

Put Life Back In Your Life

Living a Healthy Life Workshop



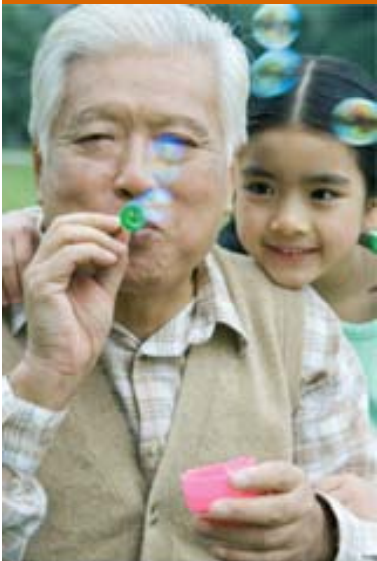
Aging and Disability Resource Center of Broward
October 2008



Agenda

1. Benefits, Basics, Background
2. Keys to Success
3. Are Living a Healthy Life Workshops for You?
4. Join a Workshop





Living a Healthy Life Workshops: The Benefits

Living a Healthy Life workshops help you regain control of your life and do the things that matter to you.

You will be calmer, less worried and more confident about managing your health.

Living a Healthy Life workshops help you feel better.

You will have energy to do more and get relief from your pain, fatigue and other symptoms.

Living a Healthy Life workshops connect you with others.

You will meet new people, share what you know, and come up with new ways to address your health conditions.





Living a Healthy Life Workshops: The Basics

- A practical, interactive curriculum including:
 - Exercise and nutrition
 - Medication usage
 - Stress management
 - Talking with your doctor or health professional
 - Dealing with emotions and depression
 - Weekly goal setting to improve step by step your quality of life
- Opportunities for discussion and problem solving
- Mutually supportive setting



Healthy Living Initiative

Leader Training

4 days / one week
6 hours / day

Or

2 days /week +
2 days /week
6 hours / day

Living Healthy Workshops

6 weeks - Once a week
2.5 hours / day

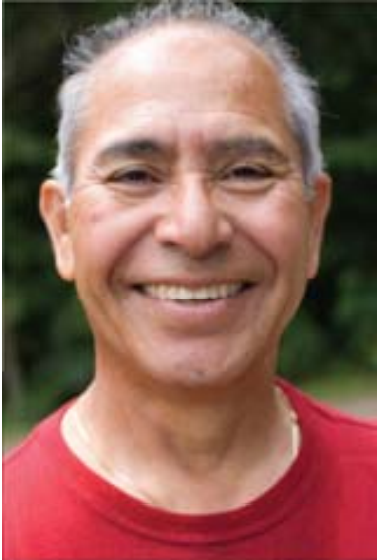




Background

- Developed in the early 1990s by the Stanford Center for Research in Patient Education Based on a successful arthritis self-management program.
- A credible, “evidence-based” program with broad experience and demonstrated results in a variety of settings, populations, and chronic conditions.
- Now used internationally in 15 countries and over 39 U.S. states.





Keys to Success

- The format addresses specific problems and goals for people with ongoing health problems. It is not a drop-in support group.
- The workshops are not prescriptive. Participants choose their own goals and track their own progress toward success.
- Trained peer leaders offer guidance and support, but participants find practical solutions individually and together.



Living a Healthy Life Workshop

May Be For You, If You...



- Are aged 60 or older with long-term health conditions, such as:
Arthritis, diabetes, asthma, high blood pressure, heart disease, cancer, chronic pain, anxiety, depression, and others
- Feel limited in your day to day activities
- Feel tired, alone, or fearful
- Are looking for better ways to manage your





Here's What Older Adults Say After Attending The Workshops:

"I was tired. My pain was my boss. It was telling me what I could and couldn't do. The Healthy Living Workshops put me back in charge."



"Now I have the energy to do the things that matter. I am calmer and more confident about my health. I got relief from my pain."

"I put life back in my life."





Aging and Disability Resource Center of Broward

Join a Workshop

To join a **Living a Healthy Life** Workshop, please call:

ELDER HELPLINE * 954-745-9779 *

If you would like more information please contact

Karin Diaz at diazk@elderaffairs.org or
Moyah Purkiss at purkissm@elderaffairs.org

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Healthy Living Initiative

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