



Snapshots

Living Well in the Community

Healthy Communication

“People fail to get along because they fear each other; they fear each other because they don’t know each other; they don’t know each other because they have not communicated with each other.”

– Martin Luther King Jr., civil rights leader

Introduction

Strong communication skills are very important for quality-of-life goal achievement. The Healthy Communication session helps participants explore what makes communication effective. They also explore how healthy communication can help them strengthen relationships, get needs met, manage feelings of frustration and discouragement, address problems, and achieve goals. This session also guides participants in thinking through communication barriers that may arise within the social context of disability.

Content Summary

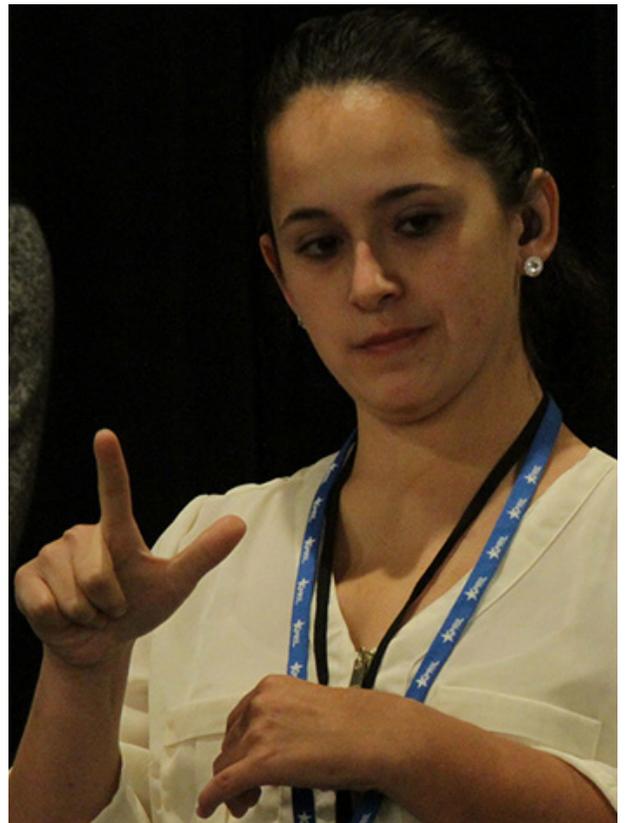
Communication skills: Introduction to the parts of communication, and what good communication skills can help you accomplish

Elements: The basic parts of sending, receiving and understanding messages

Contexts: How settings and contexts can affect communication

Communication & Disability: Challenges and opportunities when communicating as a person with a disability

Communication Problems: Identifying and solving problems during conversations





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

The Healthy Communication session can help participants learn the parts of communication, and what makes communication most effective.

Participants practice communication skills and explore barriers to healthy communication. Being aware of communication barriers and how to address them can help participants be successful during important interactions, such as those with health providers, family members, and other people who may have influence in their goal progress.

Disability Community Partnership Shaped Content

On the path to goal achievement, there may be many problems or barriers that arise because of ineffective communication. CIL project partners helped identify what kinds of communication barriers and problems may be specific to the experiences of people with disabilities, and strategies to resolve these barriers.

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Research & Training Center
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