

Elements of Well-being:

Social: Having strong relationships and connection with family, friends, and co-workers ¹.

Physical: A balance of activity, sleep, relaxation, and healthy nutrition. ¹

Financial: Having financial stability and being able to spend money on what you value. ¹

Career: Meaningful work using your gifts, talents, and skills. ¹

Community: Being engaged, active and connected with the community. ¹

Spiritual: Values and beliefs that provide purpose in our lives. ¹

Environmental: Making a positive impact on the quality of our environment including out homes and communities. ²

¹(2014) Dimensions of Well-being. From Health East Ways to Wellness.

²University of California, Riverside. (2014, July 7). Retrieved from http://wellness.ucr.edu/seven_dimensions.html

Well-being means something different to everyone. To some people well-being means being free from illness. For others it may be maintaining a healthy weight, being connected to the community, or financial stability. Regardless of our individual definitions of well-being, feeling healthy and happy helps us to reach our physical, spiritual, financial, community, and social goals.

The Division of Developmental Disabilities with the support of the Department of Health and the Council on Developmental Disabilities, has developed an innovative system focusing on improving well-being. The Live. Life. Well. program was created to increase health and wellness for all participating in the initiative. This initiative aims to promote awareness, create a culture of well-being and sustain positive health and wellness for all participants with a high level of engagement towards healthy lifestyles. Health and Wellness platforms have multiple benefits and can have a positive impact on people’s mental, physical and social health, as well as encouraging partnerships.

Requirements

- Age – Those wishing to participate in Live.Life.Well. must be at least five years of age.
- Data collection – Those participating in Live.Life.Well. will be requested to gather baseline information prior to the start of the program and then each quarter.

Benefits

- Toolkits – Each participant will receive a toolkit which includes pedometers, stretch bands, Fit Deck, water bottles and more.
- Healthy Lifestyles – Access to division staff that are certified to provide Healthy Lifestyles seminars (Healthy Lifestyles includes sessions on healthy goal developments, physical activity, nutrition, etc.).
- Access to My25 – My25 Light & Library offers participants an on-line access to education resources centered on nutrition, kitchen skills, and health 24 hours a day.



Principals

The following principals are the foundation of the initiative.

- **Physical Activity** – Physical activity has the potential to increase health and physical fitness outcome measures through weight loss, improved blood pressure, cholesterol etc. In addition, increased wellbeing reduces the need for medication, hospitalization and decreases the length of stay when hospitalized.



- **Nutrition** – A healthy well balanced diet can lead to weight loss and a possible reduction in medication management for certain chronic conditions.

- **Mental Wellness** – Mental wellbeing is about more than just happiness; it is about having contentment, enjoyment, building self-esteem, confidence, and resilience to cope when times are difficult.



- **Community Connection** – Promoting partnerships and creativity while implementing health and wellness programs can lead to improved connection with the community. This can result in increased opportunities for meaningful work paid or unpaid for self-advocates, and an increased sense of inclusion and connectedness.

