

Can Health B FUN?



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People with LD are less likely to be exposed to health promotion and more likely to have problems understanding information.

Public information is often.....

"One size fits all".

Too complicated.

Needs good reading skills

Needs existing knowledge of how the body works.

Opportunities to learn and participate in health promotion are more limited for people with LD.

People report feeling.....

They are "talked at"

rather than "involved in".

People who do not understand their health are less likely to make informed lifestyle choices.

People are less likely to....

Seek help

Find out if something is wrong

Get earlier treatment

THEN

People are more likely....

To only access health services when there is a problem

When they are in pain

To develop a negative association with health services

The aims of the session are.....

To talk about why an interactive approach to promote healthy lifestyles for people with a learning disability is innovative and more inclusive.

To demonstrate how learning through FUN promotes changes in how people view health and health services.

Demonstrate how responding to feedback is used to develop new or existing sessions.

Content....

Demonstrate some examples of how information can be misleading

Why be interactive?

Audience participation in an interactive session

Using multimedia resources and role play.

Where next?

Q&A

Resources required....

Video projection of PowerPoint presentation and audio capabilities

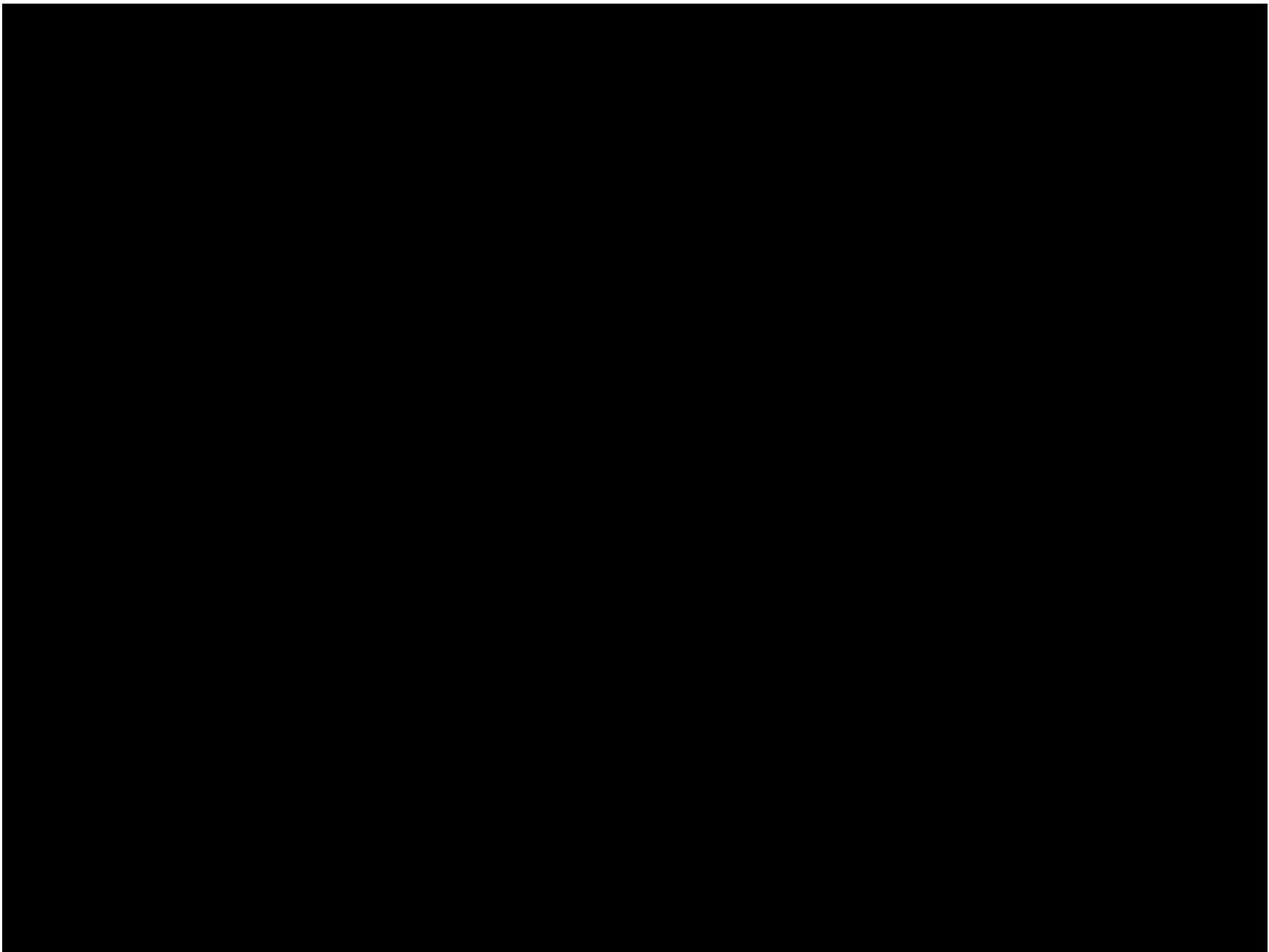
2 desk tables and 4 chairs

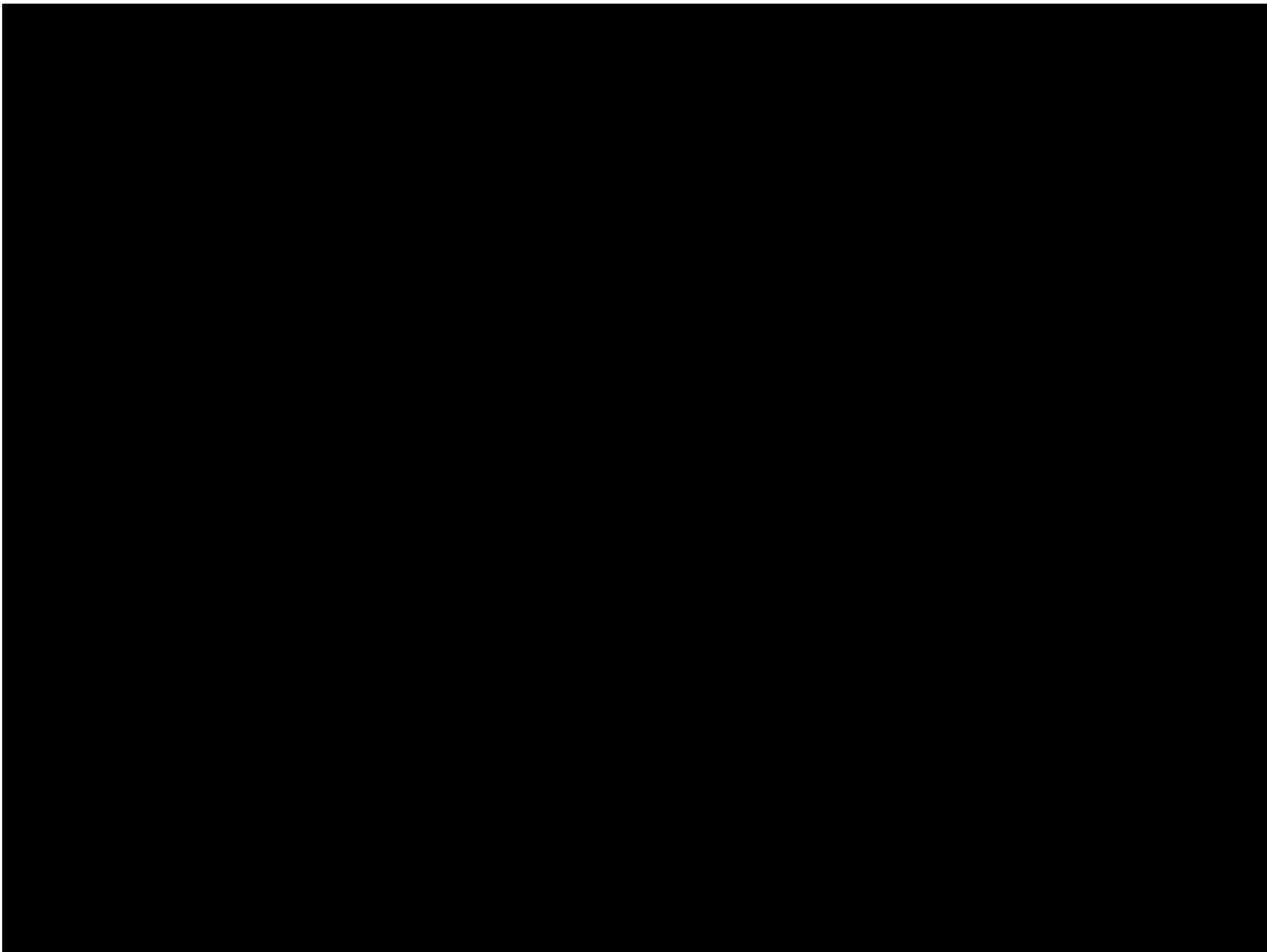
Audience up for FUN !!

?

