



Healthy
Community
Living

Hosting Independent Living Workshops Online

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WELCOME

Thank you for joining
us today!



Disclosure

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Today's Presentation

- Independent Living Workshops
- What is Healthy Community Living?
 - Overview of Workshops & Trainings
 - Hosting Workshops at your CIL
 - Consumer Outreach & Recruitment
 - Facilitating Online Workshops online, in-person & hybrid
- Demonstration of Living Well Orientation



Hosting Workshops

- One staff member can facilitate, or two staff members co-facilitate the workshop together as a team
- Workshop can happen online, in-person, or a combination of both (hybrid)
- Schedule a start date - for example: Wednesdays at 1 p.m.
- Plan to meet each week for 11-weeks



Facilitator Training

- For our Healthy Community Living program, we provide facilitator training and resources for each workshop specifically
- We also offer a Facilitating Groups Training for individuals who are new to workshop facilitation or would like to brush up their skills
- Whatever workshop you are providing, start by becoming familiar with the content you would like to discuss in your group



Now Offering Live Facilitator Trainings

- Facilitator trainings for all of our HCL programs will be conducted with a live trainer, Amy Lariviere
- Trainings will be hosted on Zoom and include 4, 2-hour sessions
- Trainings will provide an opportunity for facilitators to meet and connect with one another, and gain live feedback from our trainer
- Trainings are new this year and will begin with the Living Well in the Community training
- Please check our website for complete details
- www.healthycommunityliving.com



Recruitment & Outreach Strategies

- Email flyers to current consumers and community partners
- Let all the IL Staff in your organization know about the workshop as they may know individuals who will be interested
- Contact other organizations or referral agencies and let them know about the workshop



More Recruitment & Outreach Strategies

- Post workshop details on social media
- Call your consumers and ask them about joining a workshop
- Attend outreach events virtually (conferences, community events)
- Sign up page via your website (Eventbrite, etc.)



What is Healthy Community Living?

- A group of online workshops ready to use online, in-person, or hybrid
- A series of workshops for people with disabilities that include group discussions on topics relevant to their lives
- Facilitators present slides from the HCL website to consumers, either in-person, online, or some combination of both



What does Healthy Community Living do for Participants?

- Focuses on improving quality of life and building self-determination, relatedness, autonomy & supports
- Fosters peer connections and peer support in an independent living setting



Healthy Community Living Includes which Workshops and Trainings?

- Includes three peer-led IL skills workshops & facilitator trainings for each:

- Community Living Skills
- Living Well in the Community
- Working Well with a Disability



- As well as a general facilitation training for any group peer-led workshop:

- Facilitating Groups Training



Who is Healthy Community Living For?

- Healthy Community Living is for anyone
- It can be a great way to connect with consumers, reduce isolation, and help people meet their goals while staying at home



Community Living Skills



- 11-week workshop within the HCL program
- Focused on building skills for living independently
- Includes an online Facilitator Training



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 Workshop Topics

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



Working Well with a Disability



- Working Well with a Disability is meant to build on the Living Well in the Community program
- Working Well focuses on the balance between health and transition to employment
- Focus on balancing health and employment



Working Well Workshop Topics

- Orientation
- Working for Your Values
- The Great Balancing Act
- Stress & Working Well
- The Power of Advocacy
- Balancing through Physical Activity
- Eating Well to Live Well
- Maintaining a Healthy Balance



Facilitating Groups Training



- Facilitating Groups is about learning general tips and skills to be a facilitator in peer-led settings
- Develop skills, such as asking questions to facilitate positive behavior change



Facilitating Groups Training Topics

- Foundations
- Relationships
- Active Listening
- Behavior Change
- Sharing Your Story
- Asking Questions
- Direct Communication
- Referrals
- Facilitating Self-Care
- Accessibility



Living Well in the Community Demonstration of Orientation Session



ORIENTATION

"Working toward my goals is hard, but I feel so much better when I do it."

—Living Well participant



Introduction

What is Health?

Ready for Change?

Your Successes

Your Story



INTRODUCTION

This orientation session to Living Well in the Community is about identifying how your life is now, and how you would like it to be. It is your life. Like most of us, you probably love some parts of it and wish you could change other parts.

The Living Well workshop is about two things:

1. Living the most satisfying life possible, and
2. Developing healthy living habits

Healthy habits can help you create the life you want, but changing your habits is not always easy.

DISABILITY & HEALTH



Disability & Health

Is a Healthy Lifestyle Important?

