**What is *Living Well?***

Michael Lerner (Commonwealth Cancer Centre of Los Angeles) described the experience of serious illness as like being dropped from an aeroplane into a jungle warfare situation without any training. The *Living Well* program can provide that training for people with MND and carers.

*Living Well* is specifically designed for people who have come to see living with MND as a time for reviewing and re-arranging priorities in life. The program is for both people with MND and their carers. Groups are facilitated by professional staff from Family Support Services MND Victoria.

**How does the program work?**

*Living Well* is conducted in a group format and covers topics such as maintaining good health, learning to live in a new way and coming to terms with the significant life changes that follow a diagnosis of motor neurone disease. *Living Well* will also cover any other topics that are important to the group.

The program varies based on the needs of those who are interested in participating. The *Living Well* program may utilise group discussion, readings, presentations and videos. Typically, the program is run either over six or eight weeks, or as a two day program. However, the Association can adapt the program to meet the needs of interested participants.

We look at the key issues facing group members: maintaining good health, learning to live in a new way, coming to terms with the idea of death, and the significant life changes that follow a diagnosis of a life-threatening illness

In some instances, two separate programs, running concurrently, are offered:

* *Living Well* for people with MND
* *Living Well* for carers

**Who comes to the program?**

People with MND and/or those who care for them, who want to live well and:

* Better understand MND
* Explore questions about death and dying
* Give and receive support
* Explore changes in roles
* Learn new strategies for everyday living

**Is there a charge for *Living Well*?**

The program is **free** of charge

**What can you gain for attending?**

* Less fear and a more positive attitude
* Greater understanding of self and others
* Increased ability to make informed choices
* Greater confidence
* Active participation in your own health and well being

**What are some of the subjects you will discuss?**

* Different approaches to managing your health
* Improving quality of life
* The relationship between living and dying
* Retaining a sense of hope
* Examining options for life

**What past participants have said about the program**

* “Informative”
* “Educational”
* “Interesting”
* “Enlightening”

“I have enjoyed the sessions and whilst it was sometimes a bit of an effort to get here, I always left feeling better informed and better equipped to handle the week ahead. Sharing experiences always made me feel a little less alone with my problems” – *Past participant*

If you would like more information on *Living Well*, please contact
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