

S.C. Department of Disabilities and Special Needs

STEPS: Health & Wellness Guide

2nd edition prepared by: Margaret Holland, MSW and Suzanne McDermott, PhD
USC Arnold School of Public Health, Department of Epidemiology
& Biostatistics

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Prepared by: Suzanne McDermott, PhD
USC School of Medicine, Department of Family & Preventive Medicine
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INTRODUCTION

This curriculum is written for individuals with intellectual disability who have a need for additional resources related to nutrition, exercise, hygiene, stress management, and decision making.

This curriculum was developed to meet the needs of thousands of individuals with intellectual disability who have social lives but have different needs for information and support. In many instances, there are limited resources available to people with disability in the areas of hygiene, decision making, fitness and nutrition, and stress management. The lack of resources and services can be due to difficult application procedures, eligibility criteria, transportation to the services and, most importantly, the level at which information is presented. This curriculum was written for people with intellectual disability who live in the community.

The central theme of the curriculum is that information can help you make better decisions and the information should be conveyed using a level of support and a learning style that best suits you.

We know that people with disability are more successful at their jobs, in their homes, and in the community if their social behaviors are consistent with community standards. This curriculum was written to help individuals and professionals build upon information and behaviors related to socialization, sexuality and parenting.