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.

Advocate 4 Health : helping people with a learning difficulty to be healthier
Sidcup, Kent, Bexley and Bromley Advocacy : [2013].
This UK website has been designed with the help of people with an intellectual disability and is aimed at helping others with a disability understand information about being healthy. It has sections on healthy living, food, exercise, and mental health.
http://www.advocate4health.org.uk - Click link to access
Website

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

Alcohol and your body / AUSTRALIAN DRUG FOUNDATION.
Australian Drug Foundation : 2009. 1 pamphlet
An easy to read pamphlet outlining drinking guidelines for young people and adults, what happens when you drink alcohol, and how alcohol can damage your health.
VERTICAL FILE - Drugs P13388

Amphetamines and your body / AUSTRALIAN DRUG FOUNDATION.
Australian Drug Foundation : 2008. 1 pamphlet
An easy to read pamphlet outlining what are amphetamines, types of amphetamines, what happens when you use them, and how they can damage your health.
VERTICAL FILE - Drugs P13389
Cannabis and your body  
/ AUSTRALIAN DRUG FOUNDATION.  
Australian Drug Foundation : 2008. 1 Pamphlet  
An easy to read pamphlet explaining what is cannabis, the forms of cannabis, what happens when you use it, and how it can damage your health.  
VERTICAL FILE - Drugs  

Coming for a drink?  / Band, Roslyn. / ELFRIDA SOCIETY.  
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  

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.  

Easy relaxation for people with disabilities  / Di Marco, Mark; Hagiliassiss, 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.  

Easyhealth  
London, easyhealth.org.uk : [2013].  
This website provides access to easy language information and free downloadable pamphlets on a wide range of health related subjects including health problems and illnesses, staying health and getting help with your health.  
http://www.easyhealth.org.uk - Click link to access  
Website
**Enjoying sport and exercise** / Hollins, Sheila; Argent, Caroline.

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 audirotape 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.

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

**Friendly resources**
UK, Friendly Resource Company : [2013].

The UK based Friendly Resource Company is run by and for people with intellectual disabilities. The website allows you to search for accessible information on a wide range of health and parenting topics. It includes access to a large catalogue of DVDs and other accessible resources available to buy. There is also recent news about local and national forums and events.

http://www.friendlyresources.org.uk/ - Click link to access Website
**Germ Academy**

Somerset, JUMPcuts : 2005. 1 DVD (23 min.)

A comic horror film about food hygiene that has won awards including one for 'easy language'. It tells the story of Jane who lives on her own and her flat is in a bit of a state. Her friends won't come around, let alone eat the food she makes. One day she cooks for Mike who takes a look at the meal and escapes, leaving Jane to finish the food and to experience a night she will never forget...
The DVD menu also allows the viewer to examine what Jane did wrong, and what she did right.

CC 371.928 GER P14484

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**Getting older - feeling good** / Bradley, Alice Et Al.


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

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**Healthy weight in people with developmental disabilities : education and resource program for disability support workers and carers**

[2014].

This program is intended to be used as an education tool to help carers support people with developmental disabilities to maintain a healthy weight.

http://www.cddh.monash.org/assets/documents/healthy-weight-in-people-with-developmental-disability.pdf - Click link to access

Website

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**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

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**Living with cancer 3 : Colorectal (bowel) cancer**

Edinburgh, FAIR Multimedia : 2006 2008. 13 p. ; 22 cm. + 1 CD

This booklet is written for people with an intellectual disability. It tells about bowel cancer, diagnosis and treatment, and gives information on how to keep the bowel healthy. It is accompanied by a read-along audio CD.

CC 610.5 LIV P13523
**Living with cancer 4 : Skin cancer**

Edinburgh, FAIR Multimedia : 2007 2008. 12 p. ; 22 cm. + 1 CD

This booklet is written for people with an intellectual disability. It tells about skin cancer and how to keep skin healthy. It is accompanied by a read-along audio CD.

CC 610.5 LIV  P13524

**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

**A men's guide to keeping clean**

Edinburgh, Health Scotland : 2005. 12 p. ; 22 cm. + 1 CD-Rom

This booklet is written for men with an intellectual disability. It tells them the best ways to keep their body clean. It is accompanied by a CD-Rom which covers the contents of the book.

CC 371.9281 MEN  P13521

**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 : [2009]. 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

CC 610.8 MOV  P12340
**My health action plan** / MENCAP.

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

**NSW Council for Intellectual Disability. Easy fact sheets**
Surry Hills, NSW, [2014].

This website provides access to health fact sheets, both in standard format for families, advocates, disability workers and other professionals, and in easy read format for people with intellectual disability. The fact sheets provide information on how to stay healthy and get good health care. Topics covered include: visiting the doctor; mental health; medication; going to hospital; and signs of sickness.

http://www.nswcid.org.au/health/ee-health-pages/easy-fact-sheets.html - Click link to access

Website

**Taking turns: around recreation and leisure. You’re on!: an illustrated booklet for people with a learning disability**
/ Bradley, Alice.

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
**Women’s guide to keeping clean**

Edinburgh, FAIR Multimedia : 2006. 12 p. ; 22 cm. + 1 CD-Rom

This booklet is written for women with an intellectual disability. It tells about the best ways to keep the body clean. It is accompanied by a CD-Rom which covers the contents of the book.

CC 371.9281 WOM

P13525