

# Topic 1 : Health management

## TRAINING ACTIVITY 1 - SESSION 2

### 1.2 Main primary and secondary health conditions affecting PID



Co-funded by  
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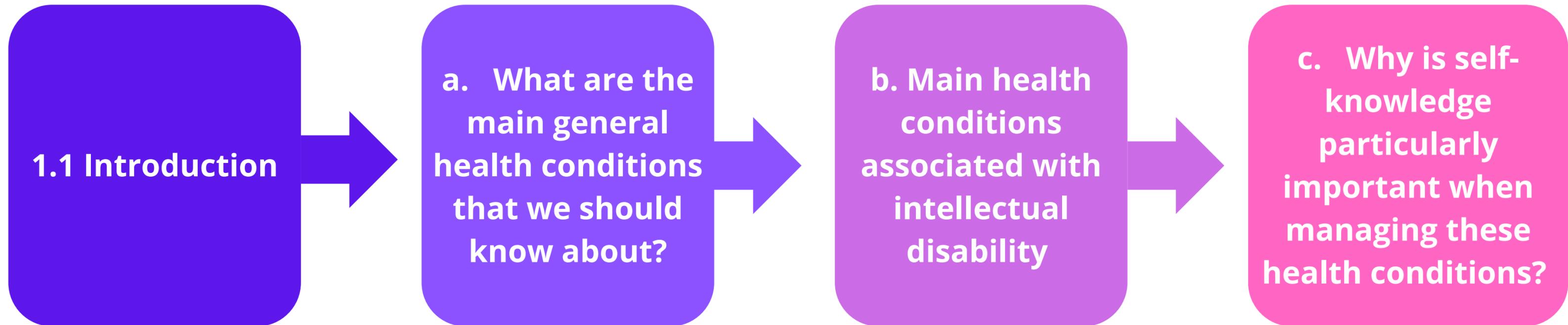


# Partners



# TOPIC 1: Health management

## 1.2 Main primary and secondary health conditions affecting PID



# Competences

After you finish this unit:  
You will know....

- ✓ • about most common physical health conditions
- ✓ • how to identify some symptoms of illness
- ✓ • that it's also important to take care of your mental health.



# SESSION 2 SCHEME



<b>Initial activity</b>	“What my name says”
<b>Presentation</b>	Let's see what this session is about
<b>Discussion</b>	Sharing personal experience
<b>Video</b>	Some influencers talk to us about the topic
<b>Practical activity</b>	“What’s wrong?”
<b>Practical activity</b>	Emotions “Inside Out”
<b>Conclusions</b>	Group reflection
<b>Evaluation</b>	Let's check if we have understood the main concepts
<b>Closure</b>	See you soon!

### Presentation of the topic

People can have different health problems.

Some problems are with the body.

Some problems are with the mind.



## Presentation of the topic

Examples of common body health problems:

**Headache**

**Diabetes**

**Heart disease**

**Cancer**

**Obesity**

**Tooth problems**

**Breathing problems**

**Constipation**

## Presentation of the topic

Examples of common mental health problems:

**Depression**

**Anxiety**

**Stress**

## 1.2 Main primary and secondary health conditions affecting PID

People with intellectual disabilities can have more health problems than other people.

Some of these problems can be very serious

Some can even cause death.



## 1.2 Main primary and secondary health conditions affecting PID

Here are examples of health problems that are more common:



