NOW PRESENTING:

Health Partners

A DYAD APPROACH TO INCLUSIVE HEALTH AND WELLNESS PROGRAMMING
Opening Credits

Topics to Cover

- Setting the Stage: Curriculum adaptations
- Bringing the Cast Together: Co-facilitators
- Previews: The pilot
- Grand Opening: Recruitment and program launch
- Taking the Show on the Road: Implementation
- Closing Act: Sustainability
Setting the Stage
Initial Curriculum

- Healthy Lifestyles for People with Disabilities
  - Oregon Health and Science University
  - Directed exclusively towards individuals with disabilities
- 14 hours of curriculum with 6 monthly follow ups
- Creation of personal health goals

Healthy Lifestyles for People with Disabilities

Making Opportunities for Healthy Lifestyles
4th Edition

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Setting the Stage
Curriculum Adaptations

Goal: Adapt curriculum to cater to anyone with a disability and anyone who they might bring as a partner

Incorporate:
- Dyad Approach (Partners)
- Universal Design for Learning

Who:
- Expert Panel
- Self-Advocate Co-Facilitators
Setting the Stage
Curriculum Adaptations

Expert Panel

- **Melissa Jones**, UDL expert and Professor of Special Education at Northern Kentucky University
- **Deborah Castiglione**, UDL specialist at the University of Kentucky and KATS Network professional staff
- **Molly Boyle**, UDL specialist from the Institute for Community Inclusion at Umass Boston
- **Kristen Mark**, Dyadic specialist and Kinesiology & Health Promotion Professor at University of Kentucky
Setting the Stage

DYAD UPDATES

- Scenarios to practice what has been learned
- Think, Pair, Share method
- Partner exercises
- Goal setting
Staying Healthy Skills

1. Quit smoking.
   - It’s hard, but it’s worth it. Within 12 hours of your last cigarette, your body begins to repair the damage to your heart and lungs. There are tools that can help you kick the habit including nicotine gum, the nicotine patch, and support groups.

2. Monitor your use of alcohol and drugs.
   - Alcoholism, abuse of prescription or illegal drugs, and chemical dependence, not only harm you but also cause family problems, put unborn babies at risk, and endanger others when you drive with impaired reason. There is help and guidance if you need it.

3. Identify risk behaviors.
   - Unprotected sex puts you at risk for HIV and other sexually transmitted illnesses. Practice safe sexual activity, such as abstinence or using condoms, and/or talk to your doctor or nurse to get more information.
   - Protect yourself in the sun. Skin cancer is the most common type of cancer. Excessive sun exposure is usually the cause.
   - Keep immunizations up to date.
   - Have regular check-ups for men and women.
   - Use seat-belts.

4. Take care of your teeth
   - Avoid decay and gum disease through regular brushing and flossing.
   - Visit your dentist regularly.
Staying Healthy Skills
Practice these good health habits

1. Quit Smoking
   - Within 12 hours of your last cigarette, your body begins to repair the damage to your heart and lungs.
   - Adults should do at least 150 minutes of moderate-intensity aerobic exercise per week.

2. Exercise
   - Adults should do at least 150 minutes of moderate-intensity aerobic exercise per week.

3. Do not abuse alcohol or drugs
   - Abuse of alcohol and other drugs can harm you, your family, and others. Help is available if you need it.

4. Take care of your teeth
   - Avoid decay and gum disease through regular brushing and flossing and visit your dentist regularly.

5. Cover your mouth when you sneeze or cough
   - This will stop the spread of germs to others.

6. Get enough sleep
   - Everyone is different, but you should aim for 6-8 hours of sleep each night to feel well rested.

7. Practice good hygiene
   - Showering regularly and washing your hands often are both important to good health.

8. Identify and prevent risky behaviors
   - Wear sunscreen, put on your seat belt, practice safer sex, get regular check-ups, and keep immunizations up to date.

9. Get along with others
   - Being kind to people will improve your social health.
Setting the Stage: Curriculum Overview

What is a Healthy Lifestyle?
- Healthy Lifestyles Wheel
- Connectivity
- Self-Determination
- Self-Advocacy
Healthy Harry & Unhealthy Eugene
Bringing the Cast Together
Recruiting Co-Facilitators

http://www.wellness4ky.org/meet-your-trainers/
Previews

The Pilot – Participants

- 6 pairs – 12 total
- Used feedback to adjust for future groups
Grand Opening
Recruitment

- Reaching out to:
  - Agencies
  - Statewide list serves
  - Individuals

- Methods used:
  - Flyers
  - Video
  - Social Media
  - Emails & calls to local agencies
  - Radio
  - Wellness Website [www.wellness4ky.org](http://www.wellness4ky.org)
Grand Opening
Recruitment

Obstacles to Recruitment:
- Unique community barriers
  - Time
  - Transportation
  - Space
  - Local contacts
- Many provider organizations interested
- Staff turnover (partner loss)
Taking the Show on the Road
Locations

- LEXINGTON
- LOUISVILLE
- SOMERSET
- RICHMOND
- FRANKFORT
- DANVILLE
- GEORGETOWN
- MOREHEAD
Taking the Show on the Road
Collaborations

- Extension Offices
- DSL
- DSACK
- Fayette Co Schools
- Danville Schools
- Local Libraries
- EKU Clinical Psychology Lab
- Health Departments
- Yoga studios/gyms
- Private Nutritionists

- UK Employee Wellness
- Goodwill Columbus
- Allegro Dance
- Build Inclusion
- Easter Seals/Cardinal Hill
- Special Olympics
- Kentucky State
- Georgetown College
Taking the Show on the Road
Programming Outcomes

Building Health Partners into the Community

- Community Services:
  - Health Department
  - YMCA
  - Extension Office
- Sustainability: Kim and Wake- yoga
- Accountability: Scott and Bob- gym
- New Traditions: David and Julie- cooking
"As most parents know sometimes your children don’t listen to you and that is why I believe that Health Partners was great for Morgan and I. He listened, learned, and absorbed the information better coming from someone else other than his mother.

This class has been awesome and we are so glad we participated. It has opened doors for Morgan and we are forever grateful."

– Margaret
"I am very happy I went to Health Partners. I have lost 68 lbs and went from a size 18 to size 7. I don’t have to take my blood pressure medicine anymore. I feel much healthier and a lot better about myself now.

-Nancy
Taking the Show on the Road

Programming Outcomes

- Assessed health knowledge, behaviors, and perceived health
- Baseline (n=78), 3 month (n=58), 6 month (n=49)
- Both people with and without IDD experienced positive results
- Significant increases across time in health knowledge and behaviors
- No significant changes in perceived health status
Taking the Show on the Road
Programming Outcomes

Health Knowledge

- Relationship between physical & emotional health and overall well-being
- Importance of healthy social life
- Maintaining emotional health
- Exercise and physical fitness

Pre-workshop vs. Post-workshop
Taking the Show on the Road

Programming Outcomes

Health Behaviors

- Exercise 3x/wk
- Stretch weekly
- Eat healthy meals/snacks
- Balance time for work & play

Baseline  | 3 month  | 6 month
Closing Act
Sustainability

- Train the Trainer
  - Enables others to continue this program in their communities
  - 13 people from 10 organizations across KY
- Community integration
  - Plugging people in locally
- 5th edition: Healthy Lifestyles- Making Opportunities for Healthy Living