

Guided Care: Developing and Maintaining Health Behaviors
Stephen Wegener, PhD
Johns Hopkins School of Medicine, Baltimore, MD

There is growing recognition of the important role of persons and their families in managing the chronic illnesses associated with aging. However, the knowledge, skills and resources to support this increased management burden are not well developed. Guided Care (GC) addresses this national problem by training and supporting patients and caregivers. The development and maintenance of specific health behaviors are critical to this process. This presentation provides an overview of the key behavior change elements of GC: self-management (SM) training and motivational interviewing (MI). The principles underlying SM, the strategies used by clinicians to empower individuals to assume greater responsibility for their health, developing informed consumers, fostering problem-solving and building patient/caregiver skills and knowledge are presented. The role of MI in identifying patient preferences, assisting patients in developing and maintaining health behaviors, developing care plans, and encouraging patients and caregivers to participate in SM classes is presented.

The Gerontologist 2007;47(1):S650.