

HEALTHY HABITS

Making Healthy Habits: Self Advocates
For persons with intellectual or developmental disabilities (IDD)



Why do we have trouble being healthy?

Maybe we don't pay attention to what our bodies need. Sometimes we don't know how to make healthy choices. Sometimes we do not have the time, energy, or money.

What can make it easier to take care of your health?

1. Practice Healthy Habits every day!
2. Plan for unusual days when the habits don't work.
3. Ask for help when you need it.

- Persons with IDD can need help learning about their own body. Examples of signals are being tired, thirsty, or hungry. Eating too fast or not chewing enough can make you choke. It can be hard to pick correct clothes for the weather.
- There are basic rules of self-care. Goals can include eating healthy and hydrating, keeping fit with enough physical activity, and bathing, toileting and sleeping well.
- Some people have not had good teaching or examples of healthy habits. If a person decides to work on getting healthy, they may need practice to make new habits.
- **Healthy Habit Worksheet** can be used to write your own daily rules.
- You may want help. You may want help every day or on unusual days. Unusual days might be times like vacation days or when you feel sick.

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 (washing up regularly) and active (exercising 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).

- Use the **Healthy Habits Action Plan** to work on building habits.

Healthy Habits is a project to build good health.

Here are the steps:

1. Ask you doctor or nurse to help fill out the "Healthy Habits" worksheet.
2. Take the habits home to practice. Where should you hang them up?
3. Use the action plan to check if you are using them each day.
4. Do you need reminders? What reminders could help you?
5. Watch for days when your habits might not work. Ask for help to fix the rules on these days.

