



Living Independently for Today & Tomorrow  
1241 Crawford Drive, Billings, MT 59102 · (406) 259-5181  
206 S. Douglas St., Glendive, MT 59330 · (406) 948-8500  
<http://www.lifft.org>

## **LIFTT Moments of Independence**

***Independence is built one moment at a time.***

Every day, individuals across Southeastern and South-Central Montana take meaningful steps toward improved health, confidence, and independence. Through LIFTT's peer counseling and education programs, participants are gaining the tools and support they need to make lasting changes in their lives.

## **Moments of Growth and Change Across Our Communities**

### ***Taking Steps Toward Whole-Health Wellness***

After connecting with LIFTT through peer counseling services, one participant took an important step toward improving her overall well-being by enrolling in both Brain Health and Diabetes Prevention classes. Through these programs, she gained a deeper understanding of how lifestyle choices affect both cognitive function and blood sugar levels.

Her commitment led to meaningful progress. By increasing her physical activity and working toward weight loss goals, she began to see real improvements in her health. Today, she feels proud of the strides she has made and encouraged by the positive direction of her health journey.

### ***Supporting Health as a Family***

Another participant came to LIFTT seeking ways to support her husband, who is living with diabetes. Through peer counseling, she was connected to the Diabetes Prevention Program (DPP) class offered in Roundup.



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Together, they gained valuable nutritional knowledge and practical strategies for healthier eating.

What began as education became a shared journey. The group setting provided accountability, encouragement, and connection with others facing similar challenges. As a result, both feel more confident navigating their health together, and her husband is better equipped to manage his condition.

### ***Building Confidence Through Knowledge***

Living with diabetes, one individual was searching for practical ways to take better control of his health. After receiving peer counseling through LIFTT, he enrolled in the Diabetes Prevention Program (DPP) in Roundup. Through the class, he gained realistic strategies for healthier eating and learned how to make sustainable changes at home. The supportive group environment helped him stay motivated and accountable. With encouragement from both the class and his family, he now feels more confident managing his health and maintaining long-term wellness.

### ***Finding Motivation Through Community***

After connecting with LIFTT, one participant joined the Diabetes Prevention Program (DPP) class with the goal of building healthier habits that would last. Through the program, she learned practical strategies for improving nutrition and increasing daily activity.

She found the group environment especially meaningful, noting that shared experiences and accountability helped her stay focused and motivated. Today, she feels more confident in her ability to manage her health and continue making positive lifestyle changes.



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## ***Empowered to Make Lasting Change***

Wanting to take proactive steps toward better health, another participant enrolled in the Diabetes Prevention Program through LIFTT. Through the class, she gained valuable tools to make healthier food choices and incorporate positive routines into her daily life.

The welcoming and supportive group environment played a key role in her success. Surrounded by encouragement and shared experiences, she built confidence and momentum. Today, she feels empowered to maintain the progress she has made and continue on her path toward improved wellness.

## **Taking Control of Health Through Knowledge and Support**

***While every journey is unique, some stories offer a deeper look into how support and knowledge can transform daily life.***



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## ***The Situation***

An older adult living independently in the community was facing multiple health challenges, including hearing loss, diabetes, and visual impairment. Managing these conditions alone can be overwhelming, especially when access to clear information and support is limited.

## ***How LIFTT Helped***

Through LIFTT's peer counseling services, the individual connected with staff who provided guidance and support tailored to their needs. As part of this process, the individual participated in the DECIDE class, where they gained a deeper understanding of diabetes management and the importance of informed decision-making in maintaining their health.



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## ***The Outcome***

With increased knowledge and support, the individual began to take a more active role in managing their health. They expressed interest in using a continuous glucose monitor to better track blood sugar levels and began attending exercise classes to improve overall health and stability.

What once felt difficult to manage has become more structured and intentional. The individual's actions reflect growing confidence and a commitment to making choices that support long-term well-being.

## ***Impact***

Access to peer support and education empowered this individual to move from uncertainty to action. By gaining knowledge and practical tools, they are now better equipped to manage their health and maintain independence in their daily life.

## ***Why This Matters***

At LIFTT, independence is not only about access to services. It is about having the knowledge, confidence, and support to make informed decisions. Stories like this demonstrate how education and peer connection can lead to meaningful, lasting change.

## ***Need Support?***

Have questions about managing a health condition or navigating available services? LIFTT is here to help.

Our team provides peer support, education, and connections to resources that help individuals live independently and with confidence.



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### ***LIFTT Billings Office***

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