

Uniting to Advocate for our Health and Wellness

Presented by:

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Ray Graham
ASSOCIATION®

Taking Control of our Healthcare

- Health Resume
- Patient Instructor Program
- The Wellness Committee

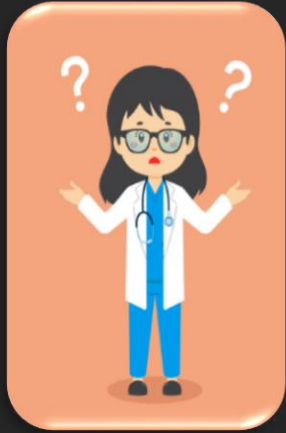
Our 'Why'



The Health Resume



People who have a disability are more likely to get sick with illness that can be prevented.



Sometimes doctors don't figure out what is wrong right away.

Sometimes people and their doctors don't communicate that well.

The Health Resume

- Helps To Communicate with doctors
- Share important information
 - Medical Diagnoses
 - Pain Signs
 - Fear Signs
 - Anxiety Triggers
 - Calming Techniques
- Especially helpful in the hospital
- or rehab



Our Goals

- Better Health Outcomes
- Better Communication
- Fewer times going back into the hospital for a recurring issue.



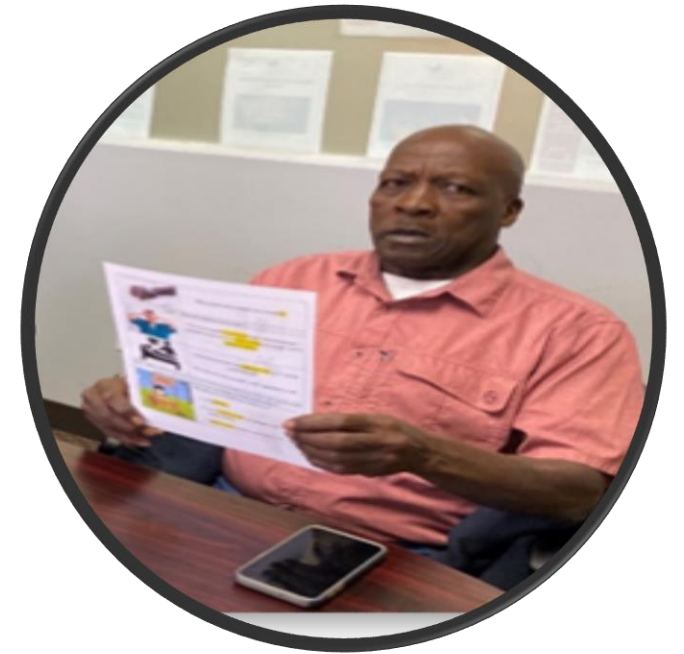
Patient Instructor Program





Laneka's story

James' Healthcare Story





I share my story so I can help other people!



Even if you aren't a Patient Instructor, you can...

Advocate

- Tell your doctor how you are really feeling.
- Ask your doctor to speak to you, not your team member or family if that's what you want.
- Speak up and speak out for yourself!

The Wellness Committee



Anne

- **First Co-Chairperson, now Chairperson of The Wellness Committee**
- **My role:**
 - **Help to make the agenda for the meeting.**
 - **Call each meeting to order.**
 - **Follow the agenda.**
 - **Give my peers the opportunity to speak and share their opinions.**
 - **Keep the meeting moving forward**
 - **Help to answer any questions that people have.**
 - **Share my ideas with the Committee.**



How we started

- The Wellness Committee started with a partnership with a medical student.
- It was originally supposed to just be about physical fitness and healthy eating but... we had bigger ideas!



- **The Committee is made up of Self-Advocates!**
- **We met on Zoom at first, but now are meeting in person.**
- **We meet every month!**

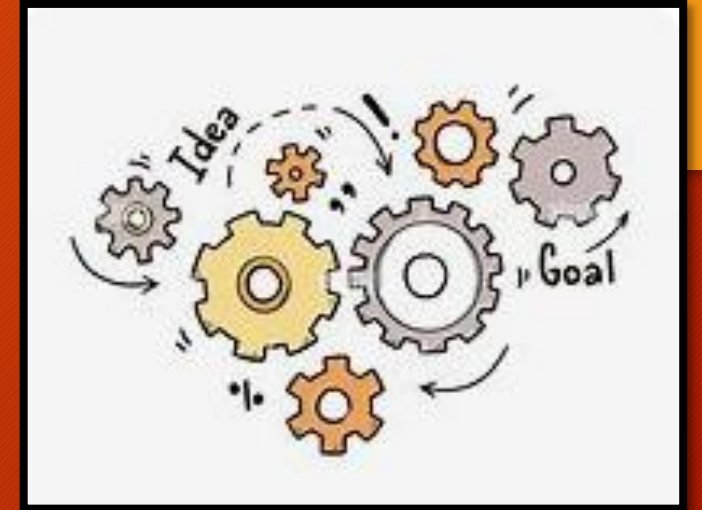


Our First Priority



- When we first starting meeting in February 2023, we were focused on menu planning.
- We had a new menu planning tool, and people had questions!

