



Taking Charge of My Health Care Toolkit

Oregon Office on Disability and Health

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“Taking Charge of My Health Care” Toolkit

Uses:

- Workshops
- Meetings
- At home review
- Support staff training
- Medical providers training
- Other?

Taking Charge of My Health Care Modules

Module 1 Being A Self-Advocate



In this module, you can find information about:

1. Being a self-advocate
2. When and where to be a self-advocate
3. Oregon Health Plan: Rights and responsibilities
4. What did I learn?

Module 2 Finding a New Doctor



In this module, you can find information about:

1. Choosing a new doctor
2. How to find a new doctor
3. Finding a doctor who is person-centered
4. What you need from a new doctor
5. What did I learn?

Taking Charge of My Health Care Modules

Module 3

When I Should Visit My Doctor



In this module, you can find information about:

1. Check-ups
2. Preventative care
3. What to do when you are sick or have pain
4. What did I learn?

Module 4

Me and My Doctor



In this module, you can find information about:

1. BEFORE: How to prepare for my doctor appointment.
2. DURING: Getting the most out of my appointment
3. AFTER: Following my doctor's recommendations
4. What did I learn?

Taking Charge of My Health Care Modules

Module 5 Me and My Medications



In this module, you can find information about:

1. Understanding my medication
2. Understanding my prescription label
3. Medication safety
4. What to do if there is a problem?
5. What did I learn?

Module 6 Signs of Sickness



In this module, you can find information about:

1. Signs and symptoms
2. Understanding levels of urgency/emergency
3. What did I learn?

Taking Charge of My Health Care Modules

Module 7 When My Doctor Recommends Surgery



In this module, you can find information about:

1. BEFORE: Deciding to have surgery and then how to plan and prepare
2. DURING: Going to the hospital for surgery
3. AFTER: Planning to go home and after care
4. What did I learn?

Module 8 Mental Health



In this module, you can find information about:

1. What is mental health and how to maintain positive mental health?
2. Concerns about my mental health
3. Some causes of mental health problems
4. What to do in a mental health emergency?
5. What can be done to end mental health stigma?
6. What did I learn?

Taking Charge of My Health Care Modules

Module 9

Staying Healthy



In this module, you can find information about:

1. Healthy eating
2. Physical activity
3. Importance of sleep
4. Emotional and social health
5. Other tips to maintaining health
6. What did I learn?

Module 4

Me and My Doctor



In this module, you can find information about:

1. BEFORE: How to prepare for my doctor appointment.
2. DURING: Getting the most out of my appointment
3. AFTER: Following my doctor's recommendations
4. What did I learn?

Making Choices with My Doctor

You have a say in your health. You can make your own choices at the doctor's office.



Tests: for example, a blood test



A plan for a healthy lifestyle: for example, being more active and/or eating healthier



Medicines and treatments: for example, pills for pain and creams for rashes



Referrals: for example, your doctor suggests you see a counselor to help with your mental health




If you don't know what choices to make you can:

- Ask for more time
- Ask more questions
- Ask for more information
- Ask for support

Remember you are in charge of your body.
 You talk to the doctor about yourself.
 The doctor works out what might help your health.
 You can work together to have a healthier life.



 You may feel worried about speaking up. This can be because people did not listen to you in the past. Taking someone with you for support can help. You can practice what to say before you go.

4. What Did I Learn?

I can take charge of my health care when I:

- Know how to make an appointment and how I will get there.
- Can bring a support person with me if I choose to.
- Know what to take when I go to the doctor.
- Get help to speak up if I need it.
- Let the doctor know the best way I communicate.
- Have a say and can make choices.
- Choose to follow my plan for a healthy lifestyle.

Notes:

This module was adapted from NSW Council for Intellectual Disabilities (2009), Australia.

The toolkit and its components are supported in part by Grant/Cooperative Agreement #5 U27 DD000014 from the Centers for Disease Control and Prevention, Disability and Health Branch. The contents of the toolkit are solely the responsibility of the authors and do not necessarily represent the official reviews of the CDC.



