

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)*

### For more information call or email

Martina Blake: 087-3314159  
martinablakeqol@outlook.ie

Or

Helen O'Driscoll: 087-3964307  
helenodriscollqol@outlook.ie



# QUALITY OF LIFE

A free programme  
to help you live better  
with your  
long term health condition/s

Donegal • Sligo • Leitrim • Cavan • Monaghan



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## 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.



## 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.

## 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

