



Healthy  
Community  
Living

# Hosting Independent Living Workshops Online

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**WELCOME!**

**Thank you for joining  
me today!**



# Disclosure

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The contents and opinions expressed reflect those of the authors, are not necessarily those of the funding agency, and should not assume endorsement by the Federal Government.



# Today's Presentation

- Independent Living Workshops
  - Hosting Workshops at your CIL
  - Consumer Outreach & Recruitment
  - Facilitating Online Workshops with Zoom
- Using Healthy Community Living at Your CIL
  - What is Healthy Community Living?
    - Community Living Skills - Facilitator Training & Consumer Workshop
    - Living Well in the Community - Facilitator Training & Consumer Workshop
    - Working Well with a Disability - Facilitator Training & Consumer Workshop
    - Facilitating Groups Training



# Hosting Workshops

- One staff member or two staff members who facilitate the workshops together and work as a team
- Schedule a start date for example Wednesdays at 1 p.m.
- Plan to meet each week for 11-weeks
- Familiarize yourself with Zoom (or the online platform of your choice)
- Assist your consumers in walking through the process of logging into Zoom and joining a meeting



# Facilitator Training

- For our programs Healthy Community Living 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
- Practice using Zoom with your co-facilitator



# Zoom Tips

- Set up your Zoom account
- Practice Screen Sharing
- Check audio setting
- Mute and Unmute
- Practice turning video on & off
- Chat feature
- Use zoom on your computer and another device like a phone
- For more online resources:

<https://healthycommunityliving.com/online-facilitation.html>





# Recruitment & Outreach Strategies

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



# Consumer Onboarding

- Follow-up with interested consumers and begin registering them for the workshop (IL Plan, CIL info, whatever is needed or your organization)
- Assess their technology needs
  - Do they need a device?
  - Would they prefer to join via phone?
  - Have they used Zoom before?
  - How will they receive reminders about the workshop?
    - Text (Google Voice), Email, Phone Calls