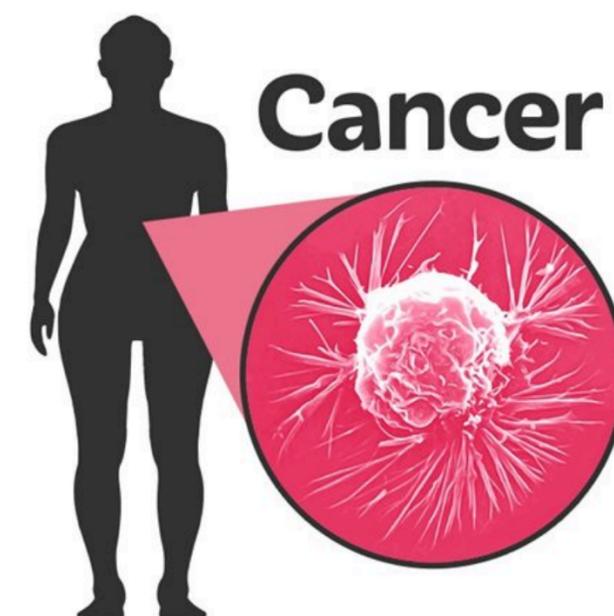
### Cancer

People with learning disabilities can die more often from cancer.

This happens because cancer is found too late.

Sometimes people do not say they have pain.

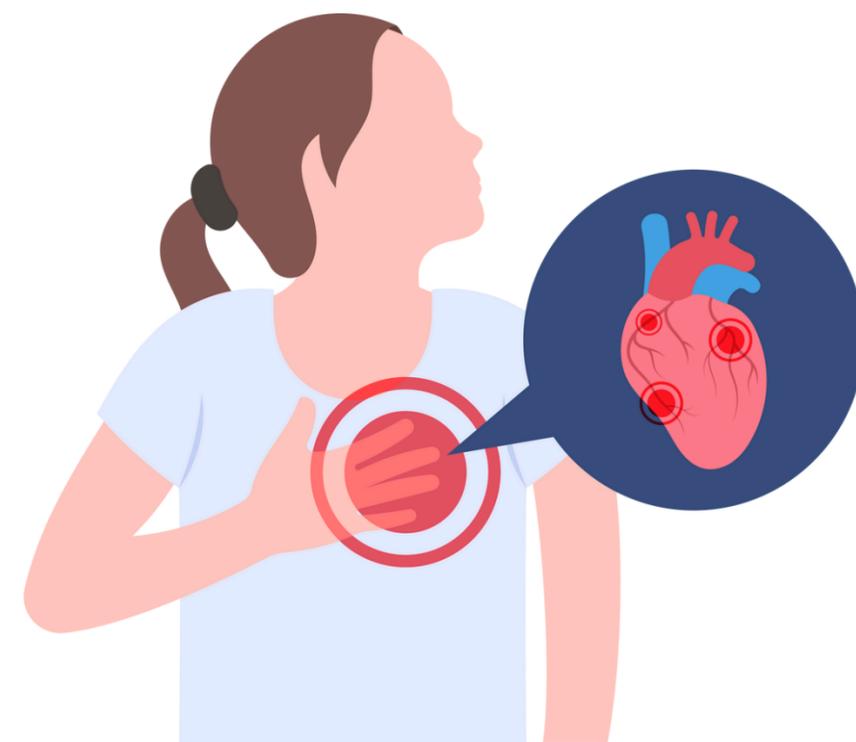
Sometimes people do not want treatment.



### Heart disease

This is the second biggest cause of death.

It can happen because of the body,  
but also because of food, exercise, and lifestyle.



### Dental problems

Bad teeth can happen because of food and how people are supported.

Bad teeth can also cause cancer and heart disease.



# Diabetes

Diabetes is often linked to being overweight.

This can happen because of bad food choices



# Epilepsy

People with disabilities can have more epilepsy.

Epilepsy can damage the brain.



### Stomach problems

Some examples of common conditions:

Gastritis, food poisoning,  
celiac disease, heartburn,...

But people can also have more serious problems  
such as obstructions or cancer.



### **Mental health problems**

Depression and anxiety are common.

Dementia might be common in Down syndrome.



### **Breathing problems**

Sometimes we have breathing problems due to colds, the flu, or viruses.

There are also other, more complicated problems, such as allergies or asthma.

Serious breathing problems can even cause death.



### **Sight and hearing problems**

Many people need glasses.

There are also eye infections, such as conjunctivitis.

