



Community Living Skills

Snapshots

Healthy Relationships

“One of the biggest things I have learned having a disability and being in a relationship, is you really have to be yourself.”

— Leanne Beers, disability relationships specialist and parent with a disability

Introduction

The Healthy Relationships session of the Community Living Skills workshop introduces and explores different types of relationships people can have, or may want to have, with others. Relationships can positively impact people's lives by providing support, and revealing new opportunities in the world around them.

This session includes exploring what is valued from relationships, setting boundaries, and building a structure of healthy relationships to form a community of support.

Content Summary

Introduction: Types and benefits of different relationships

Know Yourself: Defining valued relationships and healthy boundaries with others

Close Relationships: The varying types of closeness across different types of relationships

Romantic Relationships: Dating, staying safe, and disability and intimacy

Community Members: Defining and thinking about relationships with people such as service providers, acquaintances such as co-workers and classmates, and other community members





Healthy Community Living is a program to support opportunities for people with disabilities to live well and participate fully in their communities.

It includes two peer-led independent living skills workshops, **Community Living Skills** and **Living Well in the Community**, which are each divided into ten specific content sessions.

RTC:Rural used an iterative participatory curriculum development (IPCD) process to involve key stakeholder engagement in the development, implementation, and evaluation of each workshop.

Each workshop has been developed through partnerships with people with disabilities with the Association of Programs for Rural Independent Living (APRIL) and Centers for Independent Living (CILs).

The HCL Snapshots series explores how partner participation through the IPCD process was fundamental in shaping the HCL program to improve people's wellbeing by providing support, health promotion, education, and opportunities for people with disabilities to succeed in reaching personal goals.



Learning Objectives

Workshop participants can learn how knowing themselves and building self-esteem can support the development of healthy relationships with others. Of the many different kinds of relationships in their lives, participants can learn strategies for building and maintaining them in ways that support their values, needs, and desires.

Disability Community Partnership Shaped Content

The Healthy Relationships session was shaped by HCL project partners through an iterative participatory curriculum development (IPCD) process. CIL staff provided their insight of working with consumers to discuss types of relationships with others, and the questions, common issues and barriers around creating and maintaining them in a healthy way.

In the pilot phase, many workshop participants shared that relationships were a difficult concept, and that many of the concepts around creating healthy relationships were new to them, including exploring and knowing their own values. The session “made the group think,” generated lively discussions, and provided new information and tips that participants said they could use in their everyday lives.

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