# Online Workshop Format

Group Icebreaker – 15 minutes

Content Slides – 15 minutes

Group Discussion – 15 minutes

BREAK – 15 minutes

Content Slides – 15 minutes

Group Discussion – 15 minutes

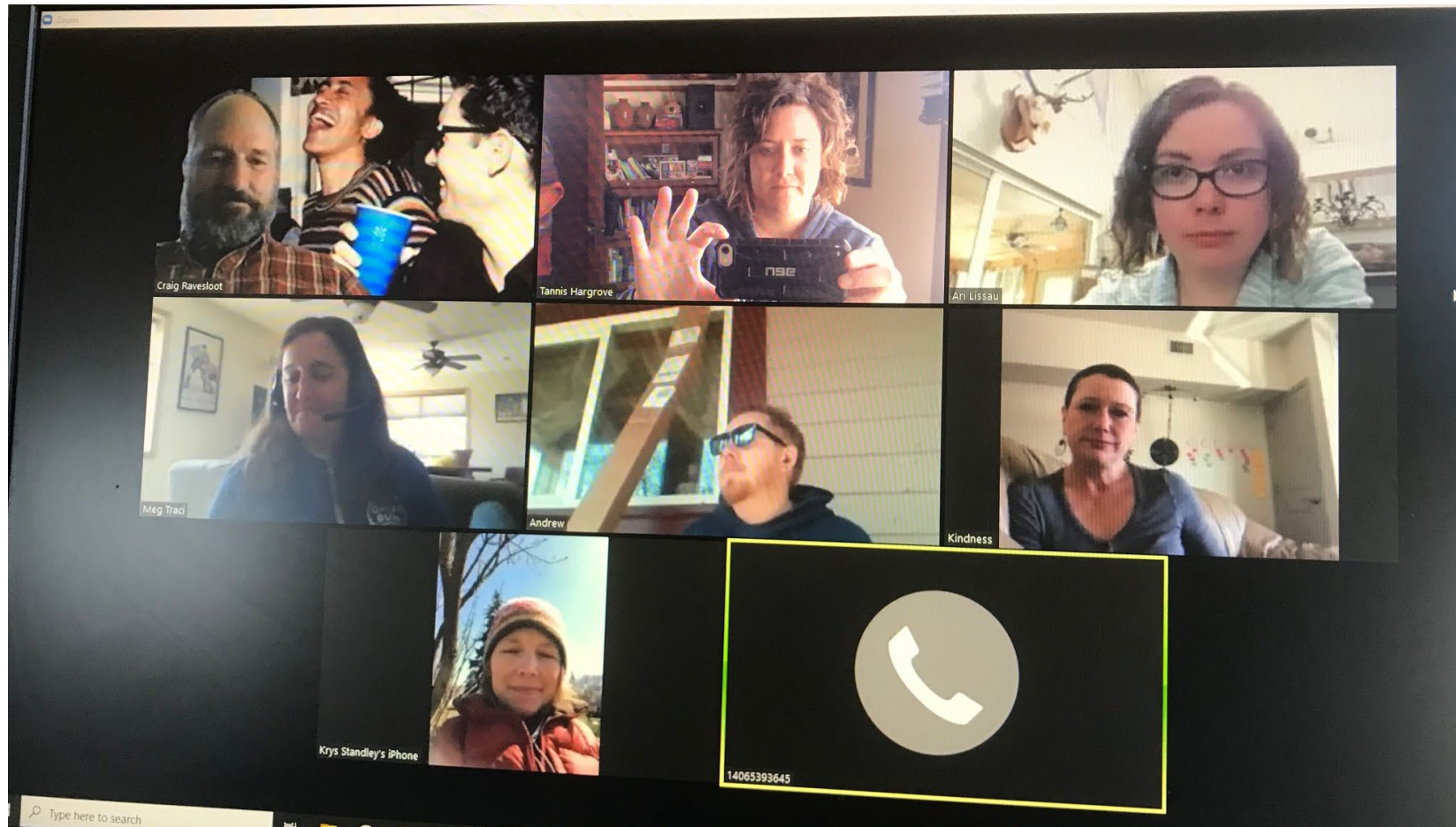
Content Slides – 15 minutes

Group Wrap-up – 15 minutes

\*\*Group meets every Wednesday from 1 p.m.-3 p.m.



# Begin Your Workshop



# What is Healthy Community Living?

- A group of online workshops ready to use on Zoom
- A series of group workshops for people with disabilities which include group discussions on topics relevant to their lives
- Facilitators present slides from the HCL website to consumer, either in-person, online or some combination of both
- Focuses on quality of life, building self-determination, relatedness, autonomy & supports
- Fosters peer connections in an independent living setting



# Healthy Community Living Includes which Programs?

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

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



- Facilitating Group Training, intended to help IL staff bolster their facilitation skills or learn to facilitate groups effectively
- \$500 per year



# 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



# Facilitating Groups Training



- An online facilitator training program, you can learn at your own pace
- Intended for professional development and training of CIL or other organizational staff
- Helps you learn general tips and skills to be a strong facilitator of any group or workshop
- Not specific to working with CLS or LWC its just to help guide facilitators to learn and bolster their skills





# Facilitating Groups Training Topics

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



# Facilitating Groups Training Homepage

## FACILITATING GROUPS TRAINING SESSIONS



FOUNDATIONS



RELATIONSHIPS



ACTIVE LISTENING



BEHAVIOR CHANGE



SHARING YOUR STORY



ASKING QUESTIONS



DIRECT COMMUNICATION



REFERRALS



FACILITATOR SELF-CARE



ACCESSIBILITY

# Facilitating Groups Training Relationships Session

## RELATIONSHIPS

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"Your personal boundaries protect the inner core of your identity and your right to choices."  
— Gerard Manley Hopkins

