

HELPING YOU LIVE BETTER

Living Well in the Community is a health and wellbeing workshop designed for people with disabilities. It supports them to make choices that can help them live the life they want.

The 10-week program helps participants choose and **work on a personal goal, experience peer support, create more possibilities** in their life and **make improvements** to their health and wellness.

WHAT'S IN THE WORKSHOP?

- Facilitated discussion
- Fun activities
- Informative videos
- Useful information

LIVING WELL IS ABOUT:

- Living the most satisfying life possible, and
- Developing healthy living habits

For someone with a disability, physical and mental health affect every part of their life. Things like chronic pain, fatigue, stress, and depression can keep them from activities they value. A healthy and balanced lifestyle can help them reach their goals by decreasing and even preventing health problems.

DISABILITY IMPACTS ALL OF US

According to the Centers for Disease Control and Prevention (CDC), up to **1 in 4 (26%)** adults in the United States have some type of disability. In New Hampshire this equals approximately **232,359 (21%)** adults. People with disabilities need health programs for the same reasons anyone else does—to stay well, active, and a part of the community.

SERVING THE FOLLOWING COMMUNITIES

YMCA Allard Center of Goffstown

116 Goffstown Back Rd, Goffstown, NH 03045

YMCA of Downtown Manchester

30 Mechanic Street, Manchester, NH 03101

YMCA of Greater Londonderry

206 Rockingham Rd, Londonderry, NH 03053

YMCA of Concord

15 North State Street, Concord, NH 03301

YMCA of the Seacoast

550 Peverly Hill Road, Portsmouth, NH 03801

YMCA of Strafford County

35 Industrial Way, Rochester, NH 03867

FOR MORE INFORMATION, contact Cindy Lafond, Executive Director of Health Interventions at 603.232.8668 or email health@graniteymca.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVING WELL IN THE COMMUNITY

A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA



www.graniteymca.org



The National Library of Medicine states, “people with disabilities show disparities in measures of overall health when compared with the general population. Much of this can be attributed to secondary conditions rather than to the impairment itself. Persons with disabilities can prevent and manage many of the conditions that contribute to these disparities. The Living Well in the Community program was developed to support adults with disabilities to manage their health. The curriculum helps participants **achieve early success in self-management of quality-of-life goals to build confidence for making health behavior changes**; it includes 11 chapters that facilitators use to conduct an orientation session and 10 weekly sessions. The program is a promising intervention that has demonstrated improvements in health-related quality of life and health care use.”



SESSION TOPICS INCLUDE

- Orientation
- Goal Setting
- Building Support
- Healthy Reactions
- Staying on Course
- Healthy Communication
- Seeking Information
- Eating Well
- Physical Activity
- Advocacy

Having a disability does not mean a person is not healthy or that they cannot be healthy. Being healthy means the same thing for all of us—getting and staying well so we can lead full, active lives. **That means having the tools and information to make healthy choices and knowing how to prevent illness.**