

Strategies to Support Participation in Meaningful Activities for Aging Adults

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Minimize Risk of Disease and Disability

Healthcare tool kit for adults with I/DD

- <https://inclusivehealth.specialolympics.org/resources/tools/idd-toolkit-for-primary-care-providers>

Health risk screening tool

- <https://replacingrisk.com/health-risk-screening-tool/>

IDD Toolkit

- <https://iddtoolkit.vkcsites.org/>

Healthy Plate: a short video on how to create a healthy plate with a simple and easy method

- https://www.youtube.com/watch?v=Gmh_xMMJ2Pw

Special Olympics: Caregiver Toolkit for healthy eating

- https://media.specialolympics.org/soi/school-of-strength/SO-SoS-Toolkit-Caregivers-Kit.pdf?_ga=2.192135658.1565018718.1588599260-918534908.1588599260

Maintain Physical and Cognitive Function

Move Your Way: interactive tool to create your personalized week plan for physical activity.

- <https://health.gov/MoveYourWay/Activity-Planner/activities/>

Special Olympics: School of Strength Fitness Videos

- <https://www.specialolympics.org/school-of-strength>

Sleep

- <http://reifpsychservices.com/sleep-hygiene-disabilities/>

Continue Engagement in Life

Make your own Visual Schedules with tips and ideas from Do2Learn:

- <https://do2learn.com/picturecards/VisualSchedules/index.htm>

Create your own Makerspace: A space designed for freedom in creating and designing.

- <https://ideas.demco.com/blog/8-ways-build-more-inclusive-makerspace/>

Interactive Virtual Art

- <http://weavesilk.com>

Virtual Home Box App

- <https://www.healthnavigator.org.nz/apps/v/virtual-hope-box-app/>

Chrome Music Lab

- <https://musiclab.chromeexperiments.com/>

Free Virtual Tours of many different places: From the Louvre to Walt Disney World

- <https://www.tasteofhome.com/article/free-virtual-tours/>

Zoom: Link to videos on how to set up and use

- https://www.youtube.com/playlist?list=PLKpRxBfeD1kEM_I1IId3N_XI77fKDzSXe

Maintain Positive Spirituality

Resources to support spiritual expression

- <https://www.medicalhomeportal.org/living-with-child/other-needs/spiritual-needs>
- <https://www.anabaptistdisabilitiesnetwork.org/Resources/Faith-Formation/Education-Resources/Pages/Christian-Education-for-Adults-with-Intellectual-Disabilities.aspx>

Resources to manage grief and loss

- <https://adsresources.advocatehealth.com/resources/?category=Grief%20and%20Loss>
- <https://www.massgeneral.org/children/down-syndrome/how-to-help-when-your-loved-one-is-grieving>
- <https://dsagsl.org/wp-content/uploads/2019/02/Grief-Packet.pdf>

Caregiver Wellness

Self-Care Mobile Apps

- SuperBetter: <https://www.superbetter.com/>
- Calm: <https://www.calm.com/>
- Breathe2Relax: <https://onemindpsyberguide.org/apps/breathe2relax/>
- Wellness Wheel: <https://www.tvfr.com/DocumentCenter/View/2933/Wellness-Wheel-Worksheet-2020>

Caregiver resource

- www.caregiveraction.org

Other Resources:

Kennedy Willis Center on Down Syndrome

- <https://kwcdownsyndrome.org/>

National Task Group on Intellectual Disabilities and Dementia

- <https://www.the-ntg.org/>
- <https://www.the-ntg.org/for-family-caregivers>

National Down Syndrome Society

- <https://www.ndss.org>

American Academy of Developmental Medicine & Dentistry

- <https://www.aadmd.org>

Jenny's Diary

- <https://www.learningdisabilityanddementia.org/jennys-diary.html>

Learning Disabilities and Dementia

- <https://www.alzheimers.org.uk/about-dementia/types-dementia/learning-disabilities-dementia>

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