Introduction

Boundaries

Ethics

Personal Boundaries

Limits

Self-Assessment & Reflection

Resources



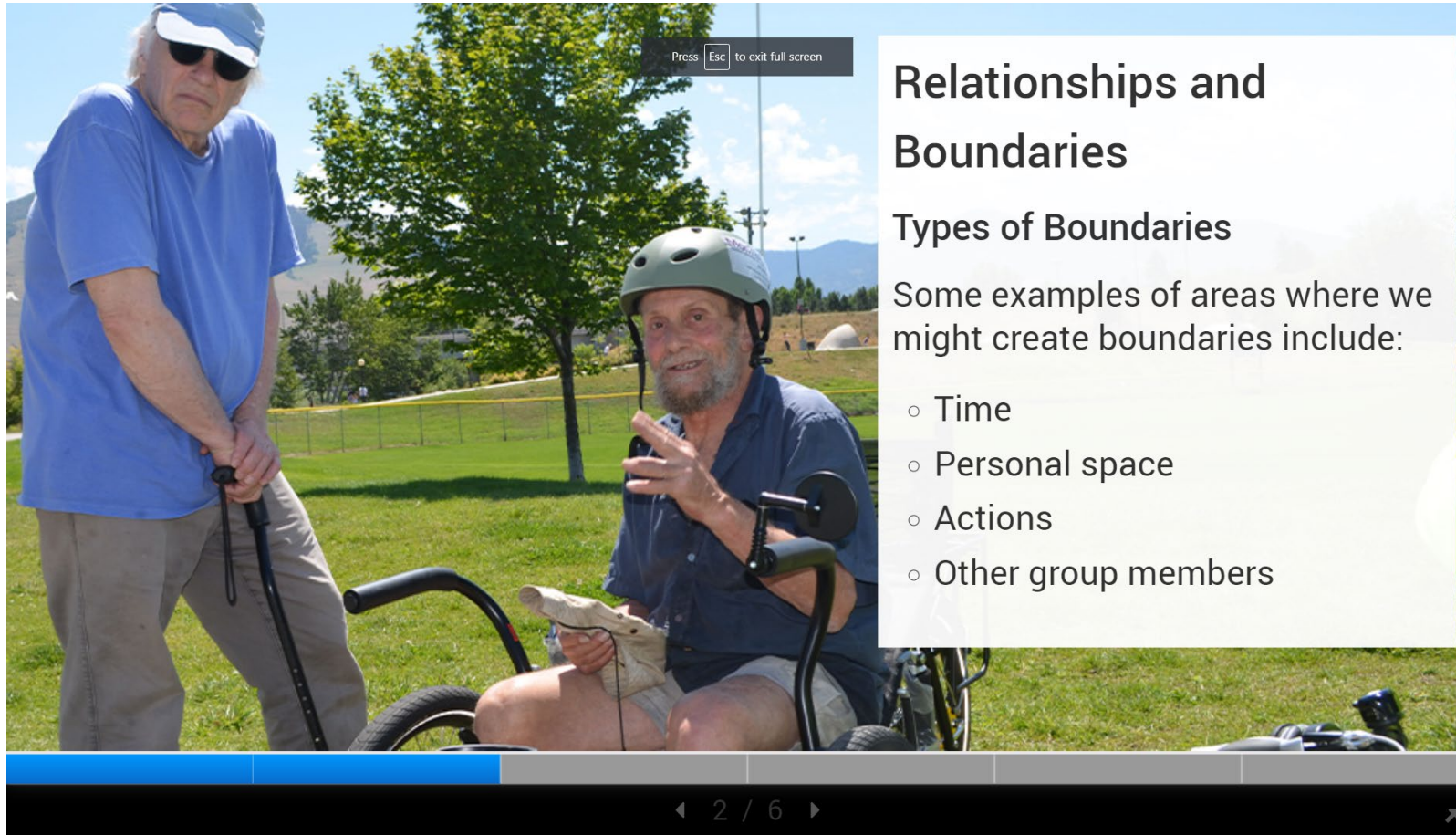
### INTRODUCTION

- Facilitators may develop relationships with participants in an effort to enhance participants' growth and help them to learn more about themselves
- Part of building a relationship also includes setting boundaries and creating clear expectations for participation in a group
- Setting boundaries and creating clear expectations means making sure each group member understands their role in the group as a participant and your role as a facilitator
- It is a good idea to set boundaries and clear expectations because:
  - Having a clear understanding of roles allows everyone to feel supported in the group process
  - Clear boundaries help to protect both the facilitator and the participants from ethical concerns
  - You may have a limited amount of time outside of the workshop to assist participants, so letting them know that up front helps them plan accordingly
- This session will address ways to think about boundaries, ways to enforce them kindly, and how to explore and consider the ethics of group facilitation

### LEARNING OBJECTIVES:

1. Gain a better understanding of the facilitator and participant relationship and the boundaries within that relationship
2. Understand how and why setting boundaries is key to maintaining an ethical relationship with participants

# Example of FGT Content Slide



Press **Esc** to exit full screen

## Relationships and Boundaries

### Types of Boundaries

Some examples of areas where we might create boundaries include:

- Time
- Personal space
- Actions
- Other group members

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# 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 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 Topics

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



# Community Living Skills Homepage



## COMMUNITY LIVING SKILLS WORKSHOP



ORIENTATION



DISABILITY IDENTITY



PEER SUPPORT



SELF-ADVOCACY



SELF-CARE



HOUSING



TECHNICAL SKILLS



BUDGETING & FINANCE



HEALTHY RELATIONSHIPS



TRANSPORTATION



TIME USE





# CLS Disability Identity Session

## DISABILITY IDENTITY

"The way we view ourselves internally and in the context of a constructed society is key to learning to love, be loved and build love."  
