

Increasing physical activity among adults with disabilities

Doctors and other health professionals can use these steps to recommend aerobic physical activity options that match each person's specific abilities and connect him or her to resources that can help each person be physically active.



1. Know the Physical Activity Guidelines

The Physical Activity Guidelines are for everybody.
www.health.gov/paguidelines/

Review the patient's charts before each visit.

Explain that adults of all shapes, sizes, and abilities can benefit from being physically active.



Encourage at least 2% hours a week of moderate-intensity physical activity.



2. Ask about physical activity

Remember to look beyond the disability and put the person first. Use terms such as "person with a disability" instead of "disabled" or "handicapped person".

How can you add more physical activity in your life?

What types of physical activity do you enjoy?

How much physical activity are you currently doing each week?

3. Discuss barriers to physical activity



Physical Barriers



Emotional Barriers

4. Recommend physical activity options

Describe physical activity options based on patient's abilities.

Brisk walking

Wheeling oneself in wheelchair

Swimming laps

Water aerobics

Hand-crank bicycle

5. Refer patient to resources and programs

Check in with patient about his or her activity level at every visit.

Refer patient to resources and programs to help them begin or maintain their physical activity.

Remember to use the "teach back" method to make sure patient understands the recommendations.

Wheelchair basketball, tennis, football, or softball

For resources: www.cdc.gov/disabilities/PA, www.cdc.gov/vitalsigns

Physical Health Of Adults With Intellectual Disabilities

**Geraldine M. Collins-Bride, JoAnne M.
Saxe**



Physical Health Of Adults With Intellectual Disabilities:

Physical Health of Adults with Intellectual Disabilities Vee Prasher, Matthew Janicki, 2008-04-15 This book is the second in a series with the International Association for the Scientific Study of Intellectual Disabilities Series Editor Matthew P Janicki These publications are designed to address the issues of health adult development and aging among persons with intellectual disabilities Physical health considerations of persons with an intellectual disability are attracting attention within the contexts of human rights public health and health promotion Research has shown that the prevalence of certain conditions and diseases is much higher in adults with an intellectual disability than in the general population Experts from specific healthcare specialties draw on a strong research base to discuss key physical health considerations for the intellectual disability community The result is a core resource for practitioners researchers students and advocates in this field

Physical Health of Adults with Intellectual and Developmental Disabilities Vee P. Prasher, Matthew P. Janicki, 2018-10-29 This fully revised and expanded second edition brings together findings from research and clinical practice with comprehensive coverage of the important aspects of physical health in persons with intellectual disability Professionals involved in the medical and social care and support of persons with intellectual disability should have a broad understanding of the essential range of issues and therefore this book provides a truly multi disciplinary perspective complete with many tables figures and illustrations to underline the key points The reader is updated on ongoing developments in the general population which will become increasingly more relevant to adults with intellectual disability This book also acknowledges that the impact on the person and on their carers always needs to be taken into account with treatment programs established with a multi faceted team approach in mind This book is aimed at an international audience of physicians and other allied health personnel concerned about the health and welfare of adults with intellectual disability It should also be of interest to researchers administrators and senior program personnel engaged in this field **Clinical**

Psychology and People with Intellectual Disabilities Eric Emerson, Chris Hatton, Kate Dickson, Rupa Gone, Amanda Caine, Jo Bromley, 2012-04-09 Clinical Psychology People with Intellectual Disabilities provides trainee and qualified clinical psychologists with the most up to date information and practical clinical skills for working with people with intellectual disabilities Represents an invaluable training text for those planning to work with people with intellectual disabilities Includes coverage of key basic concepts relevant clinical skills and the most important areas of clinical practice All chapters have been fully updated with the latest evidence New chapters cover working professionally working with people with autism and addressing aspects of the wider social context within which people with learning disabilities live Beneficial to related health and social care staff including psychiatrists nurses and social workers *Handbook of Research on Diagnosing, Treating, and Managing Intellectual Disabilities* Gopalan, Rejani Thudalikunnil, 2016-04-22 Intellectual disabilities can be difficult to detect in children prior to their school age years Throughout their lives individuals with intellectual disabilities

may require specialized care and support in order to lead healthy and fulfilled lives The Handbook of Research on Diagnosing Treating and Managing Intellectual Disabilities is a pivotal reference source for the latest research on the effects of disabilities in intellectual functioning examining the causes treatment and rehabilitation of such limitations in adaptive behavior Highlighting empirical findings on the management of these disabilities throughout various stages of life this publication is ideally designed for clinicians researchers special educators social workers and students actively involved in the mental health profession

Improving the Physical Health of Adults with Intellectual Disabilities who Live in Residential Settings Ceri Christian-Jones,2013 Clinical Guidelines for Advanced Practice Nursing Geraldine M.

