HEALTH IS MEANINGFUL LIVING

Personal Health & Safety

Webinar 2 of 3
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Objectives

- Justify the need: Direct instruction in personal health and safety
- Investigate resources: Appropriate and need based
- Expanded Core Curriculum: Embed instruction
PERSONAL HEALTH
Comfort w/Topic

- Cultural awareness
- Collaboration with
  - Families
  - Educators
  - Related service providers
Personal Hygiene

• Bathing

• Deodorant

Wild et al. (2019)
Apparel

Clothing and accessories

• Weather appropriate
• Age appropriate
• Situational
• Style
Oral Care

• Concepts
• Methods
• Options

Wild et al. (2019)
Grooming

- Hair care
- Eye Care
- Nail Care
- Shaving

Wild et al. (2019)
Consent- When and How?

• Begin early!!
  - Infant/Toddler Development

• Descriptive Mediation
  • Narrate, explain
  • Use adjectives and concept words

  Allman & Lewis (2014)
  Wild et al (2019)
Hierarchy of prompts

1. Independent
2. Pause (wait time)
3. Gestural
4. Indirect (Non-Verbal, Verbal)
5. Direct Verbal
6. Modeling
7. Partial physical (HUH)
8. Full Physical (HOH)

Allman & Lewis (2014)

Image: https://www.noodlenook.net/prompting-hierarchy
Medical Maintenance

• Health insurance
  ▪ State sponsored
  ▪ Work sponsored
• Routine health care
  ▪ Immunizations
  ▪ Maintenance
  ▪ Dental
• Medications

Wild et al. (2019)
www.accessiblepharmacy.com
ECC opportunities in Medical

• Independent living skills (ILS)
  • Calendaring
  • Time management
• Orientation and mobility (O&M)
  • Transportation
  • Mapping
• Assistive Technology (AT)

Wild et al. (2019)
Systems of the Body: The goal

IEP Goal idea (broad, not SMART):

“By the end of the year, when provided access to tangible 3-D models the student will be able to correctly identify structures and functions of 10 systems of the body”

Wild et al. (2019)
Systems of the Body

- 2-Dimensional graphics
- 3-Dimensional models

ECC
- Sensory efficiency
- Spatial Relationships
- Compensatory (tactile)

Wild et al. (2019)
Companion book

Academic curriculum

• Biology
• Physical Education
• Chemistry
• Physics

Wild et al. (2019)
Physical Activity(ies)

• Structured (formal)
• Recreational (informal)
• Same core curriculum
  ▪ Pre-teach
  ▪ Peer educators
  ▪ Para-professionals

Lieberman, Ponchilla, & Ponchillia (2012)
Multiple disabilities

- Fitness level
- Motor skills development
- Ability to be in large groups
- Social needs
- Safety

Grenier & Lieberman (2017)
Benefits of Physical Activity

- Concepts of common sports and activities
- A shared experience
- Be part of a team
- Socialization
- Language skills
- Self-determination skills
- Increased mobility, independence, and stamina

Lieberman, Ponchillia, & Ponchillia (2012)
Potential Concerns of PE: Exclusion

- Concerns over injury and liability
- Lack of prerequisite skills
- Low expectations from adults
- Child’s perceptions of abilities
- Adults may feel they don’t have the skills
- Pull out of PE for other instruction
- May lead to inappropriate placement or inclusion in placement
Social Health

The ability to develop relationships with others and interact in positive ways

- Exploration
- Connection
- Confidence
- Social skills

Wild et al. (2019), Pruess (2019)
Social Stages of Play

Unoccupied (Birth-3 Months)
Solitary (Birth-2 Years)
Spectator/Onlooker Behavior (2 Years)
Parallel (2+ Years)
Associate (3-4 Years)
Cooperative (4+ years)

Parten Newhall (1933)
Drew (2020)
Skills through Play

➢ Motor Development
  o Physical health
  o Spatial understanding

➢ Language development
  o Reading

➢ Cognitive development

➢ Self-control/regulation
  o Attention
  o Memory

➢ Problem-solving
  o Creative thinking

➢ Good mental health
  o Growth mindset

➢ Self-understanding
  o Self-esteem
  o Self-Concept
  o Self-Determination
PERSONAL SAFETY
INJURY PREVENTION
National Health Education Standards

Standard 4: ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

Standard 5: ability to use decision-making skills

Standard 7: ability to practice health-enhancing behaviors and avoid or reduce health risks

Joint Committee on National Health Education Standards (2007)
Fire Safety

Consider

- VI & cognition
- Age of student
- Services
- Collaborate
  - Teach in home and school

Wild et al. (2019)
Roles and Service Delivery

O&M
- Off campus orientation
- Off campus travel skills
- Cane skills

TVI
- Support to academic/classroom needs and skills (NOT tutoring)

Fundelius (2019)
Roles (both O&M, TVI)

Body image (O&M)
Concept Dev. (2D TVI, 3D O&M)
Sensory training (near TVI, Distance O&M)
Gross/Sensory motor (O&M)
Functional signs (on campus TVI, off O&M)
Health and eyes (TVI)
Social Skills (both)

Behaviors (ALL)
Living skills (both)
Career education (both)
Self-image/ understanding self (TVI, O&M adds mobility info)
On campus orientation (O&M, but TVI can assist)
On campus travel skills (O&M, TVI reinforce)

Fundelius (2019)
How

- 1:1
- Small group
- Consultation
- In-service

Fundelius (2019)
More Roles

Who else?

- Physical Therapist
- Occupational Therapist
- Optometrist
- Ophthalmologist
- Low Vision Therapist

Fundelius (2019)
Tactile maps

https://touch-mapper.org/en/

http://www.vanessagarber.com/lighthouse

https://www.pathstoliteracy.org/strategies/using-tactile-graphics-create-design-park
Water Safety

- Swimming
- Swim instruction
- Boating
- Water sports
- Floatation devices

Wild et al. (2019)
First Aid

- Families & Caregivers
- Career Support
- Universal Precautions
  - Injury and wound care
  - Protective gear

Wild et al. (2019)
CPR

• Sensory Efficiency
• Check, Call, Care
• Community Partnerships
Choking

- Community partnerships
- Accessible communication
- Self-determination
- Sensory efficiency
- Body orientation

Wild et al. (2019)
Social Media

- Public vs Private
- Who Sees What?
- CommonSense.org
- Social & Career Implications
- Sexting

Wild et al. (2019)
www.CommonSense.org
Social & Career Implications

• Personal Information
• Security
• Privacy & Sexting

Wild et al. (2019)
Traveling Safety

TVI
- Geography
- Physics
- Time mgmt
- Organization skills

O&M
- Airport
- Train
- Bus station
- Ride share (Taxi, Uber, Paratransit)

Wild et al. (2019)
Recap

- Assess
- Collaborate
- Have an open mind
- Be creative
Books


THANK YOU

See you December for Webinar #3

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