

Healthy Living

This listing includes selected resources which are suitable for adults with an intellectual disability, or can be used in conjunction with adults with an intellectual disability.

To request an item please phone 9387 0458 or email us at library@activ.asn.au.

The complete library catalogue can be searched via the Activ Library website: <http://www.activ.asn.au/library>.

Alcohol And Smoking / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (11 min.) + booklet

An illustrated guide with accompanying audiotape on the dangers of alcohol and smoking. Suitable for people with an intellectual disability

CC 610.8 BRI

P08311

Coming For A Drink? / Band, Roslyn. / ELFRIDA SOCIETY.

London, Elfrida Press : 1998. 16p., ill.

Advice is given about drinking alcohol sensibly, safe limits and what to do if you have a drinking problem. Suitable for people with an intellectual disability

CC 610.8 BAN

P08400 P11868

Ease Into Fitness: Beginner Workout For People With Developmental Disabilities

Eugene, Or., IRIS Media : 2002. 1 DVD (35 min.) + 21 A4 leaflets

Developed by disability exercise specialists this workout combines careful coaching with music and fun. Three trainers take participants through a staged 35 minute programme designed to condition the body. People with a disability are encouraged to work at their own pace and ease into fitness. Includes 21 photocopiable leaflets with pictures describing preparation for workout and exercises.

CC 610.8 EAS

P10861 P12498

Easy Relaxation For People With Disabilities / Di Marco, Mark; Hagiliassis, Nick.

SCOPE : 1 compact disc

The CD is specifically designed to meet the needs of people with physical, intellectual and multiple disabilities. It offers a tool for enhancing an individual's ability to handle stress. The CD is easy to use, involves simple physical movements and is worded in easy to understand language.

CC 152.4 EAS

P10530 P12877

Enjoying Sport And Exercise / Hollins, Sheila; Argent, Caroline.

London, RCPsych Publications St George's, University of London : 2008. 65 p.

Written for people with an intellectual disability this book tells the story of three people who want to take up a sport and are supported to do so. Jasmine is a wheelchair user who finds she can play badminton; Charlie who is overweight discovers dog walking and cricket; whilst James is a runner training for a marathon. The story is told in pictures alone to allow for individual interpretation. A suggested text is included at the end of the book. There is also information on the benefits of sport and exercise, and how to choose and prepare for sporting activities.

CC 610.8 HOL

P12226

Exercise / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (6 min.) + booklet

The book and accompanying audiotape outlines why you should exercise, what to do before you start, equipment and clothing. Suitable for people with an intellectual disability

CC 610.8 BRI

P08315

Food, Fitness, Fun!: A Training Pack In Weight Management For People With Learning Disabilities / Mcintosh, Pamela A.; O'neil, Jacqueline M.

Brighton, Pavilion : 1999. 106 p. : ill.

This pack has been designed for use by health care professionals and carers of people with an intellectual or physical disability. The pack encourages and enables users to make informed decisions about their health and fitness management for both obese and underweight individuals. The pack includes worksheets on fact finding, body size and shape, balance of energy, content of meals, choices, mealtimes, regulation of eating and evaluations.

CC 610.5 MCI

P10562

Getting Older - Feeling Good / Bradley, Alice Et Al.

Kidderminster, Worcs., BILD Publications : 2004. 12 p.

Designed to help people with intellectual disabilities improve their quality of life by explaining with illustrations the reasons we grow older and the benefits of staying healthy and active the older we get.

CC 362.6 BRA

P10825

I Feel Good : Don't Be A Couch Potato

Rotherham, Speakup Self Advocacy : 2004. 1 DVD (15 mins.)

This film, made for people with an intellectual disability, talks about why people need to exercise, and offers suggestions on different ways exercise can be incorporated into our daily lives.

CC 610.8 IFE

P12115 P12012

Looking After My Heart / Hollins, Sheila; Cappuccio, Francesco; Adeline, Paul; Kopper, Lisa.

London, Gaskell Press St George's, University of London : 2005. 60 p., ill

Written for people with an intellectual disability this book tells the story of a women who smokes, drinks and likes party food. When her father dies of a heart attack, and years later she has chest pains, a friend encourages her to visit a doctor. She refuses and later has a heart attack and is taken to hospital where her heart is carefully monitored. She is given medication and advice about looking after herself, and then begins to adopt a healthier lifestyle. The story is told in pictures alone to allow for individual interpretation. A suggested text is included at the end of the book. There is also information on the symptoms of heart disease, what causes it and how it is treated.

CC 610.8 HOL

P12170

Move It : A Guide To Physical Activity / Groundwork Oldham & Rochdale; Springhead Community Centre; Oldham Primary Care Trust; Social Services Oldham; Oldham Community Centre.

[Oldham, UK], Groundwork Oldham & Rochdale : 1 v. (unpaged) ; 30 cm.

This is a guide to physical activity using photographs and basic instruction covering general mobility and stretching, to activities such as bowls, gardening, walking, football, cycling, and activities at the local sports centre including the gym, chair-based exercises and dance. It could be used as motivation for children, or those with a intellectual disability. Available online at <http://www.bild.org.uk/pdfs/01news/move-it.pdf>

CC 610.8 MOV

P12340

My Health Action Plan / MENCAP.

London, Mencap : [2008]. 85 p.

The Health Action Plan is designed as a way of keeping a record of the health and health care support of people with an intellectual disability. All health information is recorded in the plan, which can be used to help people stay healthy and well, take responsibility for their own health, share information with support persons, ensure regular health checks, and learn more about what to do to keep healthy. There are sections to record personal information, information about those who help, communication, medicine, general health, dental care, eyesight, hearing, sleeping, eating, diabetes, bladder and bowel, epilepsy, mental health, relationships, family and lifestyle.

CC 610.8 MYH

P12516

Taking Turns: Around Recreation And Leisure. You're On!: An Illustrated Booklet For People With A Learning Disability

/ Bradley, Alice.

Kidderminster, Worcs., BILD Publications : 1999. 11p., ill.

First in a series of guides designed to help people with an intellectual disability get involved in leisure activities. Text is minimal and well illustrated and suggestions for use are given at the front of the booklet. Suitable for people with an intellectual disability

CC 790.196 BRA

P09218

Walk Your Way To Fitness : Walk, Workout, Be Active For People With Intellectual Disabilities

Eugene, Or., IRIS Media : 2006. 2 DVD's + 1 CD-ROM + 1 leaflet

A program for people with intellectual disabilities on starting a fitness and exercise regime to keep healthy. Includes nine lessons explaining the benefits of exercise, setting and meeting goals, staying positive and making lifestyle changes. The workouts vary from walk aerobics, strength and flexibility and dance aerobics. A printable activity book can be used to follow the lessons and to create a personalised fitness book.

CC 610.8 WAL

P11620