

Hosting Independent Living Workshops Online

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WELCOME

Thank you for joining us today!

Disclosure

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Today's Presentation

- Independent Living Workshops
- What is Healthy Community Living?
 - Overview of Workshops & Trainings
 - Hosting Workshops at your CIL
 - Consumer Outreach & Recruitment
 - Facilitating Online Workshops online, in-person & hybrid
- Demonstration of Living Well Orientation

Hosting Workshops

- One staff member can facilitate, or two staff members co-facilitate the workshop together as a team
- Workshop can happen online, in-person, or a combination of both (hybrid)
- Schedule a start date - for example: Wednesdays at 1 p.m.
- Plan to meet each week for 11-weeks

Facilitator Training

- For our Healthy Community Living program, we provide facilitator training and resources for each workshop specifically
- We also offer a Facilitating Groups Training for individuals who are new to workshop facilitation or would like to brush up their skills

- Whatever workshop you are providing, start by becoming familiar with the content you would like to discuss in your group

Now Offering Live Facilitator Trainings

- Facilitator trainings for all of our HCL programs will be conducted with a live trainer, Amy Lariviere
- Trainings will be hosted on Zoom and include 4, 2-hour sessions
- Trainings will provide an opportunity for facilitators to meet and connect with one another, and gain live feedback from our trainer
- Trainings are new this year and will begin with the Living Well in the Community training
- Please check our website for complete details
- www.healthycommunityliving.com

Recruitment & Outreach Strategies

- Email flyers to current consumers and community partners
- Let all the IL Staff in your organization know about the workshop as they may know individuals who will be interested
- Contact other organizations or referral agencies and let them know about the workshop

More Recruitment & Outreach Strategies

- Post workshop details on social media
- Call your consumers and ask them about joining a workshop
- Attend outreach events virtually (conferences, community events)
- Sign up page via your website (Eventbrite, etc.)

What is Healthy Community Living?

- A group of online workshops ready to use online, in-person, or hybrid
- A series of workshops for people with disabilities that include group discussions on topics relevant to their lives
- Facilitators present slides from the HCL website to consumers, either in-person, online, or some combination of both

What does Healthy Community Living do for Participants?

- Focuses on improving quality of life and building self-determination, relatedness, autonomy & supports
- Fosters peer connections and peer support in an independent living setting

Healthy Community Living Includes which Workshops and Trainings?

- Includes three peer-led IL skills workshops & facilitator trainings for each:
 - Community Living Skills
 - Living Well in the Community
 - Working Well with a Disability
- As well as a general facilitation training for any group peer-led workshop:
 - Facilitating Groups Training

Who is Healthy Community Living For?

- Healthy Community Living is for anyone
- It can be a great way to connect with consumers, reduce isolation, and help people meet their goals while staying at home

Community Living Skills

- 11-week workshop within the HCL program
- Focused on building skills for living independently
- Includes an online Facilitator Training

Community Living Skills Workshop Topics

- Orientation
- Disability Identity
- Peer Support
- Self-Advocacy
- Self-Care
- Housing
- Technical Skills
- Budgeting & Finance
- Transportation
- Time Use

Living Well in the Community

- 11-week program within the HCL program
- Focused on setting goals to improve overall quality of life and wellbeing
- Adapted from our older workbook-based program

Living Well with a Disability Living Well in the Community Workshop Topics

- Orientation
- Goal Setting
- Building Support
- Healthy Reactions
- Staying On Course
- Healthy Communication
- Seeking Information
- Eating Well
- Physical Activity
- Advocacy
- Maintenance

Working Well with a Disability

- Working Well with a Disability is meant to build on the Living Well in the Community program
- Working Well focuses on the balance between health and transition to employment
- Focus on balancing health and employment

Working Well Workshop Topics

- Orientation
- Working for Your Values
- The Great Balancing Act
- Stress & Working Well
- The Power of Advocacy
- Balancing through Physical Activity
- Eating Well to Live Well
- Maintaining a Healthy Balance

Facilitating Groups Training

- Facilitating Groups is about learning general tips and skills to be a facilitator in peer-led settings
- Develop skills, such as asking questions to facilitate positive behavior change

Facilitating Groups Training Topics

- Foundations
- Relationships
- Active Listening

- Behavior Change
- Sharing Your Story
- Asking Questions
- Direct Communication
- Referrals
- Facilitating Self-Care
- Accessibility

Living Well in the Community Demonstration of Orientation Session

What have participants said?

“I learned I can help others if they need help by giving them resources.”

“The classes were rewarding and resourceful.”

“I learned how to advocate and eat healthier. I also learned how to identify reactions and how to converse with others.”

“I learned that inside disabilities are important to keep in mind and advocate for myself.”

“Our material was very useful and informative!”

Additional Resources Included

- Facilitator training for all three workshops
- Recruitment brochures and materials
- Certificates of completion for consumers and facilitators
- Additional resources for each weekly session including full length videos, additional worksheets, and supplementary information
- Photos and videos of real people in real places

APRIL Facilitator Interview Montage Video Description

Montage of staff from Centers for Independent Living who facilitated Healthy Community Living workshops sharing their experiences, alternating speakers throughout.

- Charles Oaks - Disability Partners - A man with brown-grey hair, and a short mustache and beard
- Casey Schmidt - Wyoming Independent Living - A man with short brown hair, a thick brown mustache and beard, and glasses
- Kelly Ritter - Future Choices Inc. - A woman with long brown hair and glasses
- Jessica Adkins - Access II - A woman with long, wavy red hair

Video from Workshop Facilitators

Questions or Comments?

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