

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/guidelines/

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 1/2 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.

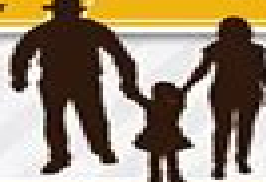
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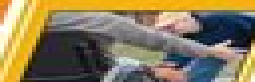


5. Refer patient to resources and programs

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

Persons With Profound Disabilities Issues And Practices

Alan C. Repp, Robert H. Horner



Persons With Profound Disabilities Issues And Practices:

Enhancing the Quality of Life of People with Intellectual Disabilities Ralph Kober, 2010-09-24 This book contains a series of articles written by international experts in the fields of intellectual disability and quality of life that explore a broad range of issues that impact on the quality of life of people with intellectual disabilities and their families The book commences with a general discussion on defining quality of life and family quality of life and the appropriateness of using these constructs in the field of intellectual disability and is followed by an analysis on the effects of living arrangements and employment on quality of life The book concludes with discussions on the unique issues facing children with intellectual disabilities and people living in developing countries and the effect these issues have upon their quality of life *Persons with Profound Disabilities* Fredda Brown, Donna H. Lehr, 1989

Educational Research Norman E. Wallen, Jack R. Fraenkel, 2013-03-07 Educational Research A Guide to the Process is a different kind of research text It emphasizes the process of research that is what researchers actually do as they go about designing and carrying out their research activities Rather than passively reading about research operations it promotes content mastery by using a three step pedagogical model that involves a manageable chunk of text a comprehension or application exercise and author feedback on the exercise The text contains approximately 150 of these exercise feedback units The second edition has been thoroughly updated expanded from 15 to 20 chapters and reorganized into two parts Part I covers basic aspects of the research process provides an example of a student research proposal and shows how to evaluate a research report Part II provides a separate chapter for each research methodology including two chapters on qualitative research Other noteworthy changes include more annotated studies and more visual illustrations of statistical and research methods Critical Issues in the Lives of People with Severe Disabilities Luanna H. Meyer, Charles A. Peck, Lou Brown, 1991

People with Disabilities who Challenge the System Donna H. Lehr, Fredda Brown, 1996 Demonstrated how to build supports to surmount the unique challenges of including people who are deaf blind have severe cognitive disabilities or have serious behaviour problems in school the workplace and the community At school students multiple and complex needs can pose extra challenges to teachers and administrators This book provides strategies to maximise learning opportunities in inclusive classrooms At work because employment opportunities are often limited for people with the most severe disabilities this resources provides solutions that employers teachers employment specialists and direct service providers can use to improve employment outcomes At home professionals will learn about new strategies to support people in their homes

Instruction of Students with Severe Disabilities Martha E. Snell, Fredda Brown, 2006 For Methods courses in Severe Multiple Disabilities and Moderate and Severe Disabilities This highly successful text addresses the full range of curriculum topics involved in educating individuals with severe disabilities Instruction of Students with Severe Disabilities examines the principles behind teaching students with severe and multiple disabilities This edition includes more information on alternative assessment a stronger focus on

positive behavior interventions and supports and additional strategies on peer relationships **Adults with Developmental Disabilities** Mildred Ross (OTR.),1998 On Moral Medicine M. Therese Lysaught,Joseph Kotva,Stephen E. Lammers,2012-07-20 In print for more than two decades On Moral Medicine remains the definitive anthology for Christian theological reflection on medical ethics This third edition updates and expands the earlier awardwinning volumes providing classrooms and individuals alike with one of the finest available resources for ethics engaged modern medicine *Helping Persons with Severe Mental Retardation Get and Keep Employment* M. Sherril Moon,1990 Supported employment has greatly changed the work histories and vocational outcomes of thousands of persons with mental retardation and other developmental disabilities Unfortunately many programs exclude those individuals supported employment was designed to assist Many individuals with severe mental retardation have difficulty finding and keeping employment due to their mental disability the persence of interfering challenging behaviors and or other disabling conditions This hands on resource provides explicit strategies based on extensive field testing and use in community job training for addressing issues and methods in supported employment for persons with functional severe or profound mental retardation Essential to employment specialists special educators and vocational program managers this field tested guide supplies employment outcomes appropriate for persons with severe mental retardation steps and activities required to develop a situational assessment site strategies for job development finding an employment niche and selling supported employment services steps to employ in job site training to include orienation skill acquisition and performance stabilization advocacy guidelines for maintaining competitive employment Included are implementation guidelines illustrative graphs and charts sample letters forms and checklists all designed to enhance the employability of persons with severe mental retardation *Including Students with Severe and Multiple Disabilities in Typical Classrooms* June Downing,1996 The bestselling resource from the most trusted name in special education gets a top to bottom update in this new third edition Revised to reflect the realities of today s K 12 classrooms this book gives teachers all the latest research based practical strategies for fully including students with sensory impairments and cognitive and physical disabilities June Downing and a select group of expert contributors build on the popular previous editions arming pre and in service educators with new and expanded material on hot topics such as ensuring access to core content areas language arts math science and social studies teaching effectively in the age of accountability measuring student progress toward state and national standards easing transitions both between schooling levels and between school and adult life writing measurable IEP goals and objectives encouraging peer to peer learning and support understanding the legislative changes connected to NCLB and the latest reauthorization of IDEA A helpful Q A chapter gives teachers straightforward advice on addressing their most common challenges and the appendices point educators to more resources on inclusion instruction and augmentative and alternative communication A trusted guide and a widely used textbook since its first edition was published in 1996 this readily accessible book will help teachers maintain

