

Living Improvements for Everyone (LIFE)

People who attend 'LIFE'
commonly have:

- *improved quality of life*
- *less emergency visits
to doctors and hospitals*
- *improved confidence in
managing their health
and their life*

Enjoy life!

Living successfully with a
long term health condition



A course that can help you
manage your health and get
the most out of life.

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What is 'LIFE'?

It can be hard to live with long term health conditions, but life can improve a lot if people manage them well.

'LIFE' is a culturally appropriate version of the Stanford Model of long-term health condition self management. It involves sharing knowledge and experience on topics such as how to:

- manage sickness
- talk to health professionals
- lessen frustration
- fight fatigue
- make daily tasks easier, and
- manage grief and loss.

South Australian Aboriginal and Torres Strait Islander people adapted the course originally developed by Stanford University. The course is led by qualified leaders.

Who is the course for?

The course is for anyone with a long term health condition, and the friends and relatives who care for them.

What is meant by 'long-term health condition'?

Long term health conditions last from six months to many years. They often result in people feeling less strong, physically and emotionally. They may cause problems in managing everyday life.

Examples include:

- arthritis
- diabetes
- heart disease
- lung disease
- fibromyalgia
- osteoporosis
- asthma
- the after effects of stroke
- on-going pain

How does the course work?

The course runs for 2.5 hours once a week for 6 weeks. People share knowledge and experience which helps everyone to develop skills and confidence in managing their health and well-being.

What does it cost?

Health services may decide to charge a nominal fee. People in financial hardship are not charged a fee.

Bookings are essential

For further information please contact:

- Your local health service, or
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