– Dustin Gibson, community builder and disability justice advocate



Introduction

Disclosure

Labels & Stereotypes

Discrimination

Accommodations

Adjustment & Acknowledgement

Resources



### INTRODUCTION

There are many different ways to identify with disability, and how you choose to identify is personal and unique to you.

You may:

- Identify as having a disability because it allows you to ask for help or support to complete your goals
- Identify as having a disability to share your story to help others learn from it
- Know you have to do things a little bit differently than others, but do not know or use the technical name of your disability
- Identify as having a disability created by the barriers in the community

You may not:

- See yourself as a person with a disability, even if you were born with a medical condition
- Identify as a person with a disability at all because of some of the negative thoughts and ideas about disability in our society

DEFINING DISABILITY

VISIBLE & INVISIBLE DISABILITIES

HANDS ACTIVITY

# Example CLS Content Slide


## Defining Disability

- Disability is defined in many different ways
- Services you seek out might have their own definition
  - For example, Social Security defines disability as a medical impairment that keeps you from working or otherwise gainfully getting money
- Disability may be created by the barriers in our communities
  - For example, if there are stairs but no ramp into a building, people who use wheelchairs are disabled in that case
- You can be born with your disability, acquire it through a life experience, like in an accident, or have it show up through the aging process



# Example CLS Activity Slide

PRESENTATION | KNOWING YOURSELF ACTIVITY ✕



## 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?

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# 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 Homepage



Community Workshop

## LIVING WELL IN THE COMMUNITY WORKSHOP



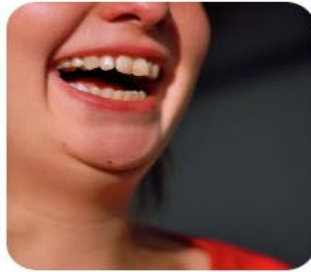
ORIENTATION



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





# Example LWC Session and Slide

## EATING WELL

"Every time you eat is an opportunity to nourish your body."  
—Unknown



Introduction   What is a Healthy Diet?   Making Changes   Planning Ahead   Resources



### INTRODUCTION

You eat not only to live, but to participate in your community, to celebrate, to enjoy the tastes, and to feel good.

