

# Living Well with a Disability



## PROGRAM DESCRIPTION

Living Well with a Disability (LWD) is a ten week peer-facilitated health promotion workshop for people with disabilities. Participants in the program learn the life skills they need to set and achieve quality-of-life goals and the important role health plays in helping them reach their goals.

## PROGRAM BENEFITS

Participants who have completed a workshop demonstrate:

- Improved outlook
- Positive changes in daily activities
- Achieving a personal goal
- Reduced limitation due to secondary health conditions
- Reduced health care costs
- Increased awareness of disability rights/advocacy

## WHAT IS PROVIDED TO PARTICIPANTS

Workshops are facilitated by peer-trained instructors, meet once a week for ten weeks and each class lasts 2 hours. The workshop covers the following topics:

- Goal setting
- Problem-solving
- Healthy reactions to stress
- Beating the blues
- Healthy communication
- Seeking information
- Physical activity
- Eating well to live well
- Advocacy
- Maintenance of skills learned

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## WHY MAKE A REFERRAL?

- Approximately 56.7 million persons (18.7%) in the United States live with one or more communicative, mental, or physical disabilities.
- Persons with disabilities are at higher risk for poor health.
- An improvement in self-management skills among persons with disabilities can lead to improved health and wellness.
- Improving personal skills can lead to an improved ability to advocate for structural changes, which can improve access to quality health care.

## SOURCES

1. Living Well and Working Well with a Disability, [www.livingandworkingwell.ruralinstitute.umt.edu/for-facilitators/resources](http://www.livingandworkingwell.ruralinstitute.umt.edu/for-facilitators/resources)
2. Living Well with a Disability; a Self-Management Program, [www.cdc.gov/mmwr/volumes/65/su/su6501a10.htm](http://www.cdc.gov/mmwr/volumes/65/su/su6501a10.htm)

## INFORMATION

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