

Everyday Health Routines



Facilitator Guide









Training Description

This training will discuss everyday health routines you will need to learn as you transition from youth health care to adult health care. It is meant to help you explore ways you can get and stay healthy in your adult life. This training goes along with the EZ-Reader *Everyday Health Care Routines*.

Audience

Young people transitioning into adulthood.

Time

30 minutes

Materials

To facilitate this training, you will need:

- PowerPoint presentation
- Facilitator Guide
- Computer
- Projector (if in person)
- Audio
- EZ-Reader
- Worksheets (see appendix)
- Chart paper
- Sticky notes
- Markers, highlighters, pens and pencils

Learning Objectives

The participants will:

- 1. Identify ways to organize health care
- 2. Prioritize how to manage medication
- 3. Describe healthy living

Facilitator Notes

This training is scripted with additional ways you can engage participants. Please review this Facilitator Guide and the notes section of the PowerPoint before you begin the training. This training can be presented by a trainer or co-trainers. There will be opportunities for an additional trainer or a person with lived experience to share their experiences throughout the training. Vocabulary on the Facilitator Guide:

- Read Slide—read word for word from the slide
- SAY—read the script provided (sentences are not on the slide—they are available for extra ways to discuss the slide)
- ASK—read the scripted questions (additional ways to engage the participants added if no response)
- Person with lived experience—self-advocate or family member

Key Words

Medication dispenser—pill dispensers that assist patients in following their medication plan.

Pharmacy—a store where medical drugs are dispensed and sold.

Food groups—any types of food classified in various nutritional schemes (vegetable, fruit, dairy, grain, and protein).

Food labels—information about a product's identity and contents and how to handle, prepare and consume safely

Discussion Points and Learning Activity	Materials/Slides	Co-Trainer or Person with Lived Experience
Section 1 – Introd	duction	
1-2 minutes		
SAY: Refer to EZ-Reader <i>Everyday Health Care Routines</i> . This training will discuss understanding healthy routines. We will refer to the EZ Reader throughout the training. A learning activity will be completed in the training.	Everyday Health Care Routines Everyday Life Guide Everyday Health Care Routines Community Life Guide Life Gui	
Please ask questions as we go through.	_	

 Discussion Points and Learning Activity SAY: In the training today, we will talk about: Different ways to organize your health care through everyday routines. How to manage your medication Healthy lifestyle through healthy eating, staying active and 	Materials/Slides With the color of the colo	Co-Trainer or Person with Lived Experience
understanding your mental health. This looks differently for many people.		
Section 2 – Adul 1-2 minute		
SAY: Everyday adult tasks look different for people. ASK: What are some tasks you do around the house? Facilitator Notes: Give examples if participants do not respond. Ex. Help clean room, unload dishwasher, etc. SAY: As an adult, you will take care of your living space by yourself or with help. Read Slide	Everyday Adult Tasks You will clean your house and do your laundy. You will pay your bills and take care of your money.	
SAY: As you become an adult, you will need to take care of your own everyday health care. Read Slide	Everyday Health Tasks 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.	

Discussion Points and Learning Activity SAY: Taking care of your health through regular check-ups is important. Read Slide	Materials/Slides Community Regular Check-Ups Regular Visits with your doctor are important to keep you healthy. Regular visits with your dentist and eye doctor are important.	Co-Trainer or Person with Lived Experience
SAY: You have talked about transitioning to adult health care in earlier trainings. SAY: It is important to understand your health care.		
Section 3 – Medication 3 minutes		
Read Slide SAY: Part of understanding your health is understanding what medication you take and why. ASK: What does that look like in your everyday life? ASK: How will you manage medications as an adult? Facilitator Notes: Be sensitive to participants that may not want to share. Person with lived experience can share to help.	Take Your Medications An important part of your health may be taking medications. Page the set of	Give examples/share answers to help participants respond.
Facilitator Notes: Questions below can be "thoughtful" questions. Particpants do not necessarily need to answer but "think" about what they are doing now.	Getting Organized A medication dispenser is one way to organize your medication. You can buy medication dispensers in many store. Medication dispensers have compartments for each day and time.	

Discussion Points and Learning Activity	Materials/Slides	Co-Trainer or Person with Lived Experience	
ASK: How do you organize your medication now? ASK: Do you have a family member, support person, etc., help you take medication or manage medication?			
SAY: Knowing how to organize your medication will help you become more independent when managing your medication.			
Read Slide			
Read Slide ASK: What are some other ways to organize medication?	Getting Organized Some medication dispensers are more Than 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.		
SAY: Getting prescription refills is another task you might need to do. Read Slide	Getting Refills Getting Refills A pharmacy can set your prescriptions up to automatically refill. Some pharmacies will even deliver them to your home.		
Section 4 – Healthy Living 10 minutes			
Read Slide SAY: Living a healthy life means paying attention to what you put in your body.	Healthy Eating It is important to balance how much food and drink you take in with your activity level.		

