If you are living with a long-term health condition you will know that sometimes life is not easy. This programme provides you with the practical skills you need to become a good self-manager of your health.

Self-management means looking after yourself and your health so that you can manage your life and not just your condition. Self-management does not exclude your usual GP and healthcare professional support. In fact it enhances this support.

What is a ‘long-term health condition’?

It is a health condition which lasts more than 6 months, can be treated and managed but usually not cured and which impacts your life causing some degree of impairment or disability.

Examples of long-term health conditions include:

- Diabetes
- COPD
- Heart conditions
- Stroke
- Asthma
- Arthritis
- Fibromyalgia
- Parkinson’s disease
- Irritable bowel / Crohn’s disease / Colitis
- Chronic Pain
- Depression
- Multiple sclerosis
- High-blood pressure
- Or, other conditions that detrimentally affect your health in the longer term

What participants in Co Donegal have reported:

‘This course has made me a more positive person’. (Martina, 2017)

‘I learned a lot about anxiety in my life and how to manage it’. (Peter, 2018)

‘My confidence has increased and I feel I am now able to manage my condition better’. (Angela, 2018)

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What topics does the Programme cover?

- Pain and fatigue management
- Coping with challenging emotions and feelings of depression
- Relaxation and breathing techniques
- Getting a good night’s sleep
- Exercise appropriate to your ability
- Healthy eating
- Managing medication
- Action planning and setting realistic goals
- Problem solving and decision making in your life
- Communicating with family, friends and healthcare team
- Finding out about supports in your local community to address your needs or challenges

Who delivers the Quality of Life Programme?

The Programme is delivered by specially trained Tutors who all have experience of living with long-term physical or mental health conditions. Group sizes are small (max of 18), and it is run in local community settings.

Who is it for?

The Quality of Life Programme is for adults (18y and over). It is suitable for you if you are:
- living with a long-term health condition or with depression (it is common to be living with more than one such condition)
  
  or

- you are a carer for someone with a long-term health condition, depression, intellectual disability or dementia.

Note: The Programme is not suitable for anyone with an intellectual impairment or with advanced dementia, but the carers of people with these conditions would benefit greatly from it.

About the Quality of Life Programme:

Quality of Life is a free programme which teaches the skills you need to live as well as possible with your long-term health condition/s.

The Programme runs over 6 weeks, with one workshop per week of two and a half hours duration.

It was designed in Stanford University, California, in 1993. It is used worldwide and has a large body of research evidence to show it is effective. Quality of Life has been running in Co Donegal since 2010. Participants in Donegal have reported a significant positive impact on their lives, including feeling more confident and in-control of their health condition, improved mood and better sleep.