

## INTEGRATED SUPPORTS STAR | HEALTHY LIVING

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.

## Personal Strengths & Assets for Supporting Healthy Living

- Communicates with doctors and other medical professionals
  - Knowledgeable about own disability or special healthcare needs
- Knows how/when to seek help for health issues
- Understands changes as body becomes adult, and has well woman/man checkups
- Manages (or helps manage) own medication and other healthcare needs
- Understands health risks associated with smoking, drinking, drug use, unprotected sex
- Knowledge and/or ability to plan/execute healthy meals; eats a healthy diet
- Gym membership/exercises regularly/rides bike
- Has health insurance
- Medical home

- Doctor
- Nurses
  Family member or school staff implement therapy
- Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)

## HEALTHY LIVING SUPPORT OPTIONS

- Gym membership
- Community Centers
- Neighborhood/City Pool
- Community Health Centers
- Health fairs
- Family/General practice providers
- YMCA
- Neighborhood pharmacy

- Center-based therapies (PT, OT, Speech, etc)
- Special/institutional medical care
- Home/community based therapies
- Special Olympics Healthy Communities Initiative
- Medical home
- Individualized Health Plan

Relationships for Supporting Healthy Living

**Community Resources for Supporting Healthy Living** 



Eligibility Supports for Supporting Healthy Living

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**Pill-minders** 

Chat with a

nurse/nurseline

Fit-Bit/Nike Fuel

(ie treadmill)

for ipad

Exercise equipment

Health/fitness apps

Smart Toothbrush

Tele-medicine

Web-MD

Band