

Living and Working Well with a Disability Programs

Health promotion programs for people with disabilities.

"The Living Well Program has taught me to be more assertive, more self-assured, and happier in my life."

Both Living and Working Well are based on the Independent Living Philosophy that emphasizes personal choice, self-determination and peer support as essential components for living independently in the community.

Participants in Living and Working Well develop independent living skills such as goal setting, problem solving and communication skills and have the opportunity to practice them in a supportive peer environment.

"After participating, I now know that I can solve problems. I am not so overwhelmed when life just happens."

Living Well with a Disability

The healthier you are, the more you are able to do.

This ten-week, peer led workshop is designed for people with disabilities who want to learn new skills, meet new people and improve their quality of life by improving their health.

People who participate in Living Well report:

- Improved outlook
- Positive changes in daily activities
- Goal achievement
- Reduced limitations
- Reduced healthcare costs

Working Well with a Disability

Balancing work and wellness.

This six-week, peer led workshop is designed for people with disabilities who want to improve their health in support of finding or maintaining employment.

People who participate in Working Well report:

- Improved health and capacity to work
- Enhanced peer support
- Reduced isolation
- Lasting friendships

“The best part...was classmates asking me what I did over the past week to meet my goal. Setting goals gave me more motivation to hope, work, think towards a future – a positive, worthwhile, much-needed experience.”

Learning healthy lifestyle habits is possible and fun with the support of peers in the Living and Working Well workshops. If you would like to participate in a workshop, or learn more, please contact:

Provider Contact Information:

To learn more about this program visit: livingandworkingwell.ruralinstitute.umt.edu

RTC: Rural - Research and Training Center on Disability in Rural Communities

Room 52, Corbin Hall

University of Montana

Missoula MT 59812

rtc.ruralinstitute.umt.edu