



Motto- “Make the most of what the person can do”

1. Work together to set up personal health rules. Plan with a health professional. Use the “Healthy Habits” worksheet.
2. Practice the rules often to help the person really learn them.
3. Help make it easier to follow the rules. Use a good reminder system. Consider using smart phone alarms or paper reminders.
4. It is good to set an example with your own health rules. Be a role model. Talk about staying healthy.
5. Once the person knows their rules and has good habits of using them, then it is time to teach how to adjust them on special days that are exceptions to the rules.
6. Teach about who to talk to when there is a problem or change for a special day. Teach that private health info can be shared with your own caregivers and health care team. This is different than talking about private things with others out in public.
7. Be available to support problem solving for unusual days. Encourage both problem solving and asking for help.

MY HEALTH GOALS

- I want to eat healthy foods and drink enough and eat the right amounts every day.
- I want to keep my body clean (wash up regularly) and active (exercise at least 3 times a week).
- I want to take care of my body, go to the bathroom regularly.
- I want to get enough sleep to be rested every day (7-9 hours).

Some questions to teach and think about when planning for the unusual days:

- Who are the people who help you take care of your health?
- If you can't eat on your regular schedule, how should you change what you eat?
- If you can't get the right amount of fruits, vegetables, calcium, or protein today, what should you do differently tomorrow?
- How should you change your food and beverages if you aren't feeling well?
- What days do you need extra fluids? For example, how about when it is hot out, or when you do a lot of exercise, or if you have vomiting or diarrhea?
- How should you watch your urine for amount and color? How should you watch for changes in your stool color, shape or quantity?
- What do you do if you don't get to do your usual exercise? Or to take your usual shower or wash your hair?
- What do you do if you are off your usual sleep schedule?

