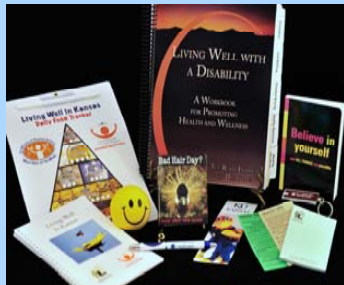


## Benefits You Will Receive

1. Free training and tools on ways to live a healthier lifestyle.
2. Development of skills for future success.
3. A potential decrease in medical services.
4. Peer support and a reduced sense of isolation.



Participant materials

"I highly recommend this class to anyone. The instructors, the workbook, and my peers made the difference. The program taught me the importance of confidence, empowerment and networking; and I read in a book that disappointments are inevitable; discouragement is a choice."

- *Living Well Participant*

The healthier we are, the more we're able to do the things we want in life. Living Well with a Disability helps people develop tools and skills for healthy living.



### For More Information:

Research and Training Center  
on Independent Living  
(RTC/IL)  
University of Kansas  
Room 4089, Dole Human  
Development Center  
1000 Sunnyside Avenue  
Lawrence, Kansas 66045

Phone: 785-864-4095  
Fax: 785-864-5063  
E-mail: [lschmille@ku.edu](mailto:lschmille@ku.edu)

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## Kansans with Disabilities CAN Be Healthy!

# Living Well with a Disability



### Presented by:

Kansas Department of  
Health & Environment  
and  
University of Kansas  
Research & 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 a course that uses goal setting and problem solving as the framework for developing a healthy lifestyle. It is offered both in a face-to-face workshop and online.

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

**How:** Call the Research and Training Center on Independent Living at 785-864-4095 for more information or contact your local Center for Independent Living to find out if there is a workshop near you.

To learn more about the content of the Living Well course, visit:



[www.rtcil.org/  
training/](http://www.rtcil.org/training/)  
or

[www.kdheks.gov/  
disability/](http://www.kdheks.gov/disability/)

## Living Well Topics

1. Selecting and setting goals to live well.
2. Problem solving.
3. Learning to respond to frustration with healthy reactions.
4. Managing negative thoughts and attitudes.
5. Skills for healthy and effective communication.
6. Seeking information: Knowledge is power – plug in!
7. Physical activity: Use it (your body) or lose it (your ability).
8. Eating well to live well: You are what you ate last week!
9. Self and group advocacy.
10. Maintaining healthy lifestyle changes.



## Living Well Works

The Living Well program is very effective. In the research phase of the program, more than 1,000 individuals in 32 states completed the workshop, with these results:

- A **37% decrease** in limitation due to secondary conditions.
- A significant decrease in depression levels.
- 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 20 years of research aimed at reducing the severity and incidence of secondary conditions.