

What is covered each week?

- Week 1**
 - Using your mind to manage symptoms
 - Fatigue and getting a good night's sleep
 - Introduction to action plans
- Week 2**
 - Dealing with difficult emotions
 - Physical activity, exercise, preventing falls
- Week 3**
 - Decision making
 - Pain management
 - Healthy eating
- Week 4**
 - Better breathing
 - Reading food labels
 - Communication skills
- Week 5**
 - Medication management
 - Positive thinking, dealing with low mood and feelings of depression
- Week 6**
 - Making informed treatment decisions
 - Planning for the future

What people have said about the programme

"It made me aware of my habits and gave me the tools to make positive changes"

"I have never done a course like this before. It was so truly enjoyable and I learned so much about myself and living with my illness"

"I met wonderful people with other illnesses and this made me feel 'not alone' which helped me emotionally"

For more information on the Living Well Programme, please contact:

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Living Well

A Programme for Adults with Long-term Health Conditions



www.hse.ie/LivingWell



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Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University





Why should I join the Living Well programme?

Living with a long-term health condition can be challenging. The Living Well programme supports you to develop the skills and confidence that will help you to self-manage and to live well with your long-term health condition.

These skills include how to:

- Set goals to make changes in your life
- Make plans to achieve these goals
- Problem solve
- Manage your medications
- Cope with difficult emotions, low mood and feelings of depression
- Manage pain, fatigue and sleep problems
- Communicate well with your family, friends and healthcare team.

These skills become your toolkit for better health.

What does the Living Well programme involve?

- Living Well is a free group programme, which runs for six weeks. There is one workshop each week, which lasts 2.5 hours.
- You can do the programme in person or online.
- Two trained leaders deliver the workshops. At least one of the leaders lives with a long-term health condition.
- People taking part in the workshops may or may not have the same health condition(s).
- The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. Each person who takes part gets a book about self-management.
- For the online programmes, you will receive support to get online, if required.



What is the Living Well programme?

Living Well is a free, group self-management programme for adults 18 years and older with long-term or chronic health conditions.

A long-term health condition is one that can be treated and managed but usually not cured.

Examples include asthma, COPD, diabetes, heart conditions, stroke, multiple sclerosis, arthritis, inflammatory bowel disease, chronic pain and many more.

The Living Well programme may also be a support for those with long-COVID.

What is Self-management?

Self-management is what a person with a long-term health condition does every day. This may include:

- Recognising and dealing with symptoms
- Taking medication and managing other treatments
- Making lifestyle changes
- Coping with the emotional effects of the health condition.

Good self-management happens in partnership with your healthcare team. It is not about 'going it alone'.



Who is the Living Well programme for?

Living Well is for adults 18 years and over. It is suitable for those who are:

- living with one or more long-term health conditions
- caring for someone with a long-term health condition

The Living Well Programme is not suitable for people with significant memory or learning difficulties.