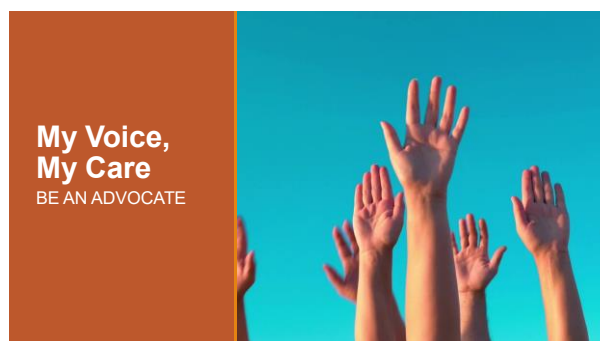


Taking Charge of My Health Facilitator's Guide



Going to the Doctor

BE AN ADVOCATE



Healthy Choices

BE AN ADVOCATE



The Care You Need

Be an Advocate

Letter to the Facilitator

Thank you for your interest in enhancing health care outcomes for individuals with Intellectual and Developmental Disabilities (ID/D) through this training. Your participation will contribute significantly to improving the lives of those with ID/D.

We are pleased to share this curriculum with you and welcome you to join us in educating people with disabilities, their families, and direct service providers on advocating for their own health care and navigating health care needs.

This guide is designed to help you deliver the training to interested individuals and groups, present the curriculum effectively, and assist in developing self-advocate trainers.

We hope you find this guide helpful, and you enjoy delivering this curriculum. Please feel free to reach out with any questions you may have and share your stories about your experience with the training.

Sincerely,

Tammie Amsbaugh

Tammie Amsbaugh
Program Manager

Acknowledgement

The Iowa Taking Charge of My Health (TCMH) curriculum, including PowerPoints, worksheets and fact sheets, is inspired by Oregon's University Center for Excellence in Developmental Disabilities Taking Charge of My Health Care Toolkit which can be found at <https://www.ohsu.edu/oregon-office-on-disability-and-health/taking-charge-my-health-care>.

This curriculum was created at Iowa's UCEDD. The funding came from the Community Based Transition Grant # 90DDCI0001, called "Our Network of Transition Resources to Adult Care" or "ON TRAC."

The information provided within this curriculum is for general use and not medical advice or intended to address any individual situation.

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Overview

The Taking Charge of My Health (TCMH) curriculum supports individuals with intellectual and developmental disabilities to learn how to advocate and become a strong partner in their own health care.

The topics covered encompass essential aspects of an individual's healthcare, such as selecting a doctor, attending routine and sickness-related medical appointments, wellness check-ups, scheduling appointments, preventative care, dental hygiene, mental health, and advocating for their needs with healthcare providers.

This TCMH curriculum is presented as a four-part training series. This guide describes and links to webinar recordings and PowerPoints, participant tools and resources. The individual sessions are less than an hour and would be ideal for use in day programs and other similar settings.

Curriculum Content

Session 1: “My Voice, My Care”



Topics covered in this session:

- What is the ADA?
- What is a self-advocate?
- Ways to be a self-advocate
- Making a doctor appointment
- Talking with my doctor

Materials included:

- Webinar Recording
- Session PowerPoint slides
- Participant Worksheet
- Fillable My Profile Card

Fact sheets:

- Supporting Self-Advocacy
- The ADA and Accommodations
- Supporting Doctors Visits

Session 2: “Health Choices”



Healthy Choices

BE AN ADVOCATE

Topics covered in this session:

- Healthy choices
- Healthy eating
- Drinking water
- Physical activity
- The importance of sleep
- Some health and safety tips
- Mental health

Materials include:

- Webinar recording
- Session PowerPoint slides
- Participant worksheet

Fact sheets:

- Supporting Healthy Behaviors
- Supporting Mental Health

Session 3: “Going to the Doctor”



Going to the Doctor

BE AN ADVOCATE

Topics covered in this session:

- Different types of check-ups.
- Different types of doctor offices and places
- Preventative care
- Understanding symptoms
- Understanding the levels care
- Examples of when you need to see the doctor
- Advocate for your health care

Materials include:

- Webinar recording
- Session PowerPoint slides
- Participant Worksheet

Fact sheets:

- Supporting Dental Health
- Signs and Symptoms of Illness
- Supporting Wellness Check-Ups and Preventive Care
- Types of Health Services, Providers and Facilities

Session 4: “The Care You Need”



Topics covered in this session:

- Medications
- Medicine safety
- Deciding to have surgery
- Planning for surgery
- After surgery

Materials include:

- Webinar recording
- Session PowerPoint slides
- Participant Worksheet
- Fillable medication list

Fact sheets:

- Medications
- Supporting Consent to Medical Treatment
- Supporting Going to the Hospital

Training Ideas

Hosting an in-person training using these PowerPoint slides and other resources is an ideal way to conduct this training. We suggest one or two self-advocate trainers and a facilitator.

The self-advocates share firsthand experiences with their health care to enhance the topic at hand. It adds to the learning experience to make this training engaging and interactive. The webinar recording could be used with a facilitator to guide discussions intermittently during or after the recording.

These trainings work well with 6-10 self-advocate attendees. The self-advocate trainers add personal experiences to the sessions. Family members and direct support professionals can assist with participation in discussions.