



Healthy
Community
Living

WELCOME
Thank you for joining
us today!



Who We Are

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- Luke Koppisch, Health Community Living Facilitator at Alliance Center for Independence in Edison, NJ
- Tannis Hargrove, Project Director for Healthy Community Living Project at the RTC:RURAL in Missoula, MT
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Today's Presentation

- What is Healthy Community Living?
- Two peer-led programs
 - Community Living Skills & Living Well in the Community
- Facilitators Luke & Leanne share their experiences
- Intro to Community Living Skills, be a mock-group member
 - Knowing Yourself Activity, facilitated by Leanne and Luke
- Why is Healthy Community Living a fit for you?
- Questions and Answer
 - Please hold questions to the end of the presentation



What is Healthy Community Living?

- A health promotion and self-management program for people with disabilities
- Includes two peer-led independent living skills workshop
Community Living Skills & Living Well in the Community
- Healthy Community Living is about all people having opportunities to live well and participate in their communities!



What is Healthy Community Living? (Continued 1)

- A series of workshops people take with their peers to have group discussions on topics relevant to their lives
- Facilitated with a website shown on a TV or screen for a group (3-12 people)
- Focuses on quality of life, building self-determination, relatedness, autonomy & supports
- Fosters peer connections in an independent living setting



What is Healthy Community Living? (Continued 2)

- Provides a fun and challenging way for people to learn more about themselves and their health
- Support people to learn about increasing their independence in the community
- Meets Independent Living core services for your organization
- Created in partnership with people in the disability community



How was Healthy Community Living Created?

- We wanted to stay true to the “nothing about us without us” philosophy of Independent Living
- We brainstormed, outlined and drafted the content for these workshops with the help of several IL staff, their consumers and the staff at APRIL
- Our collaborators provided resources, ideas, mini-focus group, and on the ground feedback about content, activities and the information included within the workshops



Who is Healthy Community Living For?

- Healthy Community Living is for everyone
- Two peer-led independent living skills workshops are meant to help people live the lives they want



Community Living Skills



- 11-week workshop within the HCL program
- Focused on building skills for living independently



Community Living Skills Participants Can:



- Build support networks with peers
- Explore options and possibilities for setting personal goals
- Get information on skills and resources for living and participating in the community
- Build confidence and comfort in decision making and problem solving





COMMUNITY LIVING SKILLS WORKSHOP



ORIENTATION



DISABILITY IDENTITY



PEER SUPPORT



SELF-ADVOCACY



SELF-CARE



HOUSING



TECHNICAL SKILLS



BUDGETING & FINANCE



HEALTHY RELATIONSHIPS



TRANSPORTATION



TIME USE



Community Living Skills Workshop Topics

- Orientation
- Disability Identity
- Peer Support
- Self-Advocacy
- Self-Care
- Housing
- Technical Skills
- Budgeting & Finance
- Transportation
- Time Use



Living Well in the Community



- 11-week program within the HCL program
- Focused on setting goals to improve overall quality of life and wellbeing
- Adapted from our older workbook based program Living Well with a Disability



Living Well in the Community Participants Can:



- Identify what is meaningful to them and then set a quality of life goal
- Make progress toward the goals they set by applying problem-solving skills and managing emotions like frustration and discouragement
- Discover tools and skills that can make goal achievement easier like communicating effectively and finding important resources
- Explore way to improve their overall health by changing daily habits
- Practice self-advocacy and systems-advocacy to help make changes to support them and others in living well





