



Everyday Health Routines

A Health Care Transition EZ-Reader



**Department of
Developmental
Disabilities**



UCCEDD
University of Cincinnati Center for
Excellence in Developmental Disabilities

What Is This?

This is one in a series of 6 booklets. They are meant to help you learn about moving to adult healthcare and healthy living.

This EZ-Reader, **Everyday Health Routines**, is to help you learn about the everyday things you may do for your health as you get older. It is meant to help you explore ways you can get and stay healthy in your adult life.

How to Use the EZ-Reader



EZ-Readers use words and pictures to help you understand what you need to know.



You might be able to read this booklet by yourself.



You can also ask someone to read it with you.

Everyday Adult Tasks



You will do many everyday tasks as an adult.



You will clean your house and do your laundry.



You will pay your bills and take care of your money.

Everyday Health Tasks



There will be everyday tasks you do for your health.



It is important to do as much as you can on your own.



You can manage your everyday tasks with help from others when you need or want it.

Regular Check-Ups



It is important to stay up to date with regular check-ups.



Regular visits with your doctor are important to keep you healthy.



Regular visits with your dentist and eye doctors are important.

Take Your Medications



An important part of your health may be taking medications.



What does that look like in your everyday life?



How will you manage medications as an adult?

Getting Organized



A medication dispenser is one way to organize your medication.



You can buy medication dispensers in many stores.



Medication dispensers have compartments for each day and time.

Getting Organized



Some medication dispensers are more “high tech.”



These medication dispensers can be set up to give out your medication at certain times.



Some medication dispensers have alarms or will text you to take the medication.

Getting Refills



Getting prescription refills is another task you might need to do.



Many pharmacies can set your prescriptions up to automatically refill.



Some pharmacies will even deliver them to your home.

Healthy Eating



Living a healthy life means paying attention to what you put in your body.



It is important to balance how much food and drink you take in with your activity level.



You should eat different kinds of foods to make sure your body gets what it needs.

Fruits and Vegetables



Eat at least 5 servings of fruits and vegetables each day.



A farmer's market is a great place to find fresh fruits and vegetables.



Shop the outside aisles in the grocery store to find the freshest food, like produce, meats and dairy.

Check Labels



Read the labels to find out what is in the food and drink you buy.



Watch for how much salt, sugar and fats are in food or drinks.

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 17g	85%
Trans Fat 2g	
Cholesterol 100mg	33%
Sodium 1920mg	83%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 1g Added Sugars	2%

Foods that are more convenient or easy have high amounts of salt, sugar and fats.

Staying Active



Physical activity is another important part of living a healthy life.



You can be physically active while doing house or yard work.



You can plan physical activities, like daily walks, sports, yoga or stretching.

Why Is It Important?



Eating healthy and being active will help you with having a healthy weight.



Eating healthy can keep you from getting sick.

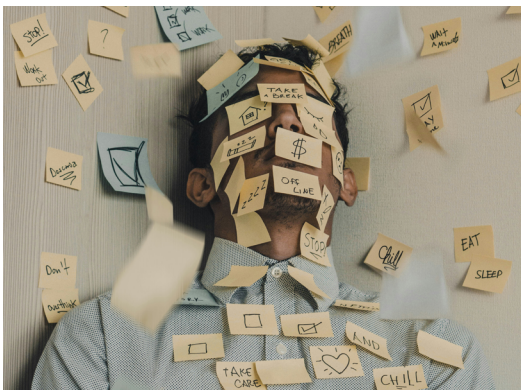


Eating healthy and being active keeps you strong and able to do things that are important to you.

Your Mental Health



It is important to take care of your mental health.



Find ways to keep stress and anxiety from getting you down.



Don't be afraid to ask for help or see a counselor when you need to.

Your Healthy Life



Your health and wellness are key to living your best life.



The everyday things you do for your health are important.



You can start now to do more of those everyday things.

Resources

NCHPAD (National Center on Health, Physical Activity and Disability) Exercise Guidelines for People with Disabilities

www.nchpad.org/14/73/Exercise~Guidelines~for~People~with~Disabilities

9 Ways to Help Your Pharmacist Fill Your Prescription

www.goodrx.com/healthcare-access/pharmacies/ways-to-help-your-pharmacist-fill-your-prescription

Mayoclinichealthsystem.org –Shopping the Grocery Perimeter

www.youtube.com/watch?v=RjwfxfBPq3Y

5 Easy Ways to Find Healthier Options at the Grocery Store

www.heart.org/en/healthy-living/healthy-eating/cooking-skills/shopping/5-easy-ways-to-find-healthier-options-at-the-grocery-store

Snap Ed NY - MyPlate Healthy Eating Style

www.youtube.com/watch?v=l4c2Q26lhw

Snap Ed NY – MyPlate Grains

www.youtube.com/watch?v=UVWz7MxnWJk

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