high expectations for students with severe and multiple disabilities and create successful inclusive classrooms where every child learns

Mental Retardation, 1999 **A Teacher's Guide to Including Students with Disabilities in Regular Physical Education** Martin E. Block, 1994 Emphasizing the value of a collaborative team approach this best selling practical reference offers simple and creative strategies for meaningfully including children with disabilities in general physical education programs Educators will find in depth case examples detailed assessment guidelines specific suggestions for environmental and activity modification and a straightforward discussion of the issues and challenges surrounding inclusion This text is essential reading for physical education teachers adapted physical educators special educators teachers in training and parents

Functional Analysis of Problem Behavior Alan C. Repp, Robert H. Horner, 1999 Contains several articles by experts in the fields of special education and psychology Each article explores the issues theories and practices of assessing problem behavior and determining how to use this information Together the articles of this text present current advances in the use of functional assessment technology taking the techniques and strategies of traditional functional analysis and using this information to construct clinical interventions Three sections focus on the following topics how functional assessment can be used to intervene effectively and change problem behavior common procedures for using functional assessment in the preschool and school classroom and new directions and trends in the field of functional assessment A thorough and well researched base of knowledge on problem behavior is provided and the student learns the many ways in which this behavior may be diagnosed intervened and ideally changed

A Teacher's Guide to Including Students with Disabilities in General Physical Education Martin E. Block, 2000 **The Challenge of Severe Mental Handicap** Bob Remington, 1991-09-05 Presents overviews by an international team of experts in applied behavior analysis and mental handicap who focus on the need to bridge the link between research and clinical practice Based on a behavior analytic approach to the remediation of profound and severe mental disability it includes current research on such topics as the facilitation of language and communication functional analysis of behavior developing more productive teaching methods establishing effective services for persons with severe learning handicaps and more

Welcoming Students who are Deaf-blind Into Typical Classrooms Norris G. Haring, Lyle T. Romer, 1995 As an increasing number of students who are deaf blind join their peers in typical classrooms educators need guidance to create supportive environments that maximize students potential for learning and personal growth This timely book discusses in depth the rationale for including students who are deaf blind in typical classrooms and explores the issues that surround such important areas as behavior mobility communication and transition to adult life In addition to offering sound advice on how to physically adapt a classroom move from one activity to another with minimal distractions accommodate unique behavioral and medical needs and more this practical text also answers important questions Equally valuable for professionals who are including students in regular classrooms as well as for those still investigating the facts this perceptive book gives readers an overview of the issues to

consider in actively supporting the inclusion of students who are deaf blind **The American Journal of Occupational Therapy** ,1994 **Teaching Students with Severe Disabilities** David L. Westling,Lise Fox,2000 This text is appropriate for Severe or Multiple Disabilities Methods courses This text provides comprehensive coverage of all the issues pertinent to teaching students with severe disabilities Covering both methodology and curricular areas topics are presented in the chronological order in which a teacher would approach them Prior considerations planning and assessment general instructional procedures and finally procedures specific to teaching specific skills *Vocational Preparation and Employment of Students with Physical and Multiple Disabilities* Jo-Ann Sowers,Laurie Powers,1991 **American Journal of Mental Retardation** ,2008 Includes the association s conference proceedings and addresses

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