- Many things affect why, when, and what you eat
- Why, when, and what you eat can have a big impact on your health and quality of life
- Even small changes in your diet can improve your health and quality of life
- When you focus on the 'why, when, and what' you eat it can help you decide what changes you want to make and begin to think about how you might start to make those changes

FOOD CHOICES

THE MEANING OF FOOD

BENEFITS OF A HEALTHY DIET

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### Strategies

#### Discussion

- What challenges do you foresee in changing your food choices and eating habits?
- How might you solve some of these challenges?

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# 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 with a Disability Homepage



WORKING WELL WITH A DISABILITY  
**WORKSHOP**



ORIENTATION



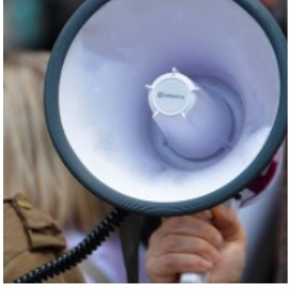
WORKING FOR YOUR VALUES



THE GREAT BALANCING ACT



STRESS & WORKING WELL



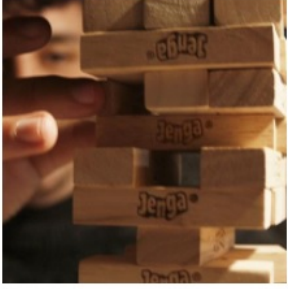
THE POWER OF ADVOCACY



BALANCE THROUGH PHYSICAL  
ACTIVITY



EATING WELL TO LIVE WELL



MAINTAINING A HEALTHY BALANCE

# 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



# Example WWD Session and Slide

## THE GREAT BALANCING ACT

"I believe a balanced life is essential...  
Why shouldn't your workplace reflect your values?"  
— Marc Benioff



Introduction   Keeping Balanced   Using Information   Making a Plan   Resources



### INTRODUCTION

- You balance your life by spending your time on daily activities that match your values
- By balancing your daily activities, you are more likely to have personal balance in the five life areas
- It is important to choose a job carefully because you will spend much of your time at work

USING TIME WISELY

EXAMPLE: DANIEL

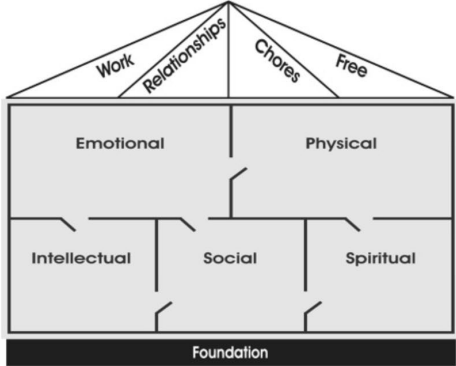
WHERE DOES MY TIME GO?

## Using Time Wisely

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### Spending Time

How you spend your time in these different activities contributes to your life balance



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# 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 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