Module 9

Staying Healthy



In this module, you can find information about:

1. Healthy eating
2. Physical activity
3. Importance of sleep
4. Emotional and social health
5. Other tips to maintaining health
6. What did I learn?

2. Physical Activity

For your overall wellness, you need to be physically active. That means exercising 30-60 minutes a day. Being physically active also helps your:

Bones stay strong



Heart works well



Lungs stay healthy



Muscles grow strong



Brain stay healthy



Remember:

- Find fun physical activities that fit your lifestyle. Go to the gym for exercise, play sports, or do activities such as going on walks with friends, riding your bike, or gardening.
- Being active is good for your emotional health. It can help calm your mind and reduce stress.
- Physical fitness also helps you keep a healthy weight.
- If you are pre-diabetic or have type 2 diabetes, being active can help reduce or even stop type 2 diabetes symptoms as well as other chronic conditions.

3. The Importance of Sleep

Getting a good night's sleep plays a key role in mental, emotional, and physical health.

Here are some ideas to help you get a good night's sleep:

- Go to bed at the same time and get up at the same time.
- Get at least 7 hours of sleep per day.
- Turn off electronic devices such as TVs, computers, tablets, and smartphones at least 30 minutes before going to sleep.
- Avoid caffeine, large meals, and alcohol before bedtime.
- Exercise during the day to help you fall asleep more easily at night.
- Make sure your room is quiet, dark, relaxing, and at a temperature that is comfortable to you.



4. Emotional and Social Health

Life is busy and it can be stressful at times. It may seem like we have little time to care for ourselves. It is important to find time to take care of yourself.

You can:

- Maintain healthy relationships with family and friends.
- Be involved in your community or volunteer.
- Maintain a positive attitude (try to find the good, even in tough times).
- Learn and try new things.
- Make time for things you enjoy.
- Learn to manage your stress (meditation, yoga, or deep breathing).
- Participate in a regular job, volunteer job, or a hobby.
- Express gratitude (write thank you notes or say thank you).
- Set health and wellness goals and reach them (for example, exercise more and eat more fruits and vegetables).



4. What Did I Learn?

To help me stay healthy I:

- Eat well to help my body and mind.
- Stay physically active to help all parts of my body, from my head to my toes
- Get adequate sleep to help with my mental, emotional, and physical health.
- Find time for myself and others, which is an important part of my emotional health.
- Know good health will help me in all areas of my life including my health care.

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Product 1: Module Workbook

- For participants as individuals or workshop settings
- Includes:
 - ✓ Welcome
 - ✓ 9 modules and corresponding worksheets
 - » Advocacy
 - » Finding a New Doctor
 - » When I Should Visit My Doctor
 - » Me and My Doctor
 - » Me and My Medications
 - » Some Signs of Sickness
 - » When My Doctor Recommends Surgery
 - » Mental Health
 - » Staying Healthy

Product 2: Leader's Guide

- Overview Summary
- How to do a workshop
- 9 modules each containing:
 - ✓ A leaders overview and guide
 - ✓ Module (will contain additional questions and discussion points)
 - ✓ Worksheet
 - ✓ Appendixes with supplemental information

Product 4: Online Toolkit

- Housed on OODH's main website
 - ✓ Links to the entire *Taking Charge of My Health Care Toolkit* (Products 1-3)
 - ✓ PowerPoints corresponding with each of the 9 Modules
 - ✓ Videos
 - ✓ Additional resources

Creating Videos for Modules

- 9 videos for the toolkit
 - ✓ Each video is 3-4 minutes long
- More than 84 hours of filming!
- 2 videographers
- Over 7 locations
- 27 actors total
 - ✓ 12 self-advocates
 - Members of OSAC and community
 - From all parts of Oregon
 - ✓ 15 individuals consisting of:
 - Staff – OODH and UCEDD
 - OHSU Nursing students
 - Community members

Actors



<https://vimeo.com/289638768/29e3957b72>



Thank You