



Community Living Skills

Snapshots

Self-Care

What do you wish for all people you have helped move out of the institution to live in their communities?

"I hope they live long lives and have their own place. I hope they make money. I hope they learn every day. I hope they meet new people, celebrate their birthdays, write letters, clean up, go to friends' houses and drink coffee. I hope they have a good breakfast every day, call people on the phone, feel safe."

—Lois Curtis, disability advocate

Introduction

The Self-Care session is part of the Community Living Skills workshop.

This session guides participants to identify personal self-care needs and what healthy lifestyle habits and supports are important for staying healthy and experiencing a good personal quality of life.

Content Summary

Keeping Your Body Clean: Tips for body and dental hygiene

Listening to Your Body: Understanding body feelings, such as pain or stress; and ways to treat your body well through activity, eating healthy food and drinking enough water, sleep, remembering to take your medications, and stress reduction activities

Being Healthy in Your Home: Home cleaning and maintenance tips, shopping, meal prep, and how healthy relationships and budgets can impact health





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 why self-care is important and how to maintain it through body and dental hygiene, paying attention and managing how food, sleep, exercise and stress affect them, and how creating a healthy home environment and healthy living practices can support their personal health and self-care needs.

Disability Community Partnership Shaped Content

The Self-Care session was shaped by HCL project partners through an iterative participatory curriculum development (IPCD) process. CIL partners brainstormed elements of self-care and contributed resources and personal knowledge to the session from their own lives and experiences assisting people with disabilities in their communities. They offered some modifications that may make doing some tasks easier for people with specific disabilities. Other videos were provided by people with disabilities across the country demonstrating how they accomplish specific tasks, such as using certain tools to make cleaning the floor or washing dishes easier.

In the pilot phase of the Self-Care session, most of the workshop participants could relate to self-care topics in some way, which lead to valuable discussions. These provided an opportunity for participants to give their own self-care tips and provide peer support to the group.

UNIVERSITY OF MONTANA
Rural Institute

RTC:Rural
Research & Training Center
on Disability in Rural Communities

© 2018 RTC: Rural. This project is supported by grant #90DP0073 from the National Institute on Disability, Independent Living, and Rehabilitation Research within the Administration on Community Living, U.S. Department of Health and Human Services. The contents and opinions expressed reflect those of the author(s), are not necessarily those of the funding agency, and should not assume endorsement by the Federal Government.