Maintenance

“Life is not merely being alive, but being well.”
– Martial, poet

Introduction

As people complete the Living Well in the Community workshop and look toward their future, they will need to maintain the new skills they have learned that support their health and wellbeing so they can continue to set and achieve quality-of-life goals.

The Maintenance session explores creative and practical ways to set yourself up for continued success, and avoid losing motivation and falling back to unhealthy habits.

Content Summary

New Habits: Discussing change and how to turn new behaviors into habits

Arranging Your Environment: Creating physical and social environments that support healthy choices and behaviors

Self-Monitoring: Paying attention to yourself and your daily habits, when you are successful and when you are not, to increase your self-awareness

Rewarding Yourself: Providing positive reinforcement to mark successes and consistently maintain motivation

Change & Challenges: Staying motivated when things get challenging and when changes arise
Learning Objectives

The Maintenance session can help participants take the new skills and healthy behaviors they have built over the course of the workshop and turn them into ‘long term habits.’ Participants learn about the physical and social cues in their lives that help or hinder their progress, and about how to stay motivated by monitoring their choices and rewarding themselves for successes. After completing this workshop, participants may feel that they have the power to live well in the community and continue to make progress on their goals, enjoying a rich and meaningful life.

Disability Community Partnership Shaped Content

In developing the Maintenance session, CIL project partners shared the unique physical and social environments that people with disabilities may navigate as they work to build new skills and healthy behaviors into their daily lives. Addressing unsupportive environments may require advocacy skills, as well as many of the other fundamental skills learned throughout the workshop. CIL project partners emphasized that the Maintenance session is a time to reflect on all these new skills, and the hard work and successes that participants have achieved, as well as the relationships that have been built during the workshop. For many CIL project partners, the relationships built among participants during the workshop were key to them feeling motivated and empowered to live well in their communities.