Many people have hearing problems.

These problems often increase with age.



### Swallowing problems

Sometimes food or drink goes into the lungs.

This can cause a bad infection.

Signs of swallowing problems:

- Keeping food in the mouth for a long time
- Dribbling
- Coughing when eating or drinking



### **Constipation**

Constipation can be severe.

It's important to go to the bathroom regularly.

Healthy nutrition, sufficient water intake and regular physical activity help to avoid it.



### Obesity

Many people with learning disabilities are overweight.

This can lead to other chronic conditions like diabetes or cardiovascular disease.

Medical supervision, healthy diet, exercise programs and supportive living environments are crucial to improve it.



### Group discussion

Let's talk about health conditions according to the previous presentation.

- Have you recognized any of these conditions?
- Can you tell us about your personal experience?
- Do you know someone who suffers from these conditions?
- Is there any disease or disorder you know about that wasn't mentioned in this presentation?

You can share your personal experience by raising their hands to participate.



### Video 1

We're going to see some influencers who will talk to us about this topic.

Stay tuned for the video!



**María José tells us about her physical health.**



### Video 2

We're going to see some influencers who will talk to us about this topic.

Stay tuned for the video!

**Luis tells us about his mental health.**



### Practical activity: WHAT'S WRONG?

Now let's do an activity to see if you recognize some of the most common symptoms we feel when we get sick.

A person presents a certain symptom, what is happening?

You will find 4 options, choose the correct one.



## Practical activity: WHAT'S WRONG?

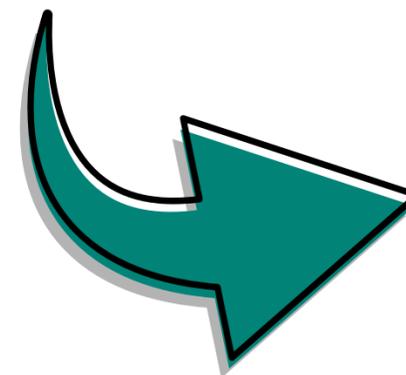
### DIGITAL VERSION

Fill in the form in your computer, tablet or mobile phone.

Scan the  
QR code



or click here



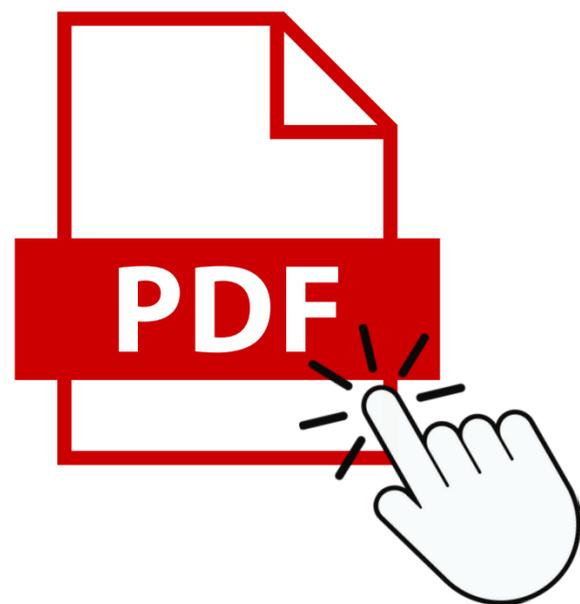
### Practical activity: WHAT'S WRONG?

#### PRINTABLE VERSION

You can also fill the activity in paper.

Print the cards, read the options carefully and...

figure out the correct one!



# Video

Let's play the EMOTIONS game.

I'm sure you've seen the movie INSIDE OUT.  
Did you like it?

In the movie, there are several characters  
who represent different emotions:

**Anger, Sadness, Anxiety, Fear, Joy,  
Disgust, Envy, Embarrassment, Ennui**

Let's watch the videos and discuss  
the emotions we recognize.