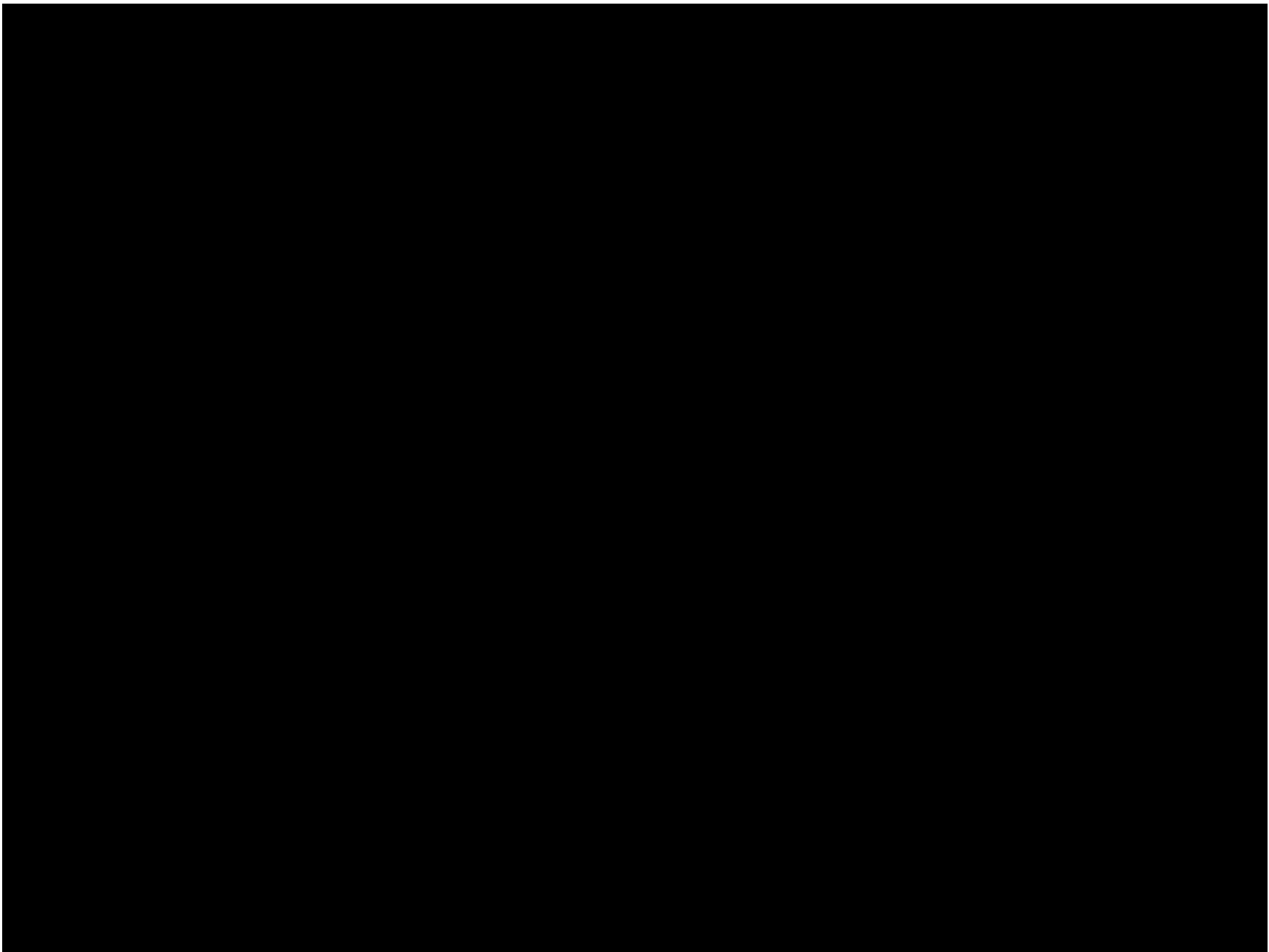
Problems understanding

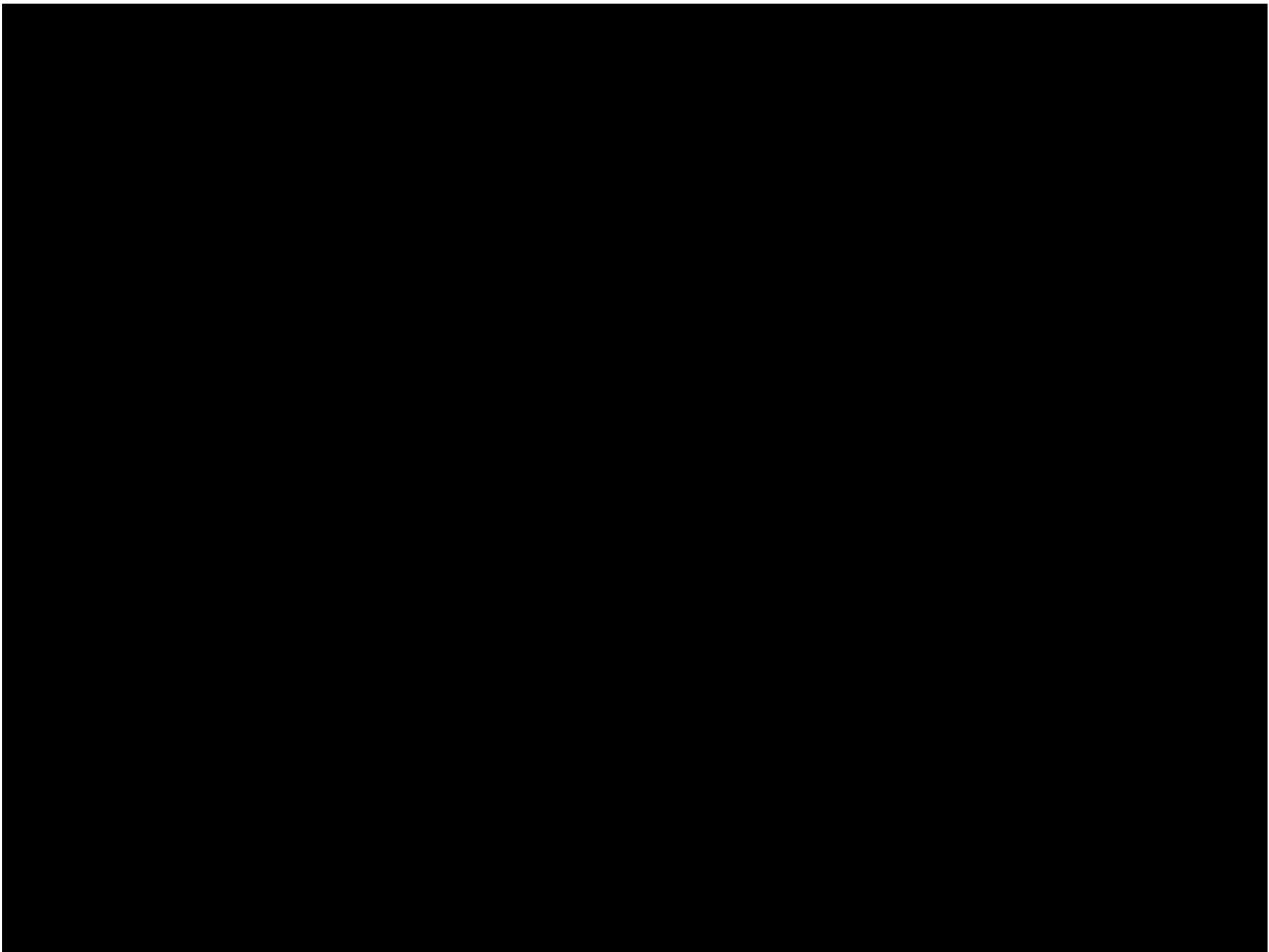












WAITING ROOM










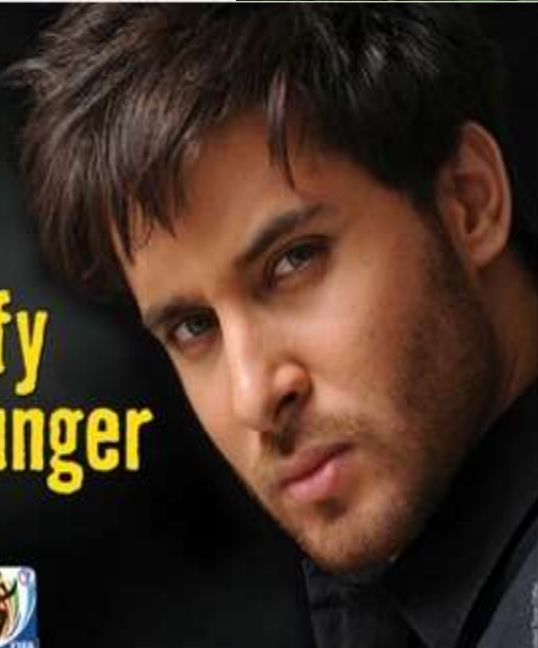




McDonald's

