Living Well in the Community

UTAH DEPARTMENT OF
HEALTH
www.livingwell.utah.gov

PROGRAM DESCRIPTION

Living Well in the Community is a ten-week workshop within the Healthy Community Living (HCL) Program for people who want to set goals to support their overall quality of life and wellbeing.

PROGRAM BENEFITS

Workshop participants can:

· Identify what is meaningful to them and then set quality of life goals around ways they want to make their lives better

· Make progress toward the goals they set by applying problem-solving skills and managing emotions like frustration and discouragement, feelings that can get in the way of reaching goals

· Discover tools and skills that can make goal achievement easier like communicating effectively and finding important resources

· Explore ways to improve their overall health by changing daily habits

· Practice self-advocacy and systems-advocacy to help them make changes that can support them and others in living well

WHAT IS PROVIDED TO PARTICIPANTS

Sessions include:

· Orientation
· Goal setting
· Building support
· Healthy reactions
· Staying on course
· Healthy communication

· Seeking information
· Eating well
· Physical activity
· Advocacy
· Maintenance

RESOURCES

Visit **www.livingwell.utah.gov** for more information.

FOR MORE INFORMATION ON THIS PROGRAM

livingwell@utah.gov

1-888-222-2542

WHY IS THIS IMPORTANT?

· 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.

INFORMATION

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SOURCES

1. Living Well in the Community, http://healthycommunityliving.com/living-well-in-the-community.html