# Video 1

In the videos you're about to see, the guys express emotions, but sometimes the same gestures can express different emotions.

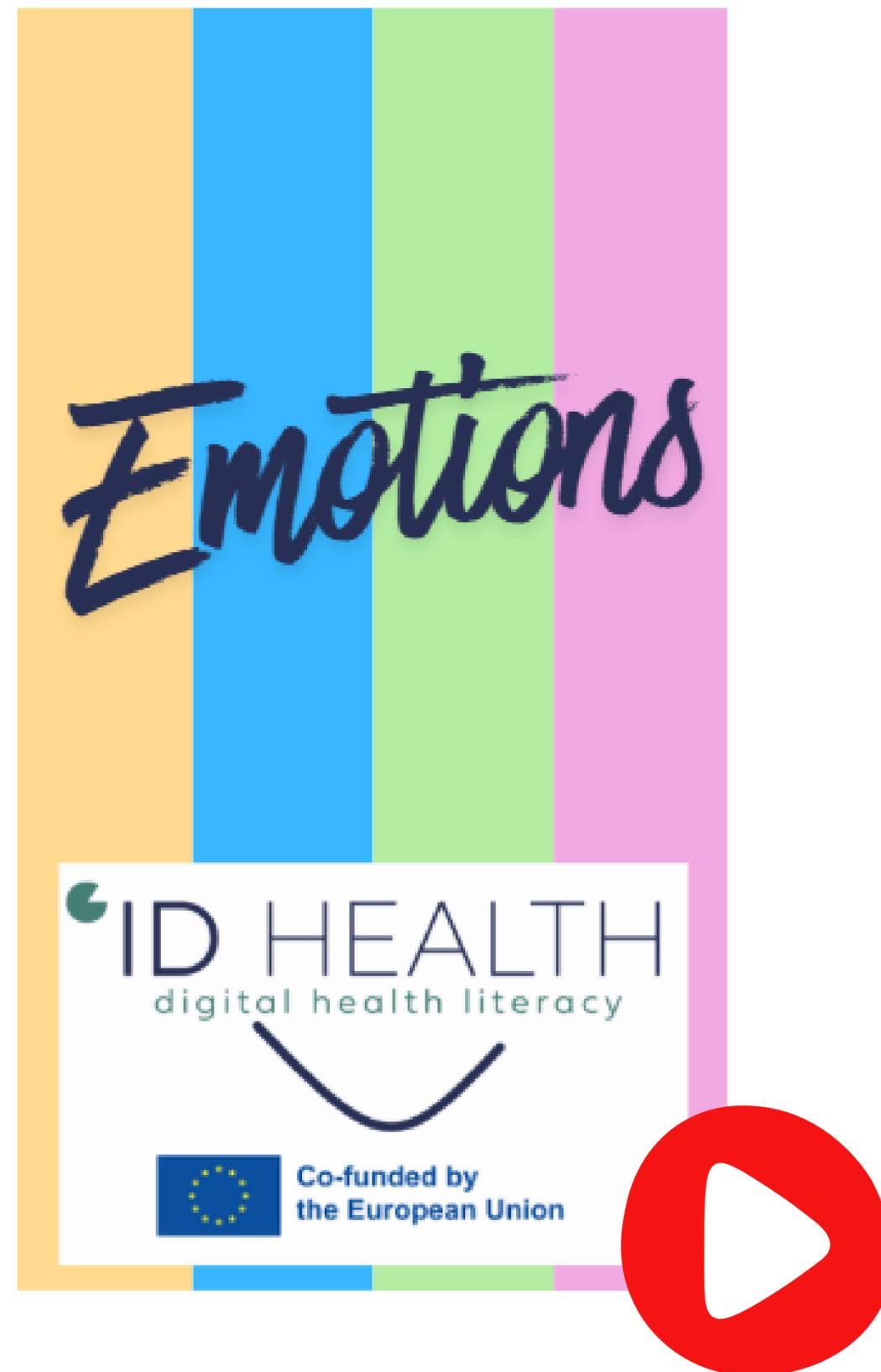


# Video 2

Say what you think they are feeling.

