



What do I need to do now?

If you are interested in taking part
in this programme
or would like more information
about it, please contact:

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“To be honest it just felt like I had found the remaining pieces of a jigsaw puzzle. I would whole heartedly recommend that all patients who have any chronic disease get to avail of this programme.”

“The most important thing that I have accomplished in the group is learning to speak more openly about my condition. Previously I would not have spoken openly about the level of pain and discomfort that I suffer. The other thing I learned was to set achievable targets or goals for the week ahead. Once you have reached your target there is a great sense of accomplishment and pride.”

“This course allowed me to take time and to think about myself away from the busy and noisy activity of daily life. I was able to focus on my issues and possible solutions in a calm and relaxed way.”

“The camaraderie had an uplifting effect. It was very comfortable being with other people with similar conditions. One of the most helpful outcomes of the course is the various relaxation techniques. We were taught about and practiced breathing exercises and also used imagination techniques to virtually go to a happy place.”

This programme has been made possible because of the dedication of patient volunteers from the Irish Kidney Association, who help organise and lead the “Living Well” programme. The Irish Kidney Association would like to recognise their commitment and passion in putting this course together.



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CHARITY REGISTRATION NUMBER 20011260

“Living Well”

**A SELF-MANAGEMENT
PROGRAMME FOR PATIENTS
WITH END STAGE KIDNEY
DISEASE (ESKD)**





"Living Well"

The "Living Well" programme is a self-management programme for people affected by end stage kidney disease.

Living with a chronic health condition can leave people feeling as if they have lost control of their health and wellbeing.

The IKA self-management programme is designed to help people learn ways of managing symptoms common to those living with kidney disease. Self-Management is about recognising and understanding that you, and how you live, can make a difference to your illness. By becoming aware of, and putting into practice small changes you can improve your overall quality of life.



ABOUT THE COURSE

The programme was designed by Stanford University in California. It has international research to show that the programme works for people with a variety of health conditions and it is used by many organisations in Ireland to support their members.

WHAT IS "LIVING WELL"?

This is a six session self-management programme for people living with kidney disease. It can help you develop the skills you need to become an active self-manager of your condition and live a happier and healthier life.

You decide what is important to you and what you would like to work on.

TOPICS COVERED INCLUDE:

- Managing pain, fatigue and difficult emotions
- Nutrition and exercise methods
- Communicating effectively with your family, friends and healthcare team
- Problem solving and decision making
- How to set manageable goals
- Managing your medications

WHAT CAN I EXPECT IF I ATTEND THIS PROGRAMME?

During six 2½ hour weekly sessions you will meet with 6-12 other people who also have an on-going kidney condition. You will have the opportunity to share experiences with each other if you feel comfortable doing so.

PREVIOUS PARTICIPANTS REPORTED THE FOLLOWING BENEFITS:

- Increased knowledge about self-managing their condition
- Increased self-confidence
- Managing levels of depression
- Decreased pain

WHO RUNS THE PROGRAMME?

The weekly sessions are facilitated by 2 trained supervised leaders who have end stage kidney disease themselves. All of our leaders understand the challenges of living with on-going conditions and many use the very same health management techniques you'll learn, during this programme, to cope with their own on-going health conditions.

WHO CAN TAKE PART?

Anyone affected by end stage kidney disease or their caregiver are welcome to attend the programme.

