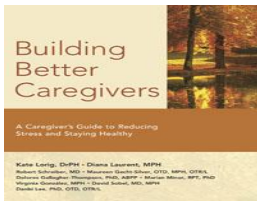


Living Well

BUILDING BETTER CAREGIVERS

Are you a caregiver?

Building Better Caregivers: classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their caregiving tasks and maintain a fulfilling life.



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). This is a self-management programme for caregivers with the aim of improving your quality of life to better manage your daily health. Living Well can help you develop the skills and confidence to manage your health condition(s). It is delivered by two trained leaders, one or both of whom are peers who are or have been family caregivers.

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:

- Caregiver stress
- Dealing with difficult care partner behaviours
- Getting help
- Making decisions about treatment, housing, etc.
- Communicating effectively with family, friends, and health professionals
- Dealing with caregiver and care partner difficult emotions
- Planning for future needs and more

When:

Starting on Monday January 25th - 10am-12.30pm for 7 Weeks - Started

Starting on Tuesday March 30th – 7.00pm – 9.30pm for 7 Weeks – Places Available

Starting on Wednesday April 7th – 3.00pm – 5.30pm for 7 Weeks – Places Available

How: For more information or to register, contact the Living Well

Coordinator Leah Harrington: 0873654392 Email:

leah.harrington@hse.ie or Visit: www.hse.ie/livingwell



This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University. This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under grant agreements numbers 38, 78, 185, 219, 413, 418.