It's important  
to understand emotions;

they are related to our health.



### Group reflection:

#### Have you recognized these emotions?

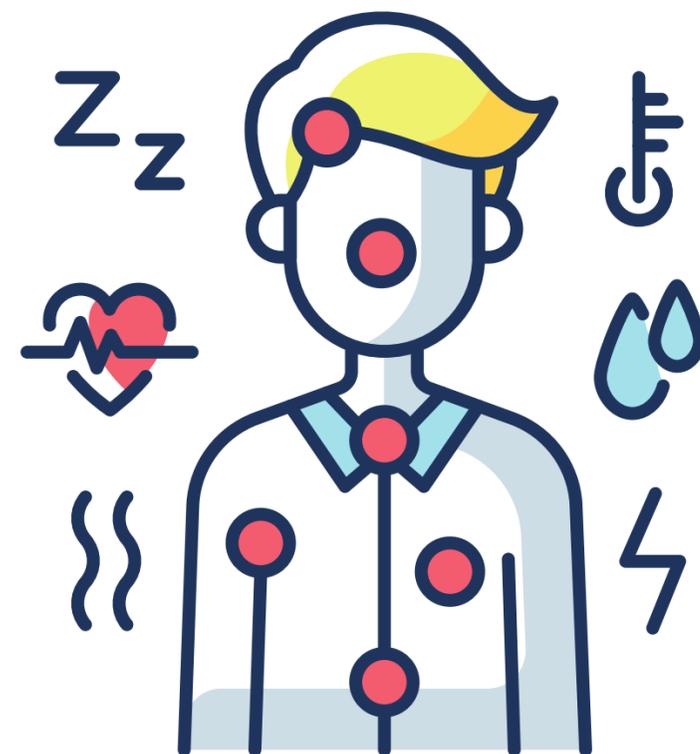
- Have you experienced any of them?
- How you recognize them and ask for help or advice?
- Why is it important to take care of our mental health?



### Conclusions

**If we understand our body's needs,  
we can take better care of our health.**

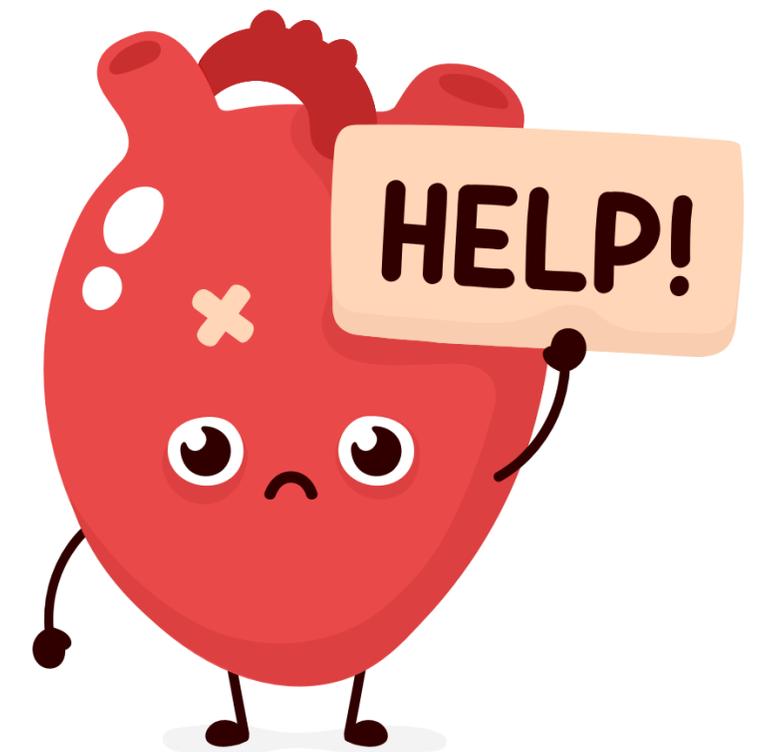
Symptoms are signals our body sends us  
so that we can take action and feel better



### Conclusions

**There are some health conditions that we need to be aware of.**

It's important that everyone knows their own conditions and medical treatments, so we can act correctly in case of a crisis or correct habits that are harmful to us.