NEW BIG TASTY
Creamy Cheese · Smokey Sauce · Juiciest Bite



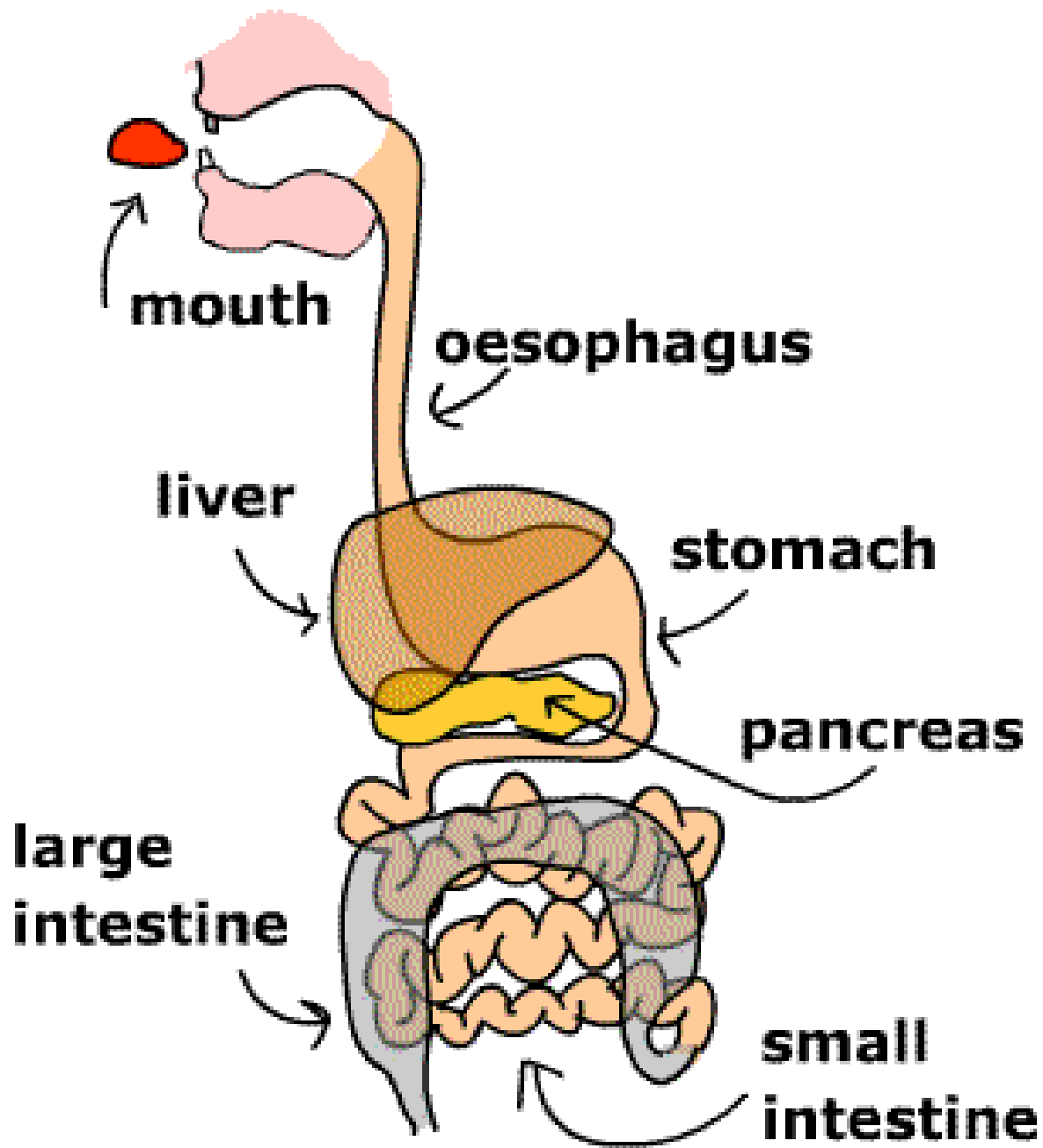
COME
Satisfy
YOUR
Hunger



 
official restaurant

©1112-44-622 111-BIG-MAC

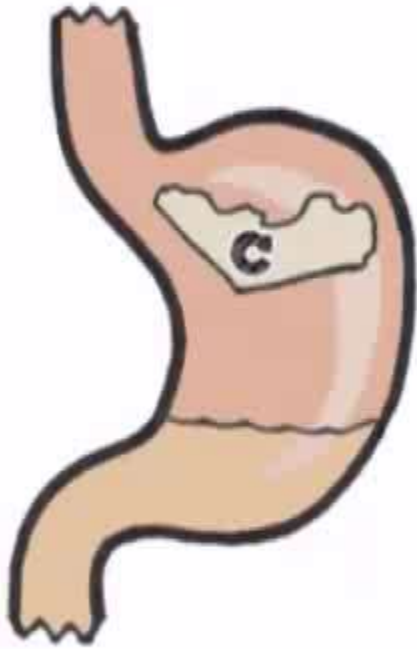




