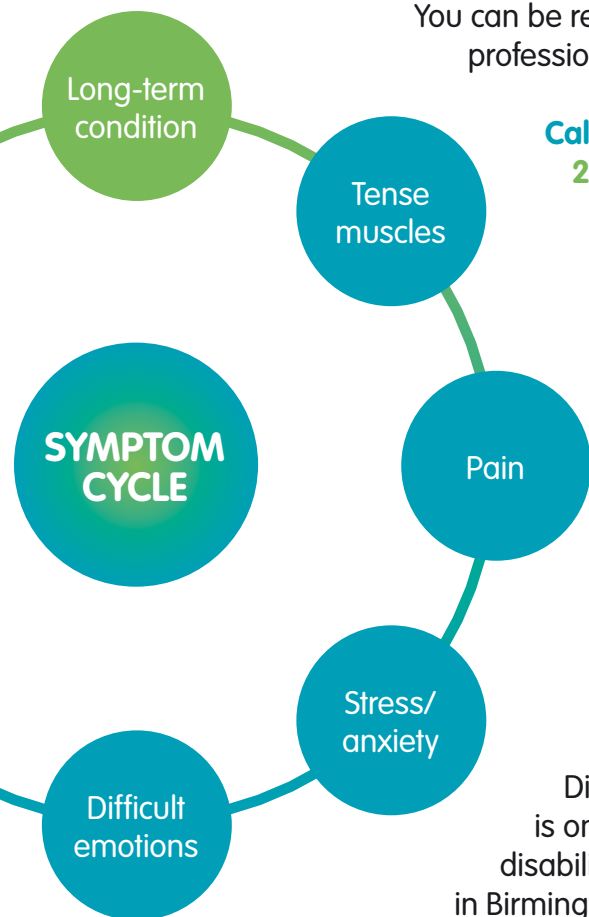
**Call our EEP team on 03030 40 20 40 for more information.**

You may be placed on a waiting list until we can organise a course at a venue close to you.

If you have any special requirements, let us know so that we can take them into account for you.

## Disability Resource Centre

Disability Resource Centre is one of the leading pan-disability organisations operating in Birmingham, Solihull and the wider West Midlands. Our mission is to support disabled people to take control of their own lives and to actively seek out opportunities to achieve their full potential as individuals in mainstream society.



# How to contact us

## Head office

11<sup>th</sup> Floor, Edgbaston House, 3 Duchess Place  
Five Ways, Birmingham B16 8NH

**Telephone:** 0121 789 7365    **Minicom:** 0121 248 4522

**Fax:** 0121 248 4521    **E-mail:** [drc@disability.co.uk](mailto:drc@disability.co.uk)

## Information, Health & Wellbeing Centre

Unit 18, Ace Business Park, Mackadown Lane  
Kitts Green, Birmingham B33 0LD

**Telephone:** 0303 040 20 40

## Opening hours

Monday to Thursday: 8.45am to 5.00pm    Friday: 8.45am to 4.30pm

Directions are available to download from [www.disability.co.uk](http://www.disability.co.uk)

## Quality assurance

The Disability Resource Centre holds a number of industry standards which demonstrates its on-going commitment to delivering high quality services. We are committed to complying with human rights, equal opportunities, data protection and health and safety legislation.