### Conclusions

#### Let's not forget to take care of our mental health

We often identify the physical symptoms and don't realize that our mind also needs attention and care.

If we feel angry, anxious, sad, unmotivated... we also need to take action, sharing our emotions with our relatives and professionals.



### Conclusions

#### **That's why self-knowledge matters!**

In the previous session,  
we discussed the importance of self-knowledge.

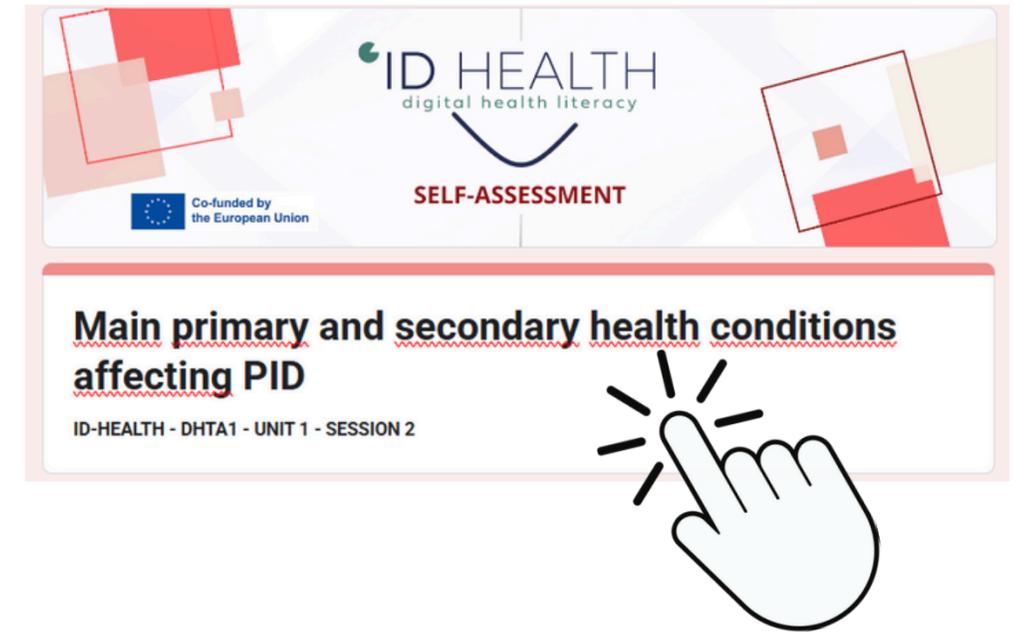
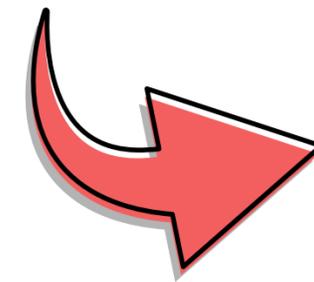
If we understand how our body and mind work,  
we can make good decisions  
that will help us feel good.



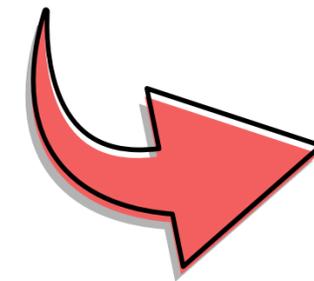
# Evaluation

This is a simple test,  
just 4 questions  
to check if you've grasped  
the essential concepts

## DIGITAL VERSION



## PRINTABLE VERSION



# That's all for today

Think about everything we've learned today and how you can apply it to your own health.

See you in the next session!

