



What is Living Well Alabama?

A series of six workshops that helps people with one or more chronic conditions (diabetes, hypertension, cancer, arthritis, asthma, etc) and their family, caregiver, or loved one, learn new skills that will help them manage their condition and their life.

How long is the workshop?

The complete series includes six weekly sessions, each lasting 2 to 2 1/2 hours each.

Where are the workshops held?

Workshops can be held almost anywhere. Sessions are held at clinics, worksites, or in community settings such as senior centers, churches, libraries, and fitness centers.

Who and how many can attend a workshop series?

People with one or more chronic conditions can attend along with their care givers or family members. In order to hold the workshops there needs to be 10 to 16 committed participants.

Who teaches the workshops?

Workshops are taught by 2 trained leaders; usually, at least one has a chronic condition. Leaders have many backgrounds and can include parish nurses, social workers, community leaders, or peers.

What do the sessions cover?

- How to deal with problems such as frustration, fatigue, pain, and isolation.
- Exercises for maintaining and improving strength, flexibility, and endurance.
- Prescription medication use, side effects, purpose, and over-the-counter medications.
- Talking effectively with family, friends, nurses and physicians.
- Healthy eating.
- Relaxation techniques and better breathing.

Are Living Well Alabama workshops successful?

Yes. These sessions build on brainstorming, problem solving, and mutual support to build participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Does the Program replace existing programs and treatments?

Living Well Alabama does not conflict with other programs. It is meant to be used with the participants' regular treatment plans and will not conflict. It is especially helpful for people with many chronic conditions as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them live active lives.

