

The Stanford Model – A brief summary

The Stanford Model is an evidenced based group rehabilitation approach which assists people with chronic health conditions and their carers to develop the knowledge, skills, motivation and confidence to better manage their health and well-being. It was developed by Stanford University and is now run around the world in several different languages. In Britain it is known as the ‘Expert Patients Programme’. More information is available at <http://patienteducation.stanford.edu> . The course is not a medical course in any way, shape or form – rather it is a course that helps people to work alongside their health providers to achieve positive outcomes through developing self efficacy and taking a more active role in caring for themselves.

The mainstream course is called ‘Moving Towards Wellness’ in Country SA, which is the name used by the Arthritis Foundation of South Australia. The Foundation has permitted Country Health SA to use the same name. The ‘Living Improvements for Everyone’ (LIFE) course is a culturally appropriate adaptation of the course for Aboriginal people. People trained in LIFE are also qualified to run Moving Towards Wellness courses for mainstream people.

Increasing the availability and uptake of evidenced based chronic condition self management models aligns health services with key strategy documents and frameworks at international (1), national (2), and state (3) levels, and facilitates achievement for KPI’s outlined in the CHSA Performance Agreement 2008-2009.

1. WHO, ‘Innovative Care for Chronic Conditions: Building Blocks for Action’, 2002.
2. Dept of Health and Ageing, ‘The National Chronic Disease Strategy’, 2005.
3. SA Health Strategic Plan 2007-2009, South Australia’s Health Care Plan 2007-2016, South Australia’s Strategic Plan 2007, South Australia’s Country Health Plan 2008