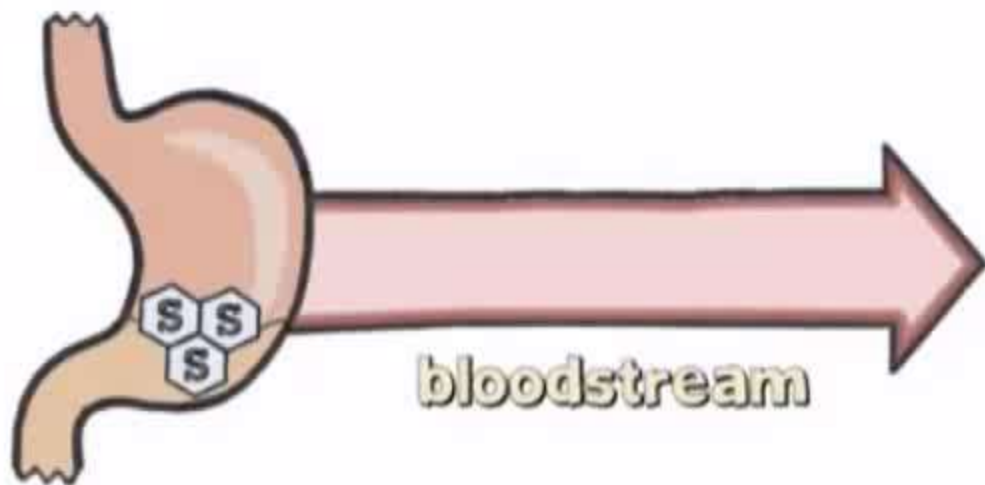


Separation game

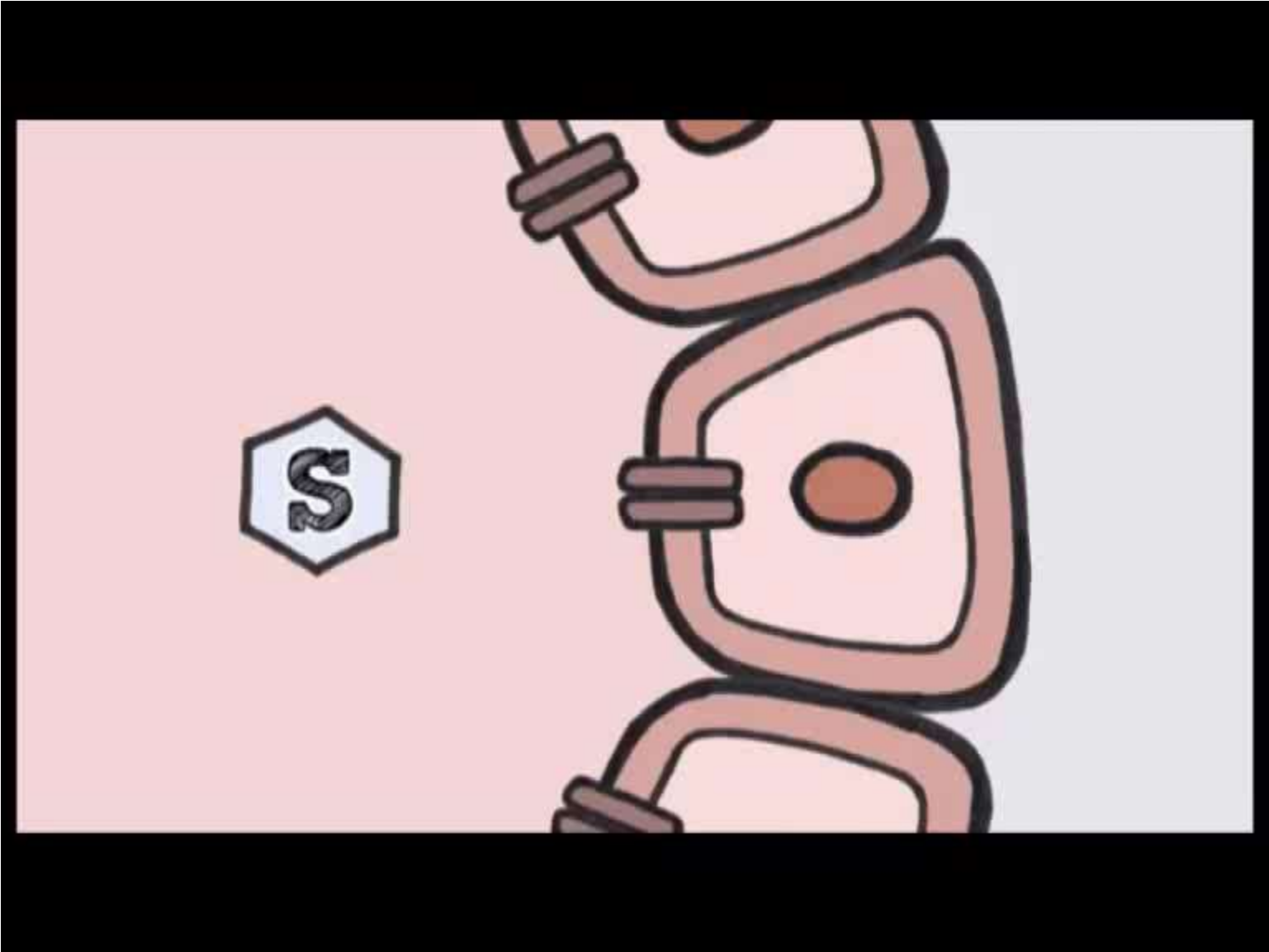


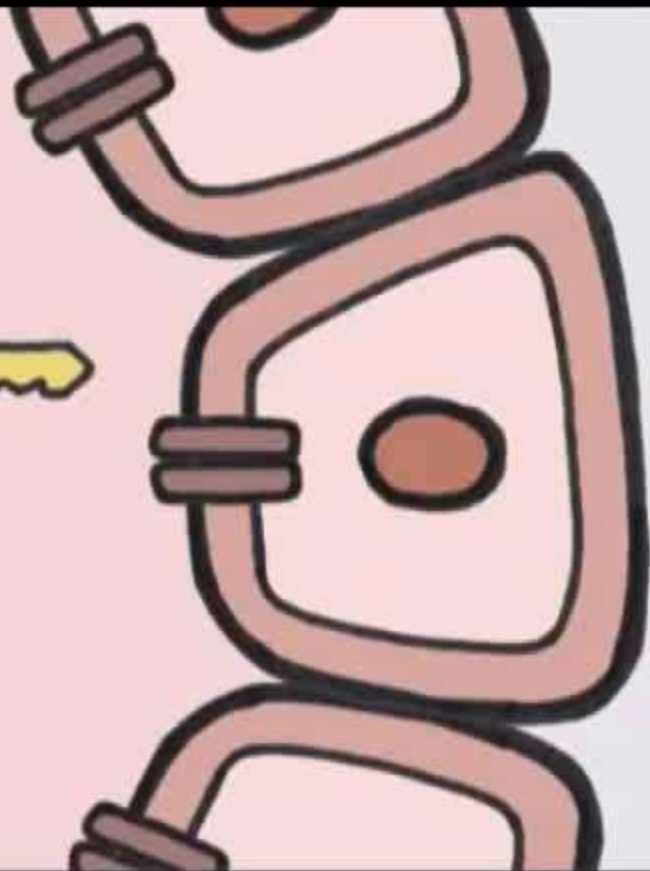


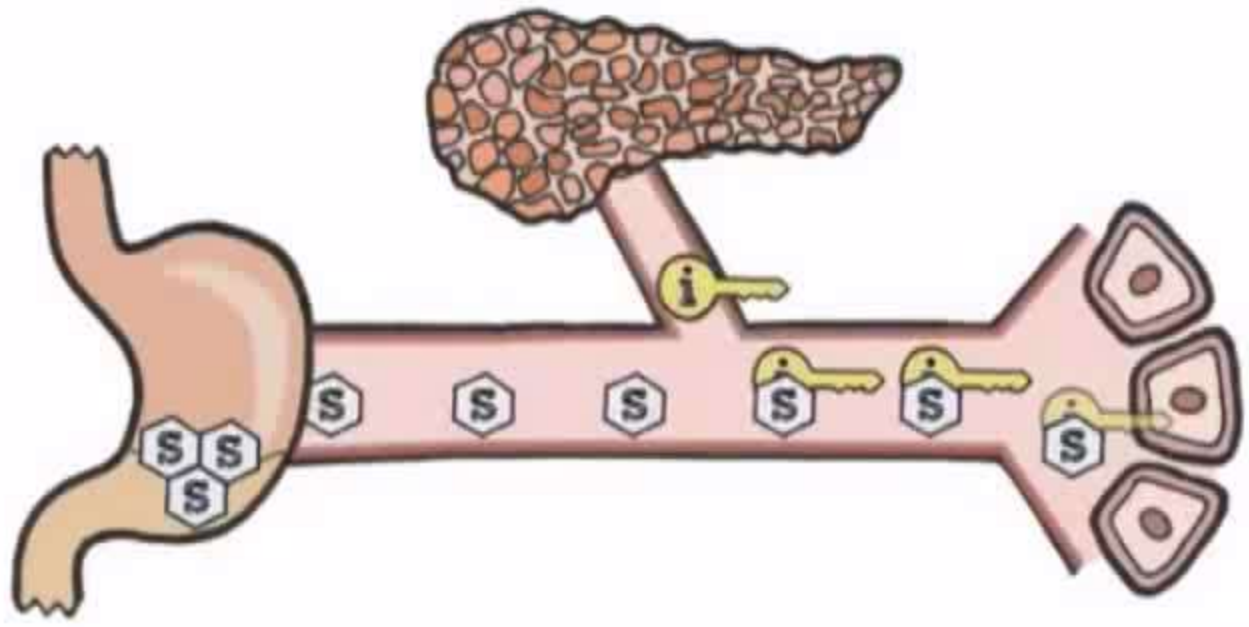
