

Benefits You Will Receive

- Free training on ways to live a healthier lifestyle
- Development of skills for future success
- Group support in setting health, nutrition and fitness goals
- Peer support and a reduced sense of isolation
- A potential decrease in medical services



Disability and Health Program
kansans with disabilities can be healthy

More information about the Living Well program is also available through the Kansas Department of Health and Environment at www.kdheks.gov/disability/living_well.htm.



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Learn Skills for Building a Healthy Lifestyle



Living Well with a Disability



A program presented by:

The Kansas Department of Health and Environment

and

**The University of Kansas
Research and Training Center on
Independent Living**





Program Overview

Learn how to develop the knowledge and skills for a healthier life.

What: The Living Well with a Disability program is an eight-week, 16-hour course that uses goal setting and problem solving as the framework for developing a healthy lifestyle.

Who: For people with disabilities, chronic health conditions and other health concerns.

How: Sign up through your local Center for Independent Living or other community-based organization. Classes are free to participants. Assistance with transportation to and from classes may be available.

To learn more about the content of the Living Well course, visit www.livingwellweb.com.

Living Well Topics

- Selecting and setting goals to live well.
- Solving problems: Navigating a sometimes bumpy path to success.
- Learning to respond to frustration with healthy reactions.
- Beating the blues: Just do something!
- Healthy communication: It takes two to reach an understanding.
- Seeking information: Knowledge is power – plug in!
- Physical activity: Use it (your body) or lose it (your ability).
- Eating well to live well: You are what you ate last week!
- Systems advocacy: Living well in the community.
- Staying healthy: Hanging on to the new you.



Living Well Works

Over 1,000 individuals in 32 states have completed the Living Well workshop. Participants who completed the program reported:

- A **37% decrease** in limitation due to secondary conditions
- A significant decrease in depression levels.

Living Well participation is also associated with a **10% decline** in costs for medical services.

About the Program

The Living Well program was co-developed by researchers at the University of Montana Rural Institute on Disabilities and the University of Kansas Research and Training Center on Independent Living.

It is the culmination of 10 years of research aimed at reducing the severity and incidence of secondary conditions.