

## More information

To find out when and where the next LIFE course will be held and to register, contact the **LIFE team on 9224 3778 or 9224 8741 or email [EMHS.HealthyLifestylePrograms@health.wa.gov.au](mailto:EMHS.HealthyLifestylePrograms@health.wa.gov.au)**.

*"I'm feeling much more confident within myself and appreciating that self-care is a priority now," Val, LIFE participant.*

*"At the beginning of the LIFE Program I set a long term goal and my weekly action plan was to cut down on smoking – I have now been 28 days smoke free. I had smoked for 23 years and thought I would never be able to stop. With the support I got from this group I was able to quit, I feel really proud of myself," Troy LIFE participant.*

*"This course made me more aware of health and exercise and I also learnt a lot more about communication and problem solving," Shirley, LIFE participant.*

*"I feel good about coming to the course. I get encouragement from the other participants, which has given me more confidence to follow through with my action plans and daily activities. I'm now working with my doctor to manage my weight and am on a healthy eating and exercise plan. I have lost four kilos so far and I feel good," Ellen, LIFE participant.*

*"I felt like I was going around in circles but now I am tackling life in a new light due to self-awareness," Mary, LIFE participant.*

The LIFE program was developed under license from Stanford University – California, by the Pika Wiya Health Service and Spencer Gulf Rural Health School in South Australia (SA), as part of the Sharing Health Care SA Project in 2001.

This program is facilitated by East Metropolitan Health Service Community and Population, Metropolitan Aboriginal Community Programs staff members and funded through the "Footprints to Better Health" initiative.

### **Healthy People, Amazing Care Koorda Moort, Moorditj Kwabadak**

***We respectfully acknowledge the past and present traditional owners of this land, the Wadjuk people of the Noongar Nation.***

**Note:** The use of the term "Aboriginal" within this document refers to Australians of both Aboriginal and Torres Strait Islander descent.

This document can be made available in alternative formats on request.

Artwork by Charmaine Wilson, Port Augusta, SA and commissioned by Pika Wiya Health Service for the LIFE Program.  
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Government of Western Australia  
East Metropolitan Health Service

# LIFE course

Living Improvements For Everyone

**Managing your chronic condition**

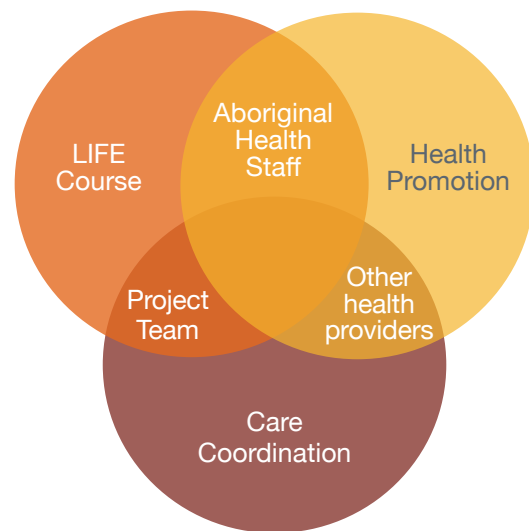


**A course for Aboriginal people who are living with or caring for someone with a chronic condition.**

**The Living Improvements for Everyone (LIFE) course is an inclusive model of care for the self-management of chronic conditions for Aboriginal people.**

**The LIFE program has three important areas:**

1. health promotion on a range of health topics
2. care coordination to develop agreed health care plans with your health providers
3. the LIFE course is especially designed for Aboriginal people.



The LIFE course delivers free education and training to the Aboriginal community living within the Perth metropolitan area. This includes:

- Chronic disease self-management courses e.g. LIFE program
- LIFE leader's training
- LIFE master trainer's training
- Health promotion

## What is the LIFE course?

The LIFE course is a **free** six week program for Aboriginal people who are living with or caring for family members who are at risk of developing long term health conditions.

Participants attend a weekly two and a half hour session where they gain information and skills on how to better self-manage their health to get the most out of life.

## What are the benefits of the LIFE course?

- Learning how to manage your chronic health condition.
- Understanding the emotional side of living with chronic health conditions e.g. anger, sadness, fear and grief.
- Improving the working relationship with your health care professionals.
- Improving the overall social and emotional wellbeing of Aboriginal people.

**The LIFE course will be helpful if you or someone you know suffers from a chronic condition such as:**

- diabetes
- heart condition
- kidney problems
- asthma

- arthritis
- cancer or other long-term illness.

## Would you and your family like to live healthier lives?

### Who is the LIFE course for?

It is for Aboriginal people who are:

- living with a chronic condition
- caring for someone with a chronic condition
- at risk of developing a chronic condition.

This course is designed for the Aboriginal community and delivered by trained Aboriginal people.

### The aim of the LIFE course is to:

- give you the skills to self-manage your health
- understand your and/or others' illnesses
- deal with your feelings about your and or others' sickness such as anger, sadness or fear
- learn how to cope with changes to your or others' life including new medicines or newly diagnosed illness.

### We provide:

- All resources for the course.
- Light refreshments and lunch.