stomach

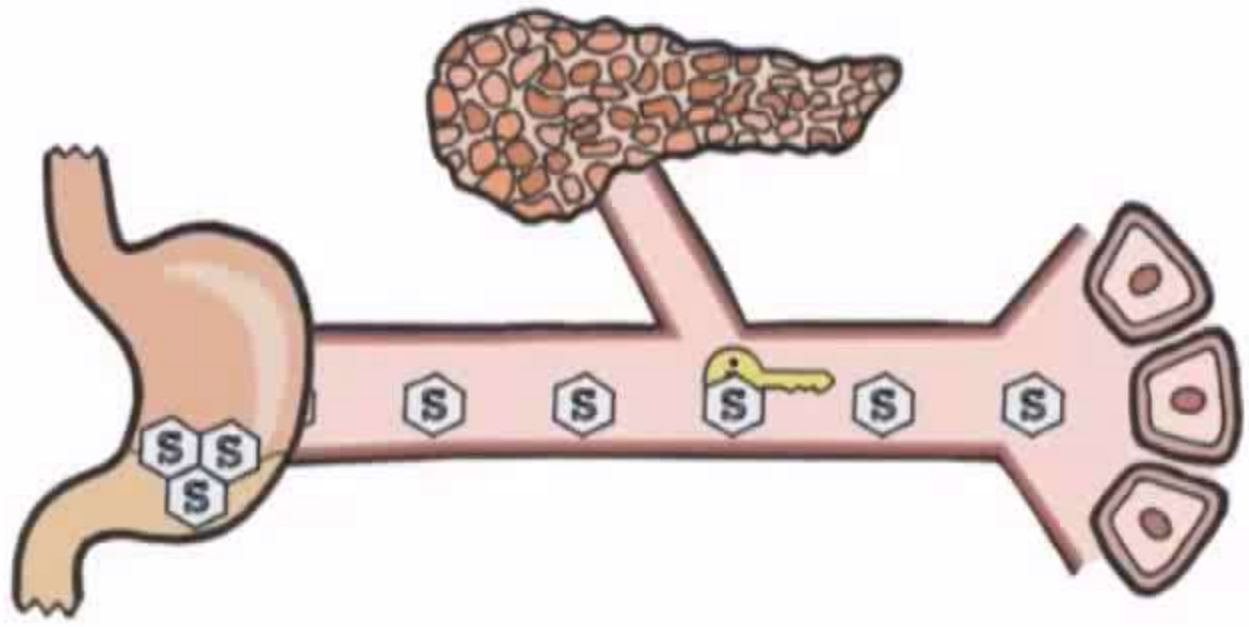


bloodstream









Lets get interactive





Insulin is
the KEY





Affects of Diabetes





Affects of Diabetes



NORMAL VISION



DIABETIC RETINOPATHY

Lets Play the sugar game



PROCESSED or ADDED SUGAR



In the game we are going to ask you to
guess how many sugar cubes are in
the following foods



How many sugar cubes are in a bowl of Cheerios?



