



Healthy
Community
Living

Facilitating Groups & Online Workshop Delivery

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WELCOME
Thank you for joining
us today!



Who We Are

- Tannis Hargrove, Project Director for Healthy Community Living Project at the RTC:RURAL in Missoula, MT
- Dori Tempio, Director of Community Outreach and Consumer Rights at Able South Carolina in Columbia, South Carolina
- Edgar Morales, Life Skills Specialist at The Independence Center in Colorado Springs, Colorado



Disclosure

The contents of this presentation were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research #90DP0073. NIDILRR is a Center within the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS).

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

- What is Healthy Community Living?
- What's included in a Healthy Community Living License?
 - Community Living Skills - Facilitator Training & Consumer Workshop
 - Living Well in the Community - Facilitator Training & Consumer Workshop
 - Facilitating Group Training
 - Working Well (Coming Soon)
- Hear from Healthy Community Living Expert Facilitators about their experiences



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
- It also includes online facilitator training for Community Living Skills & Living Well in the Community
- As well as an online Facilitating Group Training, intended to help IL staff bolster their facilitation skills or learn to facilitate group effectively



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
- 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



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
- It can be a great way to connect with consumers, reduce isolation and help people meet their Independent Living goals



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



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



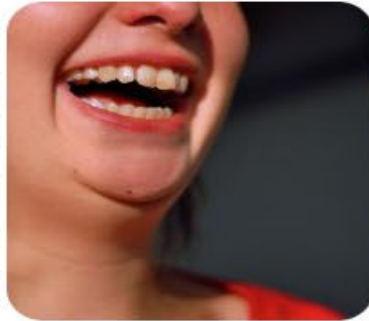
ORIENTATION



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



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
SESSIONS



FOUNDATIONS



RELATIONSHIPS



ACTIVE LISTENING



BEHAVIOR CHANGE



SHARING YOUR STORY



ASKING QUESTIONS



DIRECT COMMUNICATION



REFERRALS



FACILITATOR SELF-CARE



ACCESSIBILITY

Facilitating Groups Training Topics

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



Working Well with a Disability – COMING SOON!!!



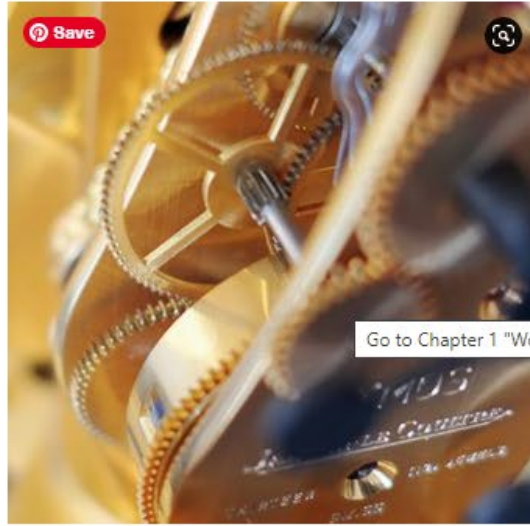
- Working Well with a Disability is meant to build on the Living Well in the Community program
- Working Well focuses on the balance between health and transition to employment or balancing health and employment
- This program is still in development and will be available along with the Working Well with a Disability Facilitator training in January of 2021



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



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
- Edgar & Dori will discuss their personal experiences with the workshops and workshop facilitation



What is it like to be a Facilitator?

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



Consumer Successes – Able South Carolina

- Saving Money for a Vehicle
- Riding and Booking a Rideshare
- Traveling by Plane



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, Facilitating Groups Training and beginning in January 2021 Working Well with a Disability
- 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



Additional Resources Included

- 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



Interested in Learning More?

- Virtually stopping into our vendor booth – Healthy Community Living
- Visit the Healthy Community Living Website www.healthycommunityliving.com
- Learn more about the rural applications of Healthy Community Living and online facilitation on Friday October 16th at 10am(MST), titled “Expanding Your Consumer Base Using Technology and Online Tools”



Special Thanks to Our IL 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
- Services for Independent Living



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Questions or Comments?

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