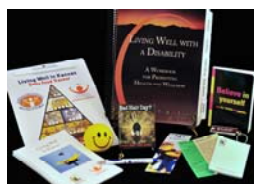


Benefits for Your Organization

1. Facilitators will be supported by RTC/IL and KDHE staff.
2. Staff trained as facilitators will develop skills to deliver future workshops and to support their own personal goals for healthy living.
3. Consumers' success in achieving their goals will help support Centers for Independent Living in their 704 and other program outcome requirements.



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.



Disability and Health Program
kansans with disabilities can be healthy



FOR MORE INFORMATION:

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This brochure was supported by Grant number I U59 DD000284-01 from CDC.

Living Well with a Disability

Kansans with Disabilities CAN Be Healthy!

A Program for Community-Based Organizations to Promote Health and Wellness Among Their Consumers



Presented by:
Kansas Department of Health & Environment
and University of Kansas
Research & Training Center on Independent Living

Living Well with a Disability: *A Program for Promoting Health and Wellness*

Program Overview

Learn how to help your community members lead healthier lives.

What: The Living Well with a Disability (LWWD) program is an eight-week workshop that uses goal setting and problem solving as the framework for developing a healthy lifestyle.

Who: For people with disabilities and chronic conditions.

How: Free course facilitator training is provided to your organization staff. Your organization will then conduct the program for its clients.

To learn more about the Living Well course, visit

www.kdheks.gov/disability/

or

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

How to Get Started

1. **Designate at least two staff members to be trained as course facilitators.** The facilitator training session provides an overview of the program and how to get started. It also briefly takes you through chapter content and provides tips for conducting each chapter.

Facilitator training is conducted through **one four-hour seminar** scheduled in coordination with your staff.

2. **Recruit consumer participants.** Resources will be provided to aid in your recruitment process.
3. **Contact RTC/IL staff for participant materials.** For each participant, you will receive a free LWWD student workbook and various incentives.
4. **Host trainings.** Choose a location that is accessible.
5. **Assist participants** with transportation to attend trainings if needed.

About the Program

History

The LWWD 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.

Living Well Works

In the research phase of the program, more than 1,000 individuals in 32 states completed the Living Well workshop. That research revealed that participants who completed the 8-week program experienced:

- A **37% decrease** in limitation due to secondary conditions.
- A **significant decrease** in depression levels.
- A **10% decline** in costs for medical services.