



Integrated Supports: Healthy Living

People need supports to lead good lives. 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.

Technology

- Pill-minders
- Chat with a nurse/nurseline
- Tele-medicine
- Web-MD
- Fit-Bit/Nike Fuel Band
- Exercise equipment (ie treadmill)
- Health/fitness apps for ipad
- Smart Toothbrush

Personal Strengths & Assets

- 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

Relationships

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



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

Community Based

- 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

Eligibility Specific

Access the LifeCourse framework and tools at lifecoursetools.com