

## Supplemental Information and Resources on the CDSME Tool Kit Format

**Components:** NYSOFA has learned that you can “**make your own**” tool kit by purchasing each component individually from Bull Publishing if needed. This may be more cost effective if you have extra books and CDs that you would like to use as opposed to purchasing a full tool kit, (i.e., you can purchase only the components needed to then assemble into a full toolkit). This same approach applies to mixing components in Spanish and English. The chart below outlines what materials are included in each program-specific tool kit.

CDSMP Tool Kit	DSMP Tool Kit	CPSMP Tool Kit
<ol style="list-style-type: none"> <li>1. A booklet which includes the self-test and tip sheets</li> <li>2. The latest edition of the Living a Healthy Life with Chronic Conditions book*</li> <li>3. Relaxation CD**</li> <li>4. Exercise CD**</li> </ol>	<ol style="list-style-type: none"> <li>1. A booklet which includes the self-test and tip sheets</li> <li>2. The latest edition of the Living a Healthy Life with Chronic Conditions book*</li> <li>3. My Diabetes Plate Magnet</li> <li>4. Exercise CD**</li> </ol>	<ol style="list-style-type: none"> <li>1. The latest edition of the Living a Healthy Life with Chronic Pain book*</li> <li>2. Relaxation CD**</li> <li>3. A booklet which includes the pain tip sheets and self-test</li> </ol>

**Timing and Planning:** It is advised that you purchase the tool kit materials in advance should you decide to convert a previously scheduled in-person or virtual workshop into a tool kit format due to inadequate class size or scheduling conflicts/illness/etc. **Remember, you only need 3-4 participants (maximum is 4) and 1 Peer Leader to host the tool kit format.**

### Links for Purchasing Tool Kits:

#### Chronic Disease Self-test and Tip Sheets Booklet

<https://www.bullpub.com/chronic-disease-self-test-tip-sheet-booklet-5th-edition.html>

**Living a Healthy Life with Chronic Conditions (5th Edition)\***

<https://www.bullpub.com/living-a-healthy-life-with-chronic-conditions-5th-edition.html>

**Relaxation CD\*\***

<https://www.bullpub.com/tfhcd-g.html>

**Exercise CD\*\***

<https://www.bullpub.com/exercises-for-chronic-conditions.html>

**Diabetes Self-Test and Tip Sheets Booklet**

<https://www.bullpub.com/diabetes-self-test-tip-sheets-booklet.html>

**My Diabetes Plate Magnet**

<https://www.bullpub.com/diabetes-plate-magnet.html>

**Living a Healthy Life with Chronic Pain (2<sup>nd</sup> Edition)\***

<https://www.bullpub.com/living-a-healthy-life-with-chronic-pain-2e-g.html>

**Pain Self-Test and Tip Sheets Booklet**

<https://www.bullpub.com/chronic-pain-self-test-tip-sheets-booklet.html>

\*Books are available in the following formats: paperback, CD, e-book, and MP3 (audiobooks).

\*\*CDs are available in the following formats: CD and MP3 (audiobook). The **CDs are complimentary to the curriculum; however, they are not required.** A number of organizations have been finding similar online resources and phone apps to serve those purposes.