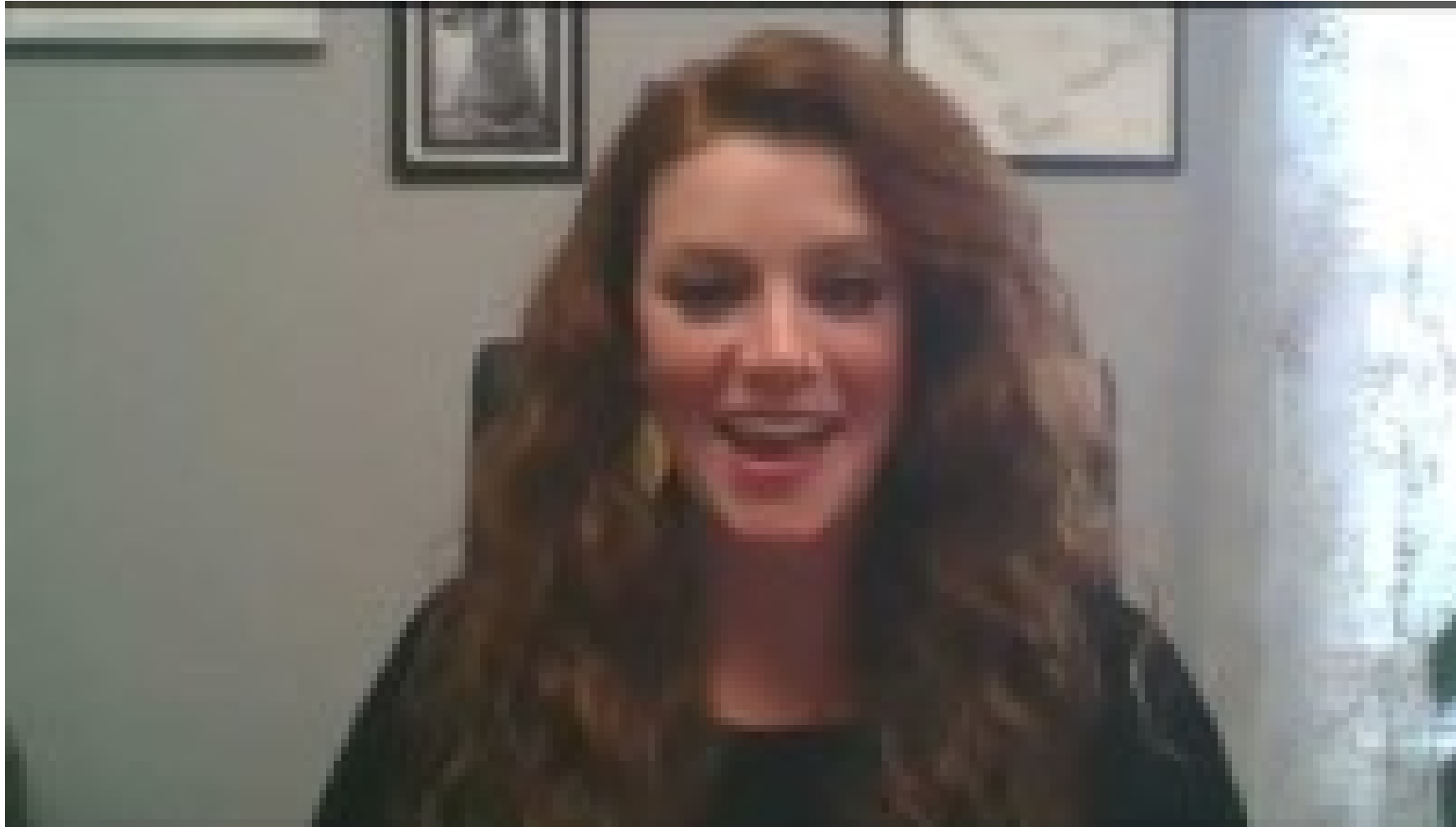
# APRIL Facilitator Interview Montage Video Description

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

- Jessica Adkins - Access II - A woman with long, wavy red hair
- Charles Oaks - Disability Partners - A man with brown grey hair, and a short mustache and beard
- Kelly Ritter - Future Choice, Inc. - A woman with long brown hair and glasses
- Susan Ragsdale - Disability Partners - A woman with short blonde hair and glasses
- Cassie Weightman - Montana Independent Living Project - A woman with long wavy dark hair and red glasses
- Casey Schmidt - Wyoming Independent Living - A man with short brown hair, a thick brown mustache and beard, and glasses



# Video from Workshop Facilitators





# Questions or Comments?

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