



Health Matters for People with Developmental Disabilities: Creating a Sustainable Health Promotion Program (Paperback)

By Beth Marks, Jasmina Sisirak, Tamar Heller

Brookes Publishing Co, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. Adults with developmental disabilities are at significant risk for health problems. Effective health promotion can improve outcomes and that s why adult day and residential agencies, schools, and other organizations need this invaluable program development guide. An urgent call to action and a start to finish framework for health promotion, this book shows administrators and service providers how to increase supports for health education, exercise and nutrition by implementing their own successful program. With practical guidance on every stage of program development, readers will discover how to effectively communicate the key points of a health promotion program; win the support of senior management and direct support staff; manage practical aspects like budgeting, gathering resources, and recruiting staff; use Universal Design to develop a program that welcomes people with intellectual, developmental, and physical disabilities; motivate program participants with creative activities and strategies; ensure lasting improvements in health behaviors; and evaluate the program s outcomes and identify areas for improvement. To help them implement their own health promotion program, readers will get practical planning tools, including a getting started checklist, a sample Program Timeline and budget, lists...



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