LIVING WELL IN THE COMMUNITY
WORKSHOP



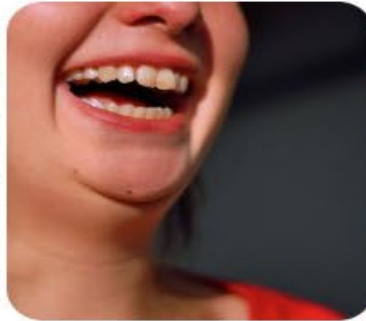
ORIENTATION



GOAL SETTING



BUILDING SUPPORT



HEALTHY REACTIONS



STAYING ON COURSE



HEALTHY COMMUNICATION



SEEKING INFORMATION



EATING WELL



PHYSICAL ACTIVITY



ADVOCACY



MAINTENANCE

Living Well in the Community Workshop Topics

- Orientation
- Goal Setting
- Building Support
- Healthy Reactions
- Staying On Course
- Healthy Communication
- Seeking Information
- Eating Well
- Physical Activity
- Advocacy
- Maintenance



Healthy Community Living is
available now!



Facilitators of Healthy Community Living

- Lets hear from CIL Staff members who have facilitated both the Community Living Skills & Living Well in the Community workshops
- Luke & Leanne will discuss their personal experiences with the workshops
- Demonstrate a group activity from the Community Living Skills Self Advocacy Session



What is it like to be a Facilitator?

- What are the Benefits?
- Did your consumers have successes?
- What were your experiences facilitating the workshops?



Sample Session from Community Living Skills

- To showcase the Healthy Community Living program we wanted to give you a sample of what participating in the workshop might be
- For this group we have chose an activity from Community Living Skills, titled the Knowing Yourself Activity
- This activity was selected from the Self Advocacy session Community Living Skills
- Luke will introduce the activity and Leanne will take us through the activity as a group



What does it mean to advocate?

To advocate is to speak up for
yourself or others



Have you been in a situation or has there been a time where you had to speak up for yourself?



Self Advocacy is:

- The ability to speak and act on behalf of yourself
- Making your own choices and working to solve your own problems



Speaking up for yourself is Self Advocacy

- Sometimes when we stand up for ourselves we stand up for others too!
- Standing up for ourselves and others is known as **Self Advocacy**



Systems Advocacy is:

- Acting or fighting in favor of something
- About working to change a law or policy that affects many people
- A group or groups of people working together toward a common goal
- Focused on the community rather than an individual



Examples of Systems Advocacy

- Advocating with a group to install a ramp for a public building
- Speaking up about issues that are important to you which may lead to policy change
- Writing or emailing your Congress person
- Organizing a protest



Have you ever stood up for or advocated for yourself or others?

Some examples might include:

- Letting someone know you were given the wrong change
- Asking a question out loud in a group
- Asking for an accommodation at work, a raised desk for example
- Asking for help at the store
- Asking for assistance in the polling booth or filling out an application





Knowing Yourself Activity

You are the Expert

- Knowing yourself is an important part of advocacy
- You are the best expert on your life, your disability, and your goals and how to reach them
- You know yourself better than anyone else



Knowing Yourself Activity

Knowing Yourself

In preparing to advocate or consider advocating for yourself, you might ask yourself the following questions:

- What do you feel comfortable or uncomfortable with?
- What is hard for you?
- What is important to you?
- What are your deal breakers?
- What are your values?
- What do you need help with?



Knowing Yourself Activity

Be Yourself

Being a self-advocate can mean:

- Being yourself
- Joining your community and doing what you love
- Not letting what other people think of you get in the way of your beliefs
- Educating others about you and people with disabilities
- Telling your personal story