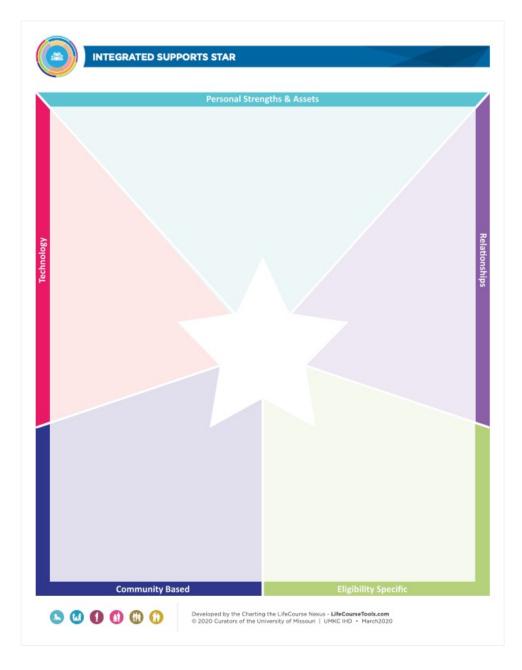
Discussion Points and Learning Activity	Materials/Slides	Co-Trainer or Person
		with Lived Experience
Read Slide	Healthy Eating You should cut different sunds of foods to make sure your body gets what it needs. The programment of the state of the	
Read Slide	Healthy Eating Part of healthy living is dod you should ear every food	
Read Slide	Vegetables Vegetables as a source of vitamin A and potassium; they help with healthy skin and eyes. Examples of vegetables are spinach (leaf), asparagos (trem), potato (root), and artichole (flower). Examples of one vegetable serving: 2 cups raw leafly sailed greens 1 cup vegetables in the control of t	
Read Slide	Fruits Fruits are a key source of vitamin C and potassium; they help promote healing of wounds. Fruits can grow on trees, vines and bushes. Examples of one fruit serving: 1 medium whole fruit 2 too pot-up fruit 3 toop dried fruit	
Read Slide	Dairy Dairy Dairy Dairy provides a significant source of calcium and vitamin D; they help develop strong bones and teeth. The dairy group includes milk, yegart and cheese. Examples of one dairy serving: 1 cup milk 1 cup yegart 1 ounce cheese	

Discussion Points and Learning Activity	Materials/Slides	Co-Trainer or Person
		with Lived Experience
Read Slide	Community Life Guide Protein	
	Protein helps build strong muscles. Chicken, fish, eggs, beans and nuts are examples of protein sources.	
	Examples of one ounce protein equivalents: 1 tablespoon peanut buter 1 -ounce cooked seafood, meat or poultry 1 egg or 2 egg whites	
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Read Slide	Grains Grains are a key source of B-vitamins, which provide the body with	
	energy. Whole grains provide more health benefits like fiber, which keeps the body feeling full longer.	
	Examples of one serving of grains: - 1 slice bread - 1 small tortila - % cup cooked rice, pasta or cereal	
	Department of Personal Communication of Communication Comm	
Read Slide	Check Labels	
SAY: Foods that are more convenient or easy to make have high	Read the food labels to find out that is in the food and drink you t	
amounts of salt, sugar and fats.	buy. Total Contrological (i) (i) UK Charley Find (i) UK Cha	
, 6	Part Install of Department of Development of Develo	
www.youtube.com/watch?v=RjwfxfBPq3Y (1:58)	Community Life Oulda	
SAY: This video takes you through the grocery store. Highlighting		
areas with the healthiest food.	Coper traced of citatalistics and citatalistics and citatalistics.	
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SAY: In addition to eating healthy, physical activity is very	Community Staying Active	
important.	You can be physically active while doing house or yard work.	
Read Slide	You can plan physical activities, like daily walks, sports, yoga or	
	stretching. Charles and Constrained of Cons	
SAY: Make physical activity a part of your daily routine.		

Discussion Points and Learning Activity	Materials/Slides	Co-Trainer or Person with Lived Experience
SAY: Eating healthy and being active will help you have a healthy weight.	Why is it important? 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.	
SAY: It is important to take care of your mental health. Read Slide	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 courselor when you need	
Read Slide	The everyday things you do for	
Section 4 – Healt	your health are important. You can start now to do more of those everyday things. Department of De	
10 minute	es ·	
SAY: The Integrated Support Star looks at 5 areas and what support you may need. Strengths: What are our own strengths, skills or assets? What can we use, learn, etc., to build capacity or support our needs? Relationships: Who are the people in our lives? Who could help with one small thing? Technology: Who doesn't use technology these days? Technology can be high tech or low tech. Community Supports: Where are places, groups or resources in the community you use or have access to? Eligibility Supports: What (if any) supports do you receive? How can	Canada and a second and a secon	Review sections with trainer.
they help you transition to adult health care?		

Discussion Points and Learning Activity	Materials/Slides	Co-Trainer or Person with Lived Experience
SAY: Here is an example of supports around healthy living. Facilitator Notes: Talk through each area of the star.	Cate country Ca	
Read Slide SAY: The Healthy Living Integrated Supports Star (ISS) helps you explore supports that can help you reach your goals for living a healthy life. SAY: List supports for day-to-day health care to help you in your daily routines. Facilitator Notes: The participants can complete this as a group to practice or break into smaller groups. Ideas can be shared, or you can discuss a scenario to have participants create a Healthy Living ISS.	Integrated Supports Star Complete the ISS to determine day to day supports for your health care.	
SAY: These resources were used to create this training. It is important to understand how healthy living can be put into your everyday routines. This training goes along with the EZ-Reader Everyday Health Care Routines. Thank you for joining us.	RESOURCES 9 Ways to Help Your Pharmacist Fill Your Prescription www.goodrc.com/healthcare.access/pharmacist/surve-to-help-your. pharmacist fillsy our expectations Mayoclinic-healthcare access/pharmacist/surve-to-help-your. pharmacist fill your person from the healthcare pharmacist fillsy our person from the healthcare for encoury perimeter www.youtube.com/healthcare/healthcare/fillsystations/pharmacist/survey-fillsystations/pharmacist/survey-fillsystations/pharmacist/survey-fills/	

Discussion Points and Learning Activity	Materials/Slides	Co-Trainer or Person
		with Lived Experience
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