

## What is covered each week?

<b>Week 1</b>	<ul style="list-style-type: none"> <li>• Using your mind to manage symptoms</li> <li>• Fatigue and getting a good night's sleep</li> <li>• Introduction to action plans</li> </ul>
<b>Week 2</b>	<ul style="list-style-type: none"> <li>• Dealing with difficult emotions</li> <li>• Physical activity, exercise, preventing falls</li> </ul>
<b>Week 3</b>	<ul style="list-style-type: none"> <li>• Decision making</li> <li>• Pain management</li> <li>• Healthy eating</li> </ul>
<b>Week 4</b>	<ul style="list-style-type: none"> <li>• Better breathing</li> <li>• Reading food labels</li> <li>• Communication skills</li> </ul>
<b>Week 5</b>	<ul style="list-style-type: none"> <li>• Medication management</li> <li>• Positive thinking, dealing with low mood and feelings of depression</li> </ul>
<b>Week 6</b>	<ul style="list-style-type: none"> <li>• Making informed treatment decisions</li> <li>• Planning for the future</li> </ul>

## For more information visit:

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)

If you think this programme could be for you, or have any questions, contact your local Co-ordinator (contact details at the back of this leaflet).

Living Well has been available in Ireland for many years. It has run under a variety of names including: 'Quality of Life' (Donegal), 'Self Care to Wellness' (Mayo & Roscommon), 'Better Health Better Living' (Beaumont Hospital), to name a few.

## What have people said about the programme?

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

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

*My confidence has increased and I feel I am now able to manage my condition better*

## More Information:

Contact: Leah Harrington  
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**You can also contact HSELive**  
Call: 1850 24 1850 Email: [hselive@hse.ie](mailto:hselive@hse.ie)

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Your toolkit for better health

This is an SMRC Evidence Based Self Management Programme originally developed at Stanford University.



Slaintecare





Self-management is what a person does every day to manage their long-term health condition.

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

Examples of long-term health conditions include (but are not limited to):

COPD, asthma, diabetes, heart conditions, stroke, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, depression.

Learning how to manage your condition may help you feel better, stay active and live well. Having the right information and support can help you to do this.

### What is the Living Well programme?

Living Well is a free group self-management programme for adults with long-term health conditions.

The programme supports you to develop skills which will help you to live well with a long-term health condition(s). These skills include how to:

- set goals to make changes in your life
- make plans to achieve these goals
- solve problems
- manage your medications
- cope with difficult emotions, low mood and feelings of depression
- communicate well with your family, friends and healthcare team.

*These skills become your toolkit for better health.*

### Who is Living Well for?

Living Well is for adults 18 years and over. It is suitable for you, if you are:

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

### What does Living Well involve?

It runs for six weeks. There is one workshop each week that lasts for 2.5 hours.

The programme is usually delivered in a classroom setting. However, during COVID-19 it is available online.

People taking part in the workshops may have the same health condition(s) as you. Others will have different health conditions.

The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. You can also share experiences of living with your condition(s). Each person who takes part gets a book about self-management.

Two trained facilitators or leaders run the workshops each week. At least one of the facilitators lives with a long-term health condition.

