

Does it work?

The course was developed at Stanford University and adapted for use in the UK (Expert Patient programme). Introduced to the Isle of Man in 2009 as Live Well – Stay Well.

Evaluation results from the Live Well – Stay well Pilot Study

- 95% of participants said they felt more positive about living with a long term condition
- 85% felt their confidence level had improved when carrying out daily activities (i.e. household chores)
- 85% felt more confident when talking to Health Professionals
- 60% stated that they had improved in their ability to participate in social events (i.e. recreational activities)

Live Well – Stay Well Contact Details

Mobile: 486641

(9.30 am till 2 pm Monday to Friday)

E-mail:

livewell-staywell@ramseycottage.dhss.gov.im

Ramsey and District Cottage Hospital
Cumberland Road, Ramsey
Isle of Man, IM8 3RH

“Meeting and talking to other people with long term conditions has helped me realise that I am ‘not alone’ and I felt very supported”.



The Live Well Stay Well Team

This leaflet can be provided in large print
or audio tape on request



Isle of Man
Government
Reiltys Ellan Vannin



HEALTH SERVICES
Shirveishyn Slaynt

Live Well – Stay Well

“Opening new doors for people living
with a long term health condition”



**Self Management Course
for people with long term
conditions**

What is the Live Well Stay Well Course?

It is a 6 week course designed for people living with a long term health condition. The course encourages people to manage their condition on a daily basis by developing new skills.

Each week the course highlights a different aspect of managing your health.

These include:

- How to improve communication with people around you
- Ways of coping with fatigue and pain
- How to relax and identify new ways of exercising
- Importance of maintaining a well balanced diet
- How to cope with low moods
- Identifying the need to plan for the future

Where is it?

Held at various Health and Community Centres Island wide

How long is the course?

The course consists of 6 sessions run over six weeks. Each session lasts for 2½ hours (including a refreshment break).

Who can take part?

Anyone living with a long term health condition, such as:

Diabetes Heart failure
Ulcerative Colitis Incontinence
Stroke Endometriosis Asthma
Epilepsy Psoriasis Arthritis
Chronic pain Crohns Disease
Multiple Sclerosis Parkinson's
Kidney Disease High Blood Pressure
Chronic Obstructive Pulmonary Disease
To name but a few!



"Helping you to help yourself!"

Who runs the Course?

It is run by volunteers who themselves live with a long term health condition, supported by health care professionals. All volunteers have successfully completed a training course and accreditation under licence from Stanford University.

How can it help me?

- Gain more confidence in managing my condition on daily basis
- Meet other people who have similar problems
- Being able to share difficulties and find new ways of dealing with them