

Independent Perspective #1898 with Healthy Living Coordinator Robert Brandon on the *Choose Healthy Western New York Self-Management Workshop*

Transcript

00:00:01 Speaker 1

Welcome to Independent Perspective, a public affairs presentation of Western New York Independent Living.

00:00:08 Speaker 1

In partnership with Western New York Integrated Care Collaborative, Western New York Independent Living's Healthy Living Department works to guide individuals toward programs and services that can help them live their lives in the best way possible.

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Topic-specific workshops are one way for an individual to learn about healthy living options.

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Joining us today to talk about an upcoming workshop series on healthy living is WNYIL Healthy Living Coordinator, Rob Brandon.

00:00:38 Speaker 1

Welcome to the program, Rob.

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Hi, Ernie.

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Thanks for having me today.

00:00:43 Speaker 1

It's our pleasure.

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Let's start with some questions about what you offer.

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Sure.

00:00:51 Speaker 1

A preview of the Healthy Living Department.

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at WNYIL.

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What does the program do and how can it help members of the community?

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So, we are kind of a coaching peer focused program, very similar to a lot of our programs.

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And it's specific to our part with our partners at Western New York Integrated Care Collaborative.

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We provide some one-on-one peer supportive services through multiple types of coaching programs and can offer different types of group workshops where people could connect and socialize on common themes.

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All right, let's switch gears to the upcoming workshop series.

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Can you tell us a little bit about the Choose Healthy Western New York Self-Management Workshop?

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What is the purpose of the workshop and what can people expect from that experience?

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So yeah, sure.

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So, the Choose Healthy Western New York Self-Management Workshop is a, also known as the Chronic Disease Self-Management Workshop, is a great way for

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individuals throughout the community to get together and to review multiple topics following a script and evidence-based practice to review chronic illnesses and chronic conditions.

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I mean, a majority of people that we service needs would benefit from peer supportive staff service.

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And the people facilitating would be myself and my colleague, Brendan Charette, who will help provide support and guidance on multiple avenues related to chronic conditions, including how to manage them in a positive way.

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We are not experts like providers or doctors.

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We focus more on the peer focused and how, you know, different facets and how we can

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help understand and cope with our chronic conditions as a team.

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So that's what people can experience and they can be done in person or virtual, depending on the group size.

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But Brendan and I, my colleague Brendan and I can coordinate that with you or with them.

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Who is eligible to participate in the workshop?

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Really, anybody with a chronic condition, whether it's significant or not.

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It really depends on the focus and how people help.

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So just

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just want you to, it's open to the public pretty much.

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And we have our first workshop at our Buffalo office on April 7th.

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And if you're interested, please register.

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We also are doing it in our Niagara County office and you please, starting April 9th.

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So, if you're interested in attending, please reach out to Brenda Charette at 716-836-0822, extension 455.

00:03:35 Speaker 1

All right.

00:03:36 Speaker 1

And just how does one register for one of those workshops?

00:03:40 Speaker 2

Yeah, I know I kind of jumped the gun a little bit, Ernie, but basically you would contact Brendan Charette at 716-836-0822, extension 455.

00:03:53 Speaker 2

and he can talk to you and guide you on the next steps on how to get signed up for the workshops.

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So, these are 6 usually done in 6 weeks, but we want to continue doing them in case you know people miss the workshop and want to get a relearning, if you will.

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So, I'm sure people will have questions.

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How can someone learn more about the Healthy Living Department at Western New York Independent Living?

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What's your best?

00:04:20 Speaker 2

Sure.

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The best people would be Brendan Charette, who's our Healthy Living Specialist.

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His phone number again is 716-836-0822, extension 455.

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Or you can contact me, Robert Brandon, at Healthy Living Coordinator at 716-836-0822, extension 148.

00:04:42 Speaker 1

Thanks so much for being with us, Rob.

00:04:45 Speaker 2

Thank you.

00:04:45 Speaker 2

Thank you, Ernie, for your time.

00:04:47 Speaker 1

You've been listening to Independent Perspective.

00:04:50 Speaker 1

A public affairs presentation of Western New York Independent Living.

00:04:54 Speaker 1

Our guest today has been Rob Brandon, Healthy Living Coordinator of Western New York Independent Living, and I've been your host, Ernie Churchwell.