Collins-Bride,JoAnne M. Saxe,2013 In cooperation with UCSF School of Nursing Cover **International Review of Research in Mental Retardation** Robert M. Hodapp,2010-06-03 International Review of Research in Mental Retardation is an ongoing scholarly look at research into the causes effects classification systems syndromes etc of mental retardation

Contributors come from wide ranging perspectives including genetics psychology education and other health and behavioral sciences Volume 38 of the series offers chapters on autism intervention research health development and intellectual disabilities perceptual motor deficits in Down syndrome and psychopathology in individuals with intellectual disabilities Provides the most recent scholarly research in the study of mental retardation A vast range of perspectives is offered and many topics are covered An excellent resource for academic researchers Principles and Practice of Geriatric Psychiatry

Marc E. Agronin,Gabe J. Maletta,2012-03-28 Many elderly patients suffer from psychiatric conditions that result from or are made worse by existing medical conditions This new edition integrates clinical expertise needed to evaluate and treat psychiatric medical and neurologic disorders in the older patient Both scientific foundations of and clinical approaches to psychiatric disease are discussed by a range of experts who rely on evidence based clinical guidelines and outcomes data Most chapters include case studies that illuminate the approaches to diagnosis and treatment The book s five sections include basic principles of evaluation and treatment for specific disorders appendices offer further insight into pharmacotherapy and neuroanatomic foundation of psychiatric diseases **Dysphagia in Rare Conditions** Harrison N.

Jones,John C. Rosenbek,2009-11-15 This is the first book to concentrate on dysphagia in rare conditions those that occur infrequently or those that may occur more frequently but are only sometimes associated with dysphagia Covering a wide range of conditions from progressive supranuclear palsy PSP through connective tissue disease to conditions as diverse as West Nile virus the editors and expert contributors efficiently synthesize the available information to provide the essentials needed to help clinicians to perform sophisticated assessments based on their knowledge of both the conditions and the expected swallowing signs and treatments Each entry covers the neurology of the given condition including the signs and symptoms neuropathology epidemiology and genetics Thereafter coverage of swallowing in each condition examines the diagnostic signs and symptoms etiology swallowing neuropathology associated cognitive linguistic and communicative signs

and symptoms special diagnostic considerations treatment nutrition hydration and medications **Clinical Guidelines for Advanced Practice Nursing** Karen G. Duderstadt,Rebekah Kaplan,2016-03-17 Clinical Guidelines for Advanced Practice Nursing An Interdisciplinary Approach Third Edition is an accessible and practical reference designed to help nurses and students with daily clinical decision making Written in collaboration with certified nurse midwives clinical nurse specialists nurse practitioners nutritionists pharmacists and physicians it fosters a team approach to health care Divided into four areas Pediatrics Gynecology Obstetrics and Adult General Medicine and following a lifespan approach it utilizes the S O A P Subjective Objective Assessment Plan format Additionally the authors explore complex chronic disease management health promotion across the lifespan and professional and legal issues such as reimbursement billing and the legal scope of practice The Third Edition has a keen focus on gerontology to accommodate the AGNP specialty and to better assist the student or clinician in caring for the aging population The authors follow the across the life span approach and focus on common complete disorders Certain chapters have been revised and new chapters have been added which include Health Maintenance for Older Adults Frailty Common Gerontology Syndromes Cancer Survivorship Lipid Disorders Acne pediatrics section Please note that the 2016 CDC Guidelines for prescribing opioids for chronic pain in the United States were not yet available at the time the authors were updating the Third Edition See the Instructor Resources tab to read a note from the authors about their recommendations for resources around these guidelines

Physical Health Of Adults With Intellectual Disabilities Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Physical Health Of Adults With Intellectual Disabilities**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://pinsupreme.com/About/Resources/Documents/Military%20Psychiatry%20Including%20Terrorism.pdf>

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