

Topic 1 : Health management

TRAINING ACTIVITY 1 - SESSION 2

1.2 Main primary and secondary health conditions affecting PID



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project number: 2024-1-DE02-KA220-ADU-000247841.

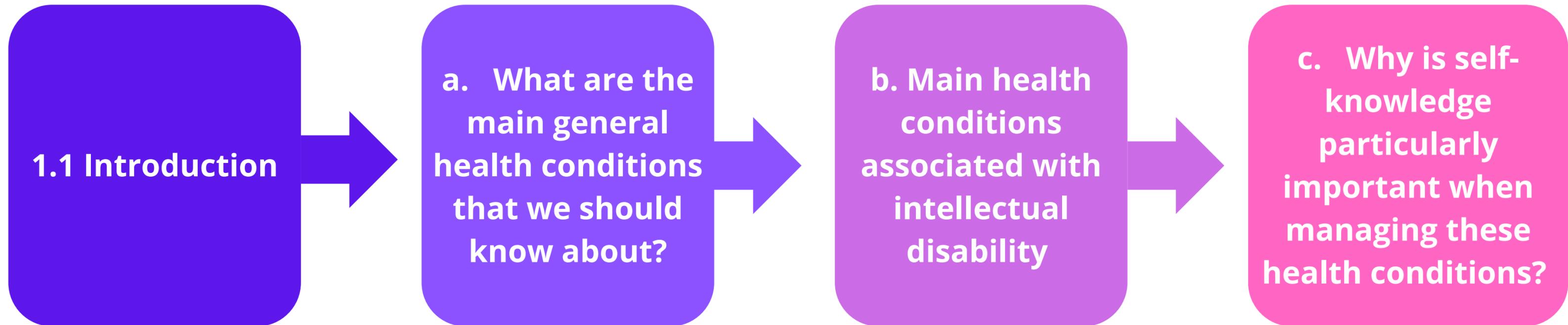


Partners



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.



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:



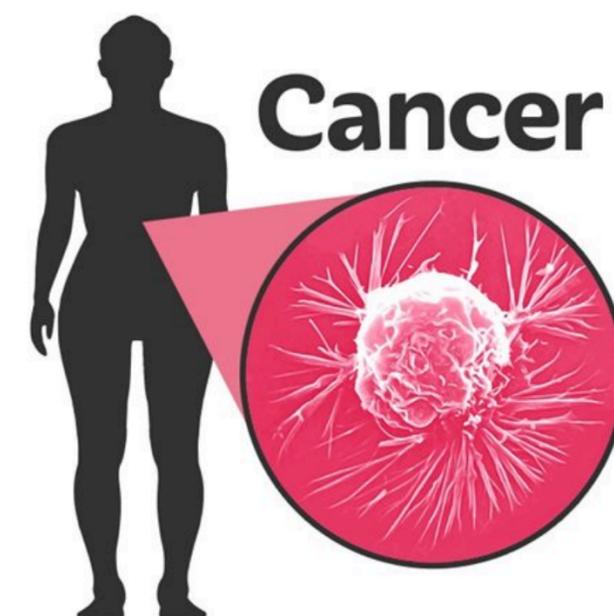
Cancer

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.

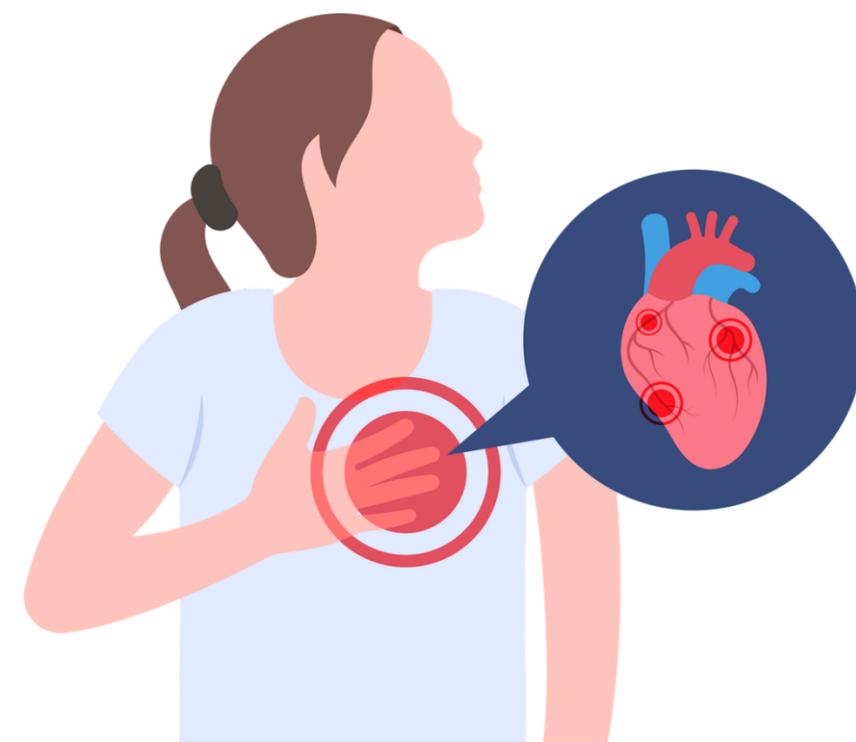
Sometimes people do not want treatment.