- As a person with a disability, you know that your physical **and** mental health affect every part of your life
- Things like chronic pain, fatigue, stress, and depression can keep you from activities you value
- A healthy and balanced lifestyle can help you reach your goals by decreasing and even preventing health problems






Disability & Health

People With Disabilities Can be Healthy

- It is not true that you are either healthy or unhealthy because of a disability
- Many people with disabilities are very healthy
- Most people with disabilities or chronic illnesses can make changes that lead to better health and better quality of life



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Disability & Health

The Healthier You Are, the More You Are Able To Do

- If being healthy helps us do more, then why do so many of us, with or without disabilities, struggle to do what it takes to be healthy?
- We may not understand that our lifestyles — our daily habits — and health can determine what we are able to do



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WHAT IS HEALTH?

It is your lifestyle that helps you be healthy and strong enough to do what you want to do.

- The more demanding your life is, the healthier and stronger you need to be
- If you want to do your own grocery shopping, you need the strength and stamina to move around the store
- If you want a part-time job, you need enough strength to meet the demands of working

HEALTH IS...





Health is...

Quality of Life

We tend to be healthier if we:

1. Have meaningful life goals that help us feel hopeful about the future
2. Are successful in reaching meaningful life goals
3. React to situations in positive ways





Health is...

Quality of Life Continued

We tend to be healthier if we:

4. Have good communication and relationships with others
5. Prevent health problems or keep them under control
6. Practice good physical and nutrition behaviors



Health is...

A Means to an End

- Health is a means to an end, not the end itself!
- This is the cornerstone of the Living Well workshop
- Working hard to be healthy is one step toward meeting your goals



Health is...

Habits and Health

- If your goal is to make new friends, you are more likely to practice healthy habits if you understand how those habits can help you meet people and do things with them
- Healthy habits can make your health problems better and keep new problems from developing
- Poor health habits can make old problems worse and create new problems





Health is...

Creating New Habits

- Habits help us live day to day without having to choose every action we take
- This can be good and bad
- It saves us the time and effort it would take to constantly make all those decisions — that is good
- It might mean that we are repeatedly doing the same things that make our lives worse — that is bad



Health is...

Habits Discussion

- Can you think of a habit you have that makes your life better?
- How about a habit that makes your life harder?



Health is...

Conscious Choices

- Creating a healthier life is going to require new habits
- The hard part is that until those new habits become automatic, you will have to make conscious choices day after day. That is hard!
- But if you stick with it, those new choices will become new habits
- At that point, you will not need to think about those choices anymore; they will be automatic



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READY FOR CHANGE?

- Are you ready for the first step on a journey that could change your life?
- If you are like most people, your answer is, "It depends"
- What kind of changes are we talking about?
- Are these changes important to you?
- Will you actually succeed or just end up in the same old place?

ARE YOU READY?



Evaluating Your Readiness

Are you Ready?

Fortunately, you can predict whether or not you are ready to change. Do not give up if you are not ready now, because you can become ready.

- There are two questions that predict if you are ready to change
- First, how important is it to you to make this change?
- Second, how confident are you that you can do it?
- You can ask these two questions for any health behavior, such as healthy eating, building relationships, exercise, or quitting smoking



Are You Ready?

Importance and Confidence

- The higher you rate each of these questions, the more ready you are for change
- Many people who answer these questions say that making a change is important, but they are not very confident that they can do it





Are You Ready?

Readiness

- Sometimes people think they “should” make changes, but they just do not feel it is important to do it right now. That is OK
- We are not always ready to make changes, even if we know they would be good for us
- However, people who are just willing to learn more about potential changes often end up deciding that changing is important





Are You Ready?

Becoming Confident

- Are you thinking about habits you would like to change?
- Do you think you will be able to do it?
- This workshop helps you identify what you would like to change and become confident that you can do it
- Changing habits is hard, but you have way more control over your habits and more ability to change them than you may realize



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!”



Additional Resources Included

- Facilitator training for all three workshops
- 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



APRIL Facilitator Interview Montage

Video Description

Montage of staff from Centers for Independent Living who facilitated Healthy Community Living workshops sharing their experiences, alternating speakers throughout.

- Charles Oaks - Disability Partners - A man with brown-grey hair, and a short mustache and beard
- Casey Schmidt - Wyoming Independent Living - A man with short brown hair, a thick brown mustache and beard, and glasses
- Kelly Ritter - Future Choices Inc. - A woman with long brown hair and glasses
- Jessica Adkins - Access II - A woman with long, wavy red hair



Video from Workshop Facilitators



Questions or Comments?

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