



Manage your Chronic Condition and Improve your Health

iamable has been created with input from physiotherapists and occupational therapists with expertise in the areas of **rehabilitation** and **chronic disease self-management**.

- ✓ Set goals for yourself
- ✓ Reduce your risk of falls
- ✓ Manage stress & pain
- ✓ Manage fatigue
- ✓ Increase physical activity
- ✓ Exercise with your condition



Rehabilitation

Maximize your function or your ability to manage daily demands and activities.



Self-management

Develop the skills and confidence you need to take care of your health.



Strategies

Rehabilitation Self-Management Strategies to carry out your normal activities.

[Get Started →](#)

At this time, access to iamable is limited to research participants only. If you would like more information, please contact ssincla@mcmaster.ca.

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Dashboard

Dashboard

The dashboard is where you can review your activities, set weekly action plans, and learn more to help you achieve your goals. **Click on an activity to start working toward your goal.**

Not sure what to do next?

Create a 7 Day Action Plan for your Goal:
To go down the stairs without knee pain daily.

Create a 7 Day Action Plan for your Goal:
To take my dog for a 20 minute walk every morning and afternoon.

Create a new Activity

My Activities



Going up and down stairs

Your 2 Month Goal:

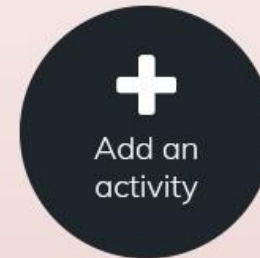
To go down the stairs without knee pain daily within 2 months' time.



Caring for a pet

Your 2 Month Goal:

To take my dog for a 20 minute walk every morning and afternoon within 2 months' time.



Add an activity

Main activity page



Caring for a pet

Your 2 month Goal

To take my dog for a 20 minute walk every morning and afternoon within 2 months' time.

Not sure what to do next?

Create a 7 Day Action Plan for your Goal: To take my dog for a 20 minute walk every morning and afternoon.

Learn More about Exercising with a Chronic Condition to help you reach your goal.

Learn More about Fatigue Management to help you reach your goal.

Your 7 Day Action Plan

An action plan will help you identify the small steps you can work on in order to achieve your goal. It may take many action plans over several weeks or months to achieve your goal. **You may find it helpful to complete the Self-Management Modules you selected to help you reach your goal before you create a 7 Day Action Plan.**

Create a 7 Day Action Plan

Self-Management Modules

You have selected the following Modules to help you reach your goal:

Exercising with a Chronic Condition

Fatigue Management

For more information and other useful self-management strategies, click the **Learn more** menu at the top of the page.

Exercising with a Chronic Condition module

Exercising with a Chronic Condition

Exercise falls into four basic categories—**cardiovascular**, **strength**, **flexibility** and **balance**. Most people tend to focus on one type of exercise and think they're doing enough. Each type is different, though, and doing them all will give you more benefits.

What type of exercise will help you reach your goal? Click on the type of exercise to get more information.

To learn more about balance exercises, to go to the [Fall Prevention Module](#).

Exercise Topics

1. The difference between physical activity and exercise

2. The benefits of exercise

3. Is it safe for me to exercise?

4. Understanding your exercise prescription

5. Warming up & cooling down

6. Managing symptoms during exercise

7. Overcoming barriers to exercise

Types of Exercise

Upper Body Flexibility

Upper Body Strength

Lower Body Flexibility

Lower Body Strength

Cardiovascular Fitness

Fatigue Management module

Complete Self Assessment

Fatigue Management

Start by completing the Self-Assessment. Based on your answers, you will receive tailored advice about what you can do to better manage your fatigue.

Fatigue Management Topics

1. Introduction to fatigue management

2. Exercise and fatigue management

3. The 3 P's: Prioritizing, planning and pacing

4. Communication

5. Body mechanics

6. Sleep

7. Fatigue, emotions and mental health

8. Simplifying everyday tasks

9. Medications

10. My fatigue self-management plan