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.

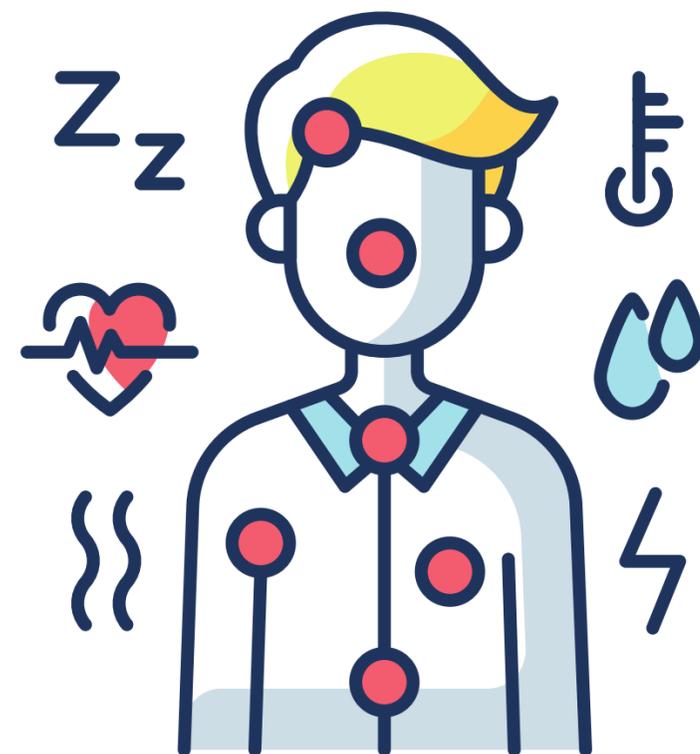
Medical supervision, healthy diet, exercise programs and supportive living environments are crucial to improve it.



Conclusions

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

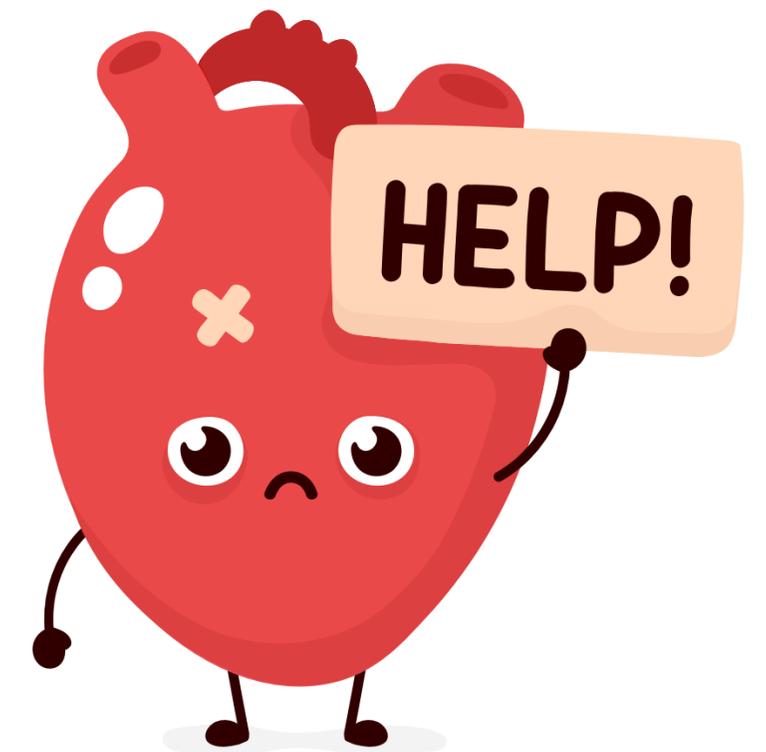
Symptoms are signals our body sends us
so that we can take action and feel better



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

Proceed to the self-assessment test,
just 4 questions
to check if you've grasped
the essential concepts



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!