Knowing Yourself Activity

Introduction to Activity

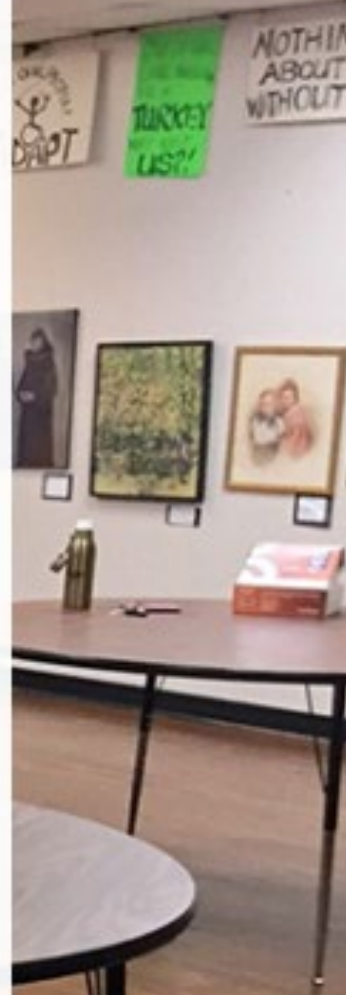
- Knowing yourself and understanding your values can be challenging
- Knowing what you like and do not like and understanding your values will help you know yourself better and help you in advocating for yourself
- It may help you understand what you value if you respond to a statement listed in the following activity
- Remember there is no right answer, other than what feels right to you



Knowing Yourself Activity

My Way or No Way Description

- Get ready to think about the statements in the next few cards
- You can either move to different parts of the room or raise the signs provided to you labeled “no way” or “my way”
- If you decide a statement fits for you raise the “my way” sign or move to the “my way” side of the room
- If you decide a statement does not fit for you raise the “no way” sign or move to the “no way” side of the room
- Remember there is no right answer, just consider how these statements fit for you





Knowing Yourself Activity

My Way No Way Statements - 1

- I am good with computers
- I like to read
- I prefer to work by myself rather than in a large group
- I am good at art
- I have no problem standing for long periods of time



Knowing Yourself Activity

My Way No Way Statements - 2

- I value my privacy
- Loud places distract and overwhelm me
- I like being outside
- Spelling words is no problem for me
- I can or want to drive my own car someday



Knowing Yourself Activity

My Way No Way Statements - 3

- I have no problem telling people what I need
- I am good at making friends
- I am working toward a goal
- I know how to ride the bus
- I have asked for an accommodation before



What have participants said?

“I learned I can help others if they need help by giving them resources.”

“The classes were rewarding and resourceful.”

“I learned how to advocate and eat healthier. I also learned how to identify reactions and how to converse with others.”

“I learned that inside disabilities are important to keep in mind and advocate for myself.”

“Our material was very useful and informative!”



How to get the Healthy Community Living Program?

- Go to healthycommunityliving.com to purchase a license
- Includes both Community Living Skills and Living Well in the Community workshops.
- One license costs \$500 per year
- Every license allows 5 facilitators to have access to the program
- Multiple licenses can be purchased by the same organization



How Do I Become a Healthy Community Living Facilitator?

- Once your CIL purchases the Healthy Community Living program training is included
- Facilitator training is available for both Community Living Skills and Living Well in the Community
- Training is included in the licensing fee & each organization can train up to 5 facilitators per license
- Training can be done at any pace as it works best for each facilitator
- Training typically takes 8-10 hours for each program (16-20 to become trained in both programs)



Healthy Community Living
Facilitator trainings are
available now!



Additional Resources Included with Healthy Community Living

- Facilitator training is for both programs
- Recruitment brochures and materials
- Certificates of completion for consumers and facilitators
- Additional resources for each weekly session including full length videos, additional worksheets and supplementary information
- Photos and videos of real people in real places



Learn More About Healthy Community Living By:

- Stopping by the Healthy Community Living Table Saturday or Sunday
- Speaking with someone wearing a “Ask me about HCL Button”
- Visit the Healthy Community Living Website
www.healthycommunityliving.com



Independent Living Partners

- ABLE South Carolina
- Alliance of People with disAbilities
- Blue Water Center for Independent Living
- Southern California Rehabilitation Services, Inc.
- AIM Independent Living Center
- Dayle McIntosh Center
- disAbility Link
- Dustin Gibson
- Independence Inc
- Disability Rights & Resources
- Paraquad
- North Country Independent Living
- Ability 360
- Alliance Center for Independence
- SEMCIL
- The Independence Center



Healthy Community Living Contact

Questions or Comments?

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