

## **Chronic Disease Self Management**

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Adults with any chronic disease, caregivers, friends, or relatives of a person living with chronic illness are all welcome.

Family

Yes

Intake Process

Call for information. Some programs offer registration on the website.

Intake Contact Telephone

(703) 324-5374

Provider Refer

Yes

Report Problems

Call the Agency

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Send a Letter

Self Refer

Yes

ElderLink, Inova Health System

<https://www.inova.org/about-inova/inova-your-community/community-access-care/el...>

Main

(703) 324-7948

TTY/TTD

(703) 449-1186

12011 Government Center Parkway Suite 708

22035 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Evening hours are available by appointment.

Fee Structure

No Fee

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Sliding Scale Fee

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Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Chronic Disease Self-Management is a free six-week workshop for adults living with chronic health conditions. The workshop promotes action planning for healthy living, well-being, and self-management of one's chronic disease.

Service Area(s)

Fairfax City

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Fairfax County

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Falls Church City