

The Arc of San Francisco  
Monthly Client Theme – March 2010  
Healthy Habits

*“Dance like no one is watching. Sing like no one is listening. Love like you’ve never been hurt and live like it’s heaven on Earth.” --Mark Twain*

### Things For Everyone to Know

In the 2009 Client Survey, most clients say they feel healthy (73%) and that it is easy to see a doctor or get medicine when they need to (78%). *This random survey of 32 out of 500 clients is contrary to **honest health needs** of most clients in our agency.*

Positive thinking is very essential in order to be healthy. Good health is important to all of us. We can choose ways of health, such as sound sleep, smart food habits and exercise. We need to work hard both physically and mentally to be fit and healthy. A good laugh when we slack in our efforts can help us get back on track. We benefit from eating healthy food and by avoiding junk foods which can make us lethargic and dull. We can strive to reach our optimum body weight to be healthy.

### For Clients to Do

Go for an exercise which you can enjoy. Try to exercise in the open air.

Try a new fruit or vegetable, ideally when in season. Drink water instead of soda.

Wash your hands often, especially before you eat and after the toilet.

Protect yourself in all kinds of weather by dressing in layers.

Be prepared for all types of emergencies. Be flexible. Don't panic.

### For Staff to Do

**IMPORTANT!** Discuss this flyer with your clients

Help clients understand the concept of good health and the value of preventive health care – often they do not connect what they **do** with how they **feel**

Coach clients on asking for help when they do not feel well

Be sure your client has at least one medical check up every year and takes their medication

Understand that people with developmental disabilities have different health care needs, risks, and trajectories than people without developmental disabilities

Learn the silent cues to medical distress, especially scratching, rocking or behavior changes

Help prevent injuries by surveying the client's environment for common risks; including spoiled food, tools, sharp objects, electrical outlets, pools, stairs, and uneven floors.