

Background to the Programme:

This Programme was designed at Stanford University in California, USA. It is used worldwide and has a large body of research evidence to show it is effective.

What will you learn?

Regardless of your health condition, the Programme teaches tools for self-care. These tools include:

- **Dealing with pain and fatigue**
- **Coping with difficult emotions and feelings of depression**
- **Relaxation and breathing techniques**
- **Exercise appropriate to your ability**
- **Healthy eating**
- **Managing medication**
- **Communication Skills**
- **Problem solving and decision-making**

What do people get from the Programme?

Participants world-wide report a significant positive impact on their lives and a reduced dependence on health-care services. In Co Donegal participants have reported:

- **feeling more positive and in control of their lives**
- **making better health choices, for example, around exercise, healthy eating, medication, sleep**
- **more confidence in managing their health condition.**

What Donegal participants have said:

'This course has made me a more positive person'

'I learned a lot about anxiety in my life and how to manage it'

'My confidence has increased and I feel I am now able to manage my condition better.'

Contact details:

To Register

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Administrator

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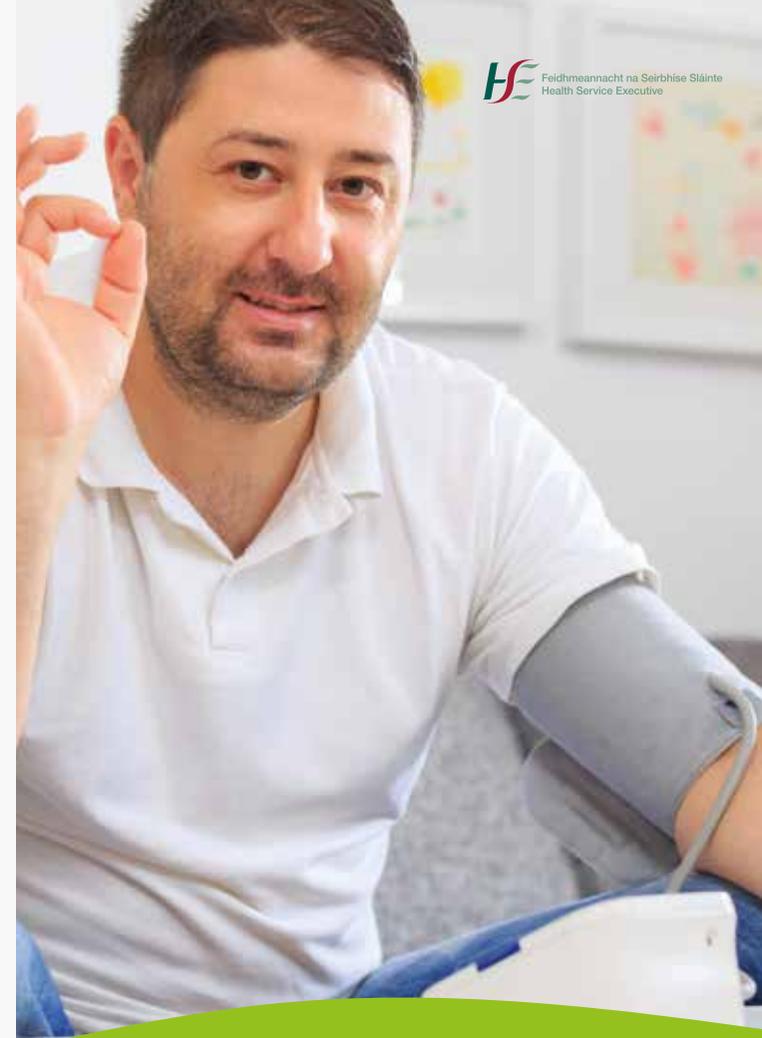
For more information

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QUALITY OF LIFE

DONEGAL

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



The Quality of Life Programme is for you **if**:

- you are an adult (over 18) 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.



Examples of long-term health conditions include:

- **Diabetes**
- **Arthritis / Osteoporosis**
- **Fibromyalgia**
- **Parkinsons Disease**
- **Asthma**
- **Irritable bowel/Crohn's/Colitis**
- **Chronic Pain**
- **COPD**
- **Heart disease**
- **Depression**
- **Stroke**
- **Multiple Sclerosis**
- **High-blood pressure**
- **Or, anything that detrimentally affects your health in the longer term.**

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.

If you have any of these conditions you will find that sometimes life is not easy. You probably know quite a lot about your condition already, but the Programme will provide you with the practical skills you need for your own self-care. Self-care means looking after yourself and your health so that you can manage your life and not just your condition. Self-Care does not exclude your usual GP and Health-care Professional support. In fact it aims to enhance this support.

What is the Quality of Life Programme?

- It is a free programme, run over 6 weeks, with one workshop per week of 2.5 hours duration.
- Programmes are delivered around the county to small groups (max of 12)
- The Tutors are trained volunteers who have personal experience of living with a long-term physical or mental health condition

