**Maintaining Health and Wellness (module .44)**

**Feedback Exercise**

1. T/F Health includes only the absence of disease.
2. T/F Inclusion of people with disabilities means having the same health promotion and prevention activities that are available to everyone.
3. T/F All factors that affect health are beyond a person’s control.
4. T/F Having a disability means a person is not healthy and that he or she can never be healthy.
5. T/F Creating a new habit can take between 30 to 60 days.
6. T/F The goals of adaptive equipment and therapies include preventing or correcting physical conditions that affect current or future health and well-being.
7. T/F Research shows that social isolation and loneliness have a serious impact on physical and mental health, quality of life, and length of life.
8. T/F Support staff can decide on their own to use adaptive equipment with people they support even if it’s not in the person’s plan.
9. \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_is achieved when everyone has the opportunity to be as healthy as possible.
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ are two hormones that are released in the body during stressful events.
11. Staff who work extra shifts, don’t take days off, and neglect their own self-care are at risk to develop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. What are three general tips recommended by the CDC for leading a long and healthy life?
13. Matching:
14. Attitudinal Barrier
15. Communication Barrier
16. Physical Barrier
17. Policy Barrier
18. Programmatic Barrier
19. Social Barrier
20. Transportation Barrier

\_\_\_\_\_ Prevents people from entering or using the environment.

\_\_\_\_\_ Limits the delivery of programs for people with different types of disabilities.

\_\_\_\_\_ Lack of accessible options for people who are not able to drive.

\_\_\_\_\_ Conditions that can contribute to the overall functioning of people and the conditions in which people are born, grow, live, learn, work, and age.

\_\_\_\_\_ Experienced by people who have disabilities that affect hearing, speaking, reading, writing, or understanding, and who use different ways to communicate than people who don’t have disabilities.

\_\_\_\_\_ Lack of laws and regulations, or lack of enforcement, to require programs and activities to be accessible to everyone.

\_\_\_\_\_ Stereotyping people with disabilities; assuming their poor health is due to their disability, and that they cannot or do not want to participate.

1. There are many barriers to maintaining health for people with disabilities. For each category of barrier, give two solutions to overcome the barrier.

 Attitudinal Barrier

 Solutions:

 Communication Barrier

 Solutions:

Physical Barrier

Solutions:

 Policy Barrier

 Solutions:

Programmatic Barrier

Solutions:

Social Barrier

Solutions:

Transportation Barrier

Solutions:

1. What are two factors that can increase the comfort level of community members and promote inclusion of people with disabilities?
2. Give an example of an outcome a person might have that is connected to the CQL personal outcome measure “people have the best possible health”
3. Give two examples of a healthy habit that can positively affect each of the body systems listed below.

 Respiratory and Circulatory System

 Healthy Habits:

 Genitourinary and Reproductive Systems

 Healthy Habits:

 Nervous System

 Healthy Habits:

 Muscular/Skeletal System

 Healthy Habits:

 Skin and Sensory Organs

 Healthy Habits:

 Gastrointestinal/Digestive System

 Healthy Habits:

1. Give an example of how one body system can impact another body system.
2. Give three tips for stress management.
3. List two ways you could report, acknowledge, or celebrate the healthy behavior of a person you support.
4. The information you share with co-workers and others must be descriptive and specific in order to be useful. Identify which of the following statements are general (G), and which are descriptive statements (D).

\_\_\_\_\_ Teresa ate a good lunch.

\_\_\_\_\_ There were chips and veggies on the table for lunch. Teresa chose veggies to eat with her sandwich.

\_\_\_\_\_ Debbie called her mom after dinner, afterward she laughed as she told staff about their conversation. She also talked to her roommate about a movie she wants to see, which she doesn’t usually do.

 \_\_\_\_\_ Debbie seems really happy tonight.

 \_\_\_\_\_ John had a good day.

\_\_\_\_\_ John smiled while we sat outside in the sun this afternoon. When asked if he liked feeling the sun on his face, he pointed to the ‘yes’ symbol in his communication book.

1. Match the examples listed below with the dimension of health it corresponds to.
2. Intellectual
3. Emotional
4. Social
5. Spiritual
6. Vocational
7. Financial
8. Environmental
9. Physical

\_\_\_\_\_ Managing resources to live within a budget.

\_\_\_\_\_ Participating in activities that are consistent with your beliefs and values.

\_\_\_\_\_ Participating in the city’s recycling program.

\_\_\_\_\_ Understanding and respecting feelings and values of yourself and others.

\_\_\_\_\_ Brushing your teeth every day.

\_\_\_\_\_ Lifelong learning

\_\_\_\_\_ Being part of the community

\_\_\_\_\_ Working at a job that provides personal satisfaction.

1. Give two examples of health problems that may be caused by long-term stress.
2. Give two benefits of managing stress.
3. Give two examples of how staff can be a good role model and promote healthy behavior to people they support.