

## HEALTHY HABITS

Support Healthy Habits

For persons with Severe Intellectual or Developmental Disabilities (IDD)



### Motto- “Put caregivers in charge of the plan to help the person healthy”

1. Teach the person about their daily health rules. Use the “Healthy Habits” worksheet together, as he/she is able.
2. Practice using the rules often. You will need to talk about them and use reminders to encourage the person as they work to follow their rules.
3. Watch over the person every day, provide needed supports, use encouragement and reminders. Be patient. Try techniques, like “if you go to the bathroom now, then you can go outside for fun.” Give choices: “Do you want a fruit or vegetable? Do you want it now or in an hour?”
4. Help set up the environment to be helpful. For example, don’t have junk food visible. Use a water jug to show how much to drink.
5. Set an example by following health rules yourself. Be a role model. Talk about staying healthy. For example, take a walk to exercise together.
6. Observe day to day activities and watch for changes. Recognize unusual or special days and work out the solutions for what to do. Help the person make those changes.
7. Encourage sharing. “Tell me when you go to the bathroom, so I can help you stay healthy.”
8. Be present to watch for and support problem solving on unusual days.

### 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:*

- If he/she has a problem, who should you call?
- If he/she can’t eat using the regular schedule, how should you change the diet plan?
- If he/she can’t get the right amount of fruits, vegetables, calcium or protein today, what should you do differently tomorrow?
- How should you change food and beverages if he/she isn’t feeling well today?
- What days does he/she need extra fluids? For example, how about when it is hot outside, or when he/she does a lot of exercise, or has vomiting or diarrhea?
- How should you watch his/her urine output for amount and color? How should you watch or any changes in the usual stool color, shape or quantity?
- What do you do if he/she doesn’t have time to do their usual exercise? Or to take their usual shower?
- What do you do if he/she is off their usual sleep schedule?