As time went on, advocates on The Committee brought new ideas to the table.

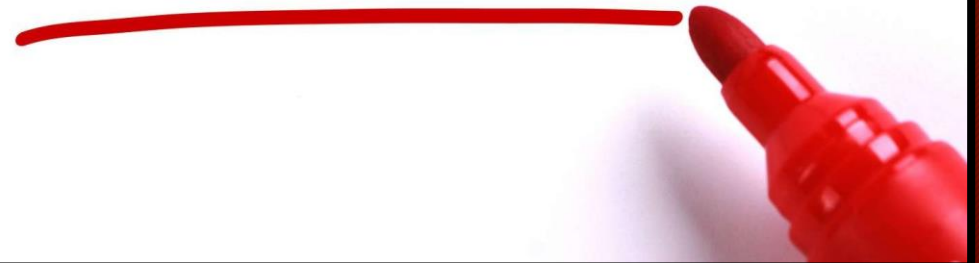


- Physical fitness
- Menu Planning Tool
- Spiritual Health
- Advocating for yourself at your doctor's appointments.
 - Pro Tip: Check out your doctor online to learn more about them, such as their education, etc.

What we learned

- What topics were important to people
- What people had questions about
- Our barriers
- People outside of The Wellness Committee wanted to learn from us!

LESSONS
LEARNED



Building on what we started

- Partnership with the University ended
- Invited New Members
- From Zoom to In-Person
- Brainstormed Ideas
- Decided on Newsletter
- Voted on Topics
- Researched Facts
- Other fun things
 - Exercise together
 - Share Healthy Snacks



Topics

- Hydration
- Healthy Eating
- Weather Safety
- Medications
- How to Schedule Appointments
- Making Medical Decisions
- Learning about My Health Conditions
- How to overcome fear of the doctor or dentist
- Spiritual Health
- What happens in an ambulance?
- First Aid
- What if I don't want to follow my doctor's orders?
- How to take charge of my healthcare

Just to name a few!

Benefits of The Committee

- Making new friends
- Learning from each other
- Exchanging ideas for our newsletter
- Sharing what we learned with others

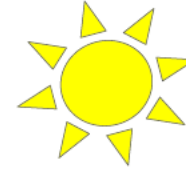


The Wellness Committee Newsletter August 2024

This Month's Topic: Healthy Eating

Sugar-Free Desserts

There are many desserts that come in sugar-free options, like ice cream, Jello, pudding, candy, and cakes.



Fruits And Vegetables

Fruits and Veggies are nutritious and have vitamins. You can cook them in many different ways like boiling, grilling, air frying or blending into smoothies. You can add spices or herbs to make them taste better.



Drinking Water

Drink a lot of water to stay hydrated. You can make water taste better by adding fruits, vegetables or herbs like lemon, lime, orange slices, cucumbers, ginger or mint.

Reducing Salt

Some foods that are high in sodium (salt) are bacon, sausage, TV dinners, fast food, doughnuts and cookies.

Too much salt can make you feel bloated and thirsty, and can cause high blood pressure, swelling, and sleep trouble.

**Health
Is
Important!**





My25

My25 is a menu planning tool. NOT a diet. You can make changes if you don't like something.



Portion Control

Portion control is important to lose weight and to keep it off so you can be healthy all-around. One tip is the '20 minute rule'. It takes 20 minutes from when you start eating until your brain tells you are getting full. So eat slower!



Processed Food

Processed foods are foods that are not natural. They have extra sugar, salt, and chemicals added in.

Eating some of these foods is okay, but too much can be unhealthy!

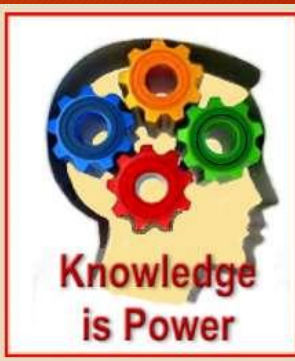


Maintaining A Healthy Weight

If you can get to and stay a healthy weight, you can prevent problems like diabetes, heart disease and some cancers. That means you are less likely to get sick!

Health topics were selected and researched by The Wellness Committee





Think

If you are working with a provider agency, think about starting a Committee like this where you are.

Ask

Ask your team members, friends, other advocates or family for help if you need it!

Learn

Even if you don't do that, you can always take time to learn about the health topics that are important to you.

THANK YOU

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