

# Living Well



Living Well with Specific Eye Conditions in Partnership with the Irish College of Ophthalmologists

## Are you living with a long-term eye condition?

Examples include degenerative eye conditions AMD, Diabetic Retinopathy and Glaucoma.



Irish College of  
Ophthalmologists  
Eye Doctors of Ireland  
Protecting your Vision



## What is the Living Well programme?

Living Well is a **FREE online** group programme, delivered over seven workshops (1.5hrs x 1 introduction & 2.5hrs x 6) that helps people to better manage their health and daily life. It gives participants the skills to co-ordinate all the things needed to manage their health as well as keep active in their lives and relationships. The Living Well programme has been developed and researched in Stanford University and is facilitated by two trained facilitators one with their own experience of living with a degenerative eye condition.

## Why join the Living Well programme?

People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider. **Subjects taught**

- Techniques to deal with problems such as frustration, fatigue, pain and isolation.
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Decision making
- How to evaluate new treatments

## When:

**Starting on Tuesday February 23<sup>rd</sup> 2021 - 10am-12.30pm for 7 Weeks - Places Available**

**How:** For more information or to register, contact the Living Well Coordinator Leah Harrington: 087 365 4392 Email: [leah.harrington@hse.ie](mailto:leah.harrington@hse.ie) or Visit: [www.hse.ie/livingwell](http://www.hse.ie/livingwell)



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Sláintecare.



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