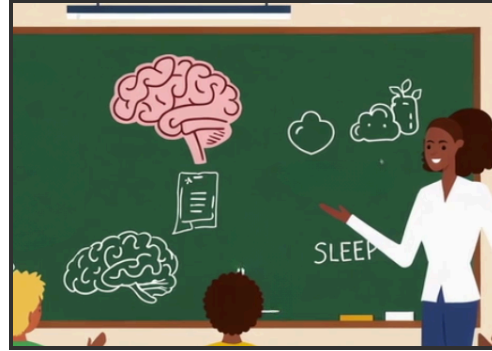


HEALTH EDUCATION (FAMILY/SDM OVERVIEW)



Health education means learning how to take care of the body and mind.

Persons supported at Kerry's Place can learn about health through many different ways.



Some ways they can learn this is through community classes, or within their homes, or receiving one-on-one support. This can include collaboration with other specialists as needed (such as a Psychiatrist, Behavioural Analyst, Clinical Therapist, etc).



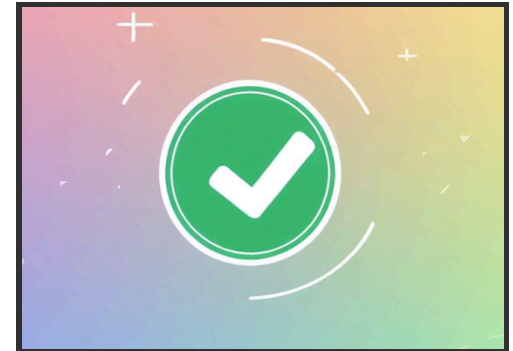
Topics that can be covered are: taking medication, eating healthy, fitness and exercise, personal hygiene, building relationships, feeling good about oneself, sexual health, and many more!



It is important that persons supported are visited by a doctor or nurse practitioner regularly. It is okay to ask questions if feeling unsure about anything.



Staff, persons supported, and families/SDMs are all involved in decision-making regarding health matters. Together, we can decide what works best for each family/SDM in terms of level of involvement.



Health education allows the person supported and their families/SDMs to make informed choices.