

# LIVING WELL

## A PROGRAMME FOR ADULTS WITH LONG-TERM HEALTH CONDITIONS



### What is the Living Well Programme?

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

A long-term health condition is one, which can be treated and managed but usually not cured. Examples include asthma, COPD, diabetes, stroke, multiple sclerosis, heart conditions, arthritis, inflammatory bowel disease, chronic pain and many more.

Living Well 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 and 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'.



### 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.
- During COVID-19, the programme has been delivered online. In-person programmes will return when it is safe to do so. Support to get online is available, if required.
- Two trained leaders run 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.

## 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>

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 health condition(s).

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.**



## Who can join the Living Well Programme?

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

### More Information:

To find out more about the Living Well Programme in Mayo, Galway and Roscommon

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