1 Bowl of Cheerios
has contains 1 Sugar cube



How many cubes of sugar are in one can of ordinary COKE?



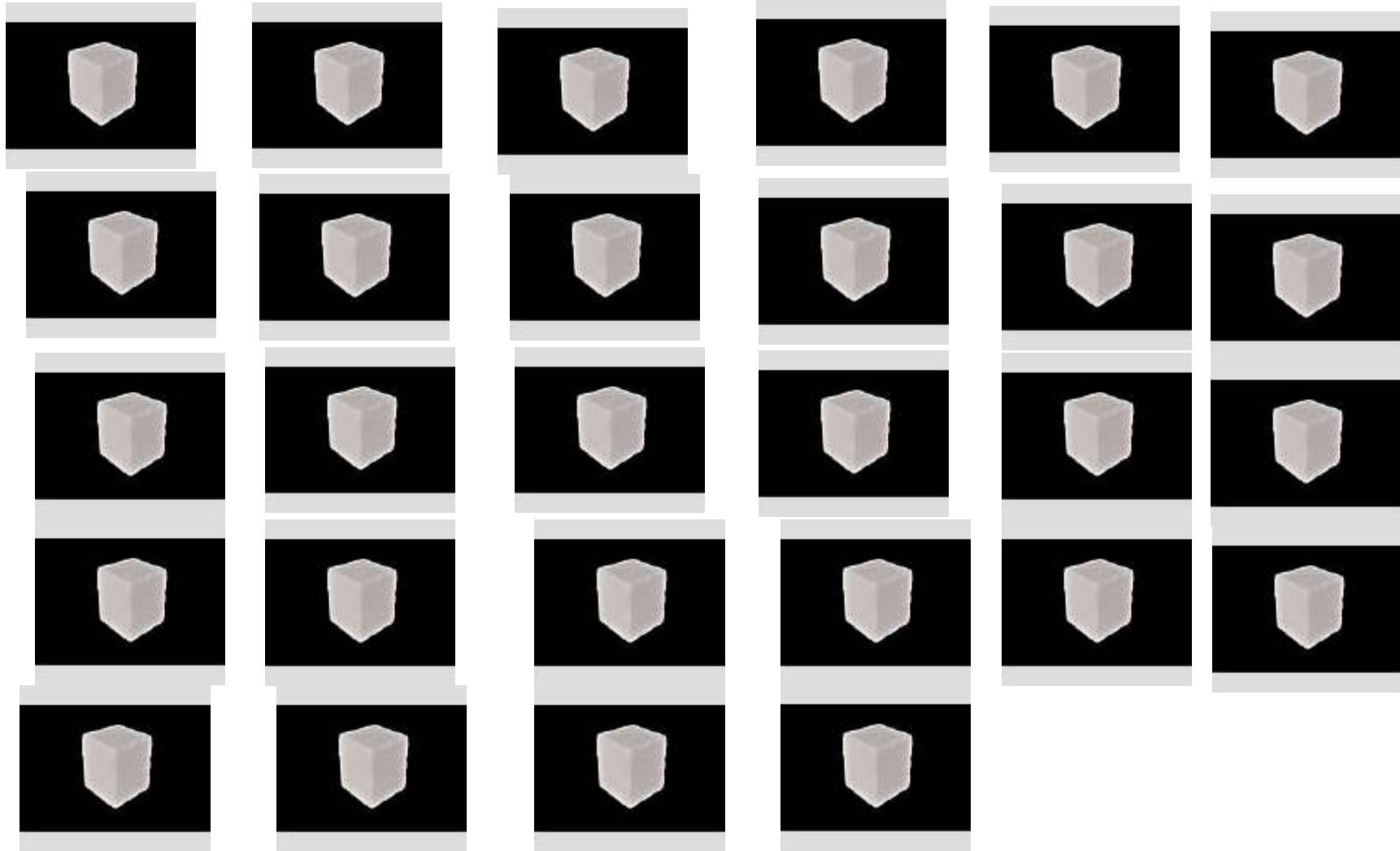
1 can of Ordinary Coke contains
9 sugar cubes of sugar



How many sugar cubes are in a large Strawberry milkshake?



1 McDonalds Strawberry Milkshake
contains 28 cubes of sugar



Google Sugar Smart
CHANGE FOR LIFE – NHS
you can download the APP for FREE





Controlling Diabetes



Diet



Exercise



Medications



Health checks





Want to know more



Speak to your Doctor



Contact the Local Learning Disability
Team





Check your health



Most important..... Do something about it!



Conclusion

Start with the basics



Giving simple messages to build on over time





Conclusion
Make it interactive!
Make it Fun!



Thank You!

