



Topic 1 : Health management

TRAINING ACTIVITY 1 - SESSION 3

1.3 Health self-management



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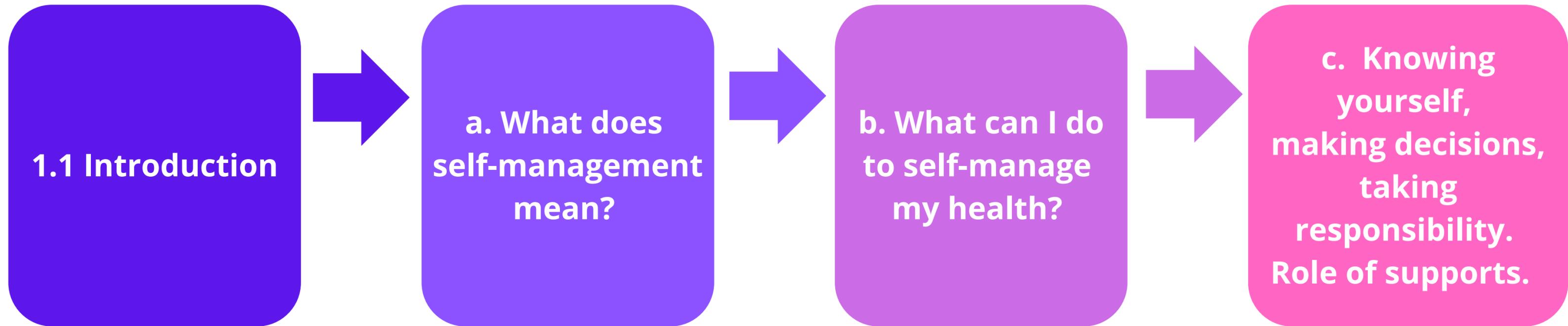


Partners



TOPIC 1: Health management

1.3 Health self-management



Competences

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

- ✓ • how to make informed decisions about your health
- ✓ • about the importance of following medical instructions, taking medications correctly, etc.
- ✓ • how to actively participate in your care with the support of your closest people and professionals



SESSION 3 SCHEME

1.3 Health self-management



Initial activity	Inside Out emotions Each student uses gestures to express an emotion, and the others have to guess it.
Presentation	Let's see what this session is about
Discussion	Sharing personal experience
Video	Some influencers talk to us about the topic
Practical activity	"A visit to the doctor"
Practical activity	Kahoot: "How do I self-manage my health?"
Conclusions	Group reflection
Evaluation	Let's check if we have understood the main concepts
Closure	See you soon!

Presentation of the topic

- **What does self-management mean?**
- **What can I do to self-manage my health?**
- **Knowing yourself, making decisions, taking responsibility.**

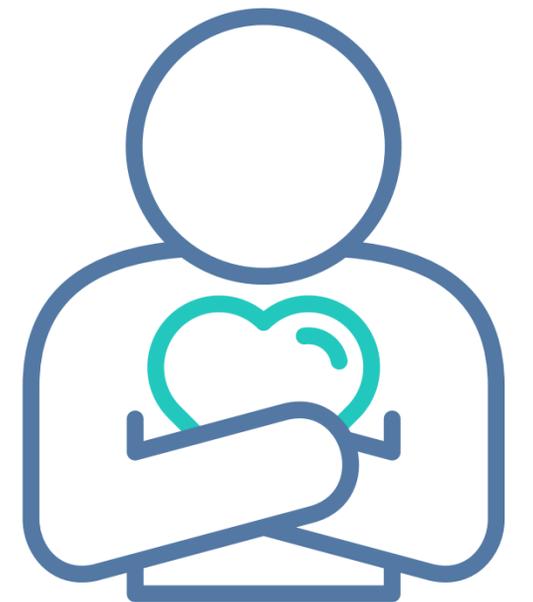
Role of supports.



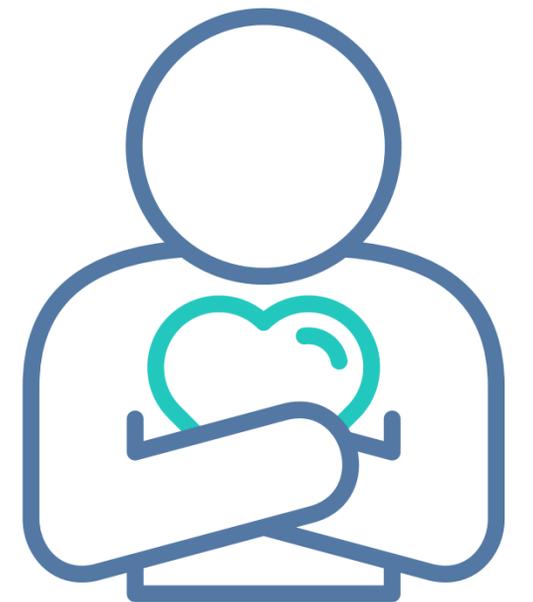
- **What does self-management mean?**

Self-management means taking care of your own life.

Self-management is about knowing yourself and understanding your needs.

