

## Chronic Disease Information

Family

No

Intake Contact Email

newsletters@ncoa.org

Intake Process

Call the office. Visit the website for information.

Provider Refer

No

Report Problems

Call the Agency

Self Refer

Yes

National Council on Aging

<https://www.ncoa.org/>

<https://www.ncoa.org/article/evidence-based-chronic-disease-self-management-edu...>

<https://www.facebook.com/NCOAging/>

Main

(571) 527-3900

251 18th Street South, Suite 500

22202 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

The National Council on Aging (NCOA) offers information on chronic disease and self-management education programs (CDSEME).

Programs focus on chronic disease, fall prevention, mental health, exercise, and more. Programs are often available at senior centers, area agencies on aging, churches, libraries, and other community locations. Some programs are one-on-one and others are in groups.

Better Choices, Better Health® (Online CDSMP, Asynchronous) is an online interactive version of the Chronic Disease Self-Management Program (CDSMP). In this program, a participant will log on when convenient for a total of 2 hours per week. All information is private and anonymous.

Service Area(s)

Statewide