

TITLE: Taking Charge Of My Health Care Toolkit

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STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: Self-advocates, program developers and evaluators, health promotion researchers

ABSTRACT: The 'Taking Charge of My Health Care' toolkit is an online resource designed for and by people with intellectual and developmental disabilities (I/DD), so they can better advocate for their own health and health care need. People with disabilities need health care and health programs for the same reasons anyone else does- to stay well, active, and a part of the community. Individuals experiencing IDD require health care that meets their needs as a whole person and not just as a person with a disability. Behavioral Risk Factor Surveillance System (BRFSS) data indicates people with intellectual and/or developmental disabilities are less likely to access the care they need and have higher rates of inactivity, and higher rates of developing cancer and diabetes. OSAC, UCEDD and OODH collaborated to develop this free and accessible toolkit. The toolkit consists of 9 modules with corresponding workbooks, worksheets, PowerPoint and videos, and a Leader's Guide. The toolkit is designed to be utilized by individuals or in groups setting such as classrooms or workshops. There are multiple positive implications for people with IDD and their families, including better access to quality care and ultimately a better overall quality of life and health status.

OBJECTIVE(S): Explain the need for engaging adults with I/DD in taking charge of their health and health care. Identify one or more topics that are important for people with I/DD to understand when advocating for their health care. Direct self-advocates, family members, service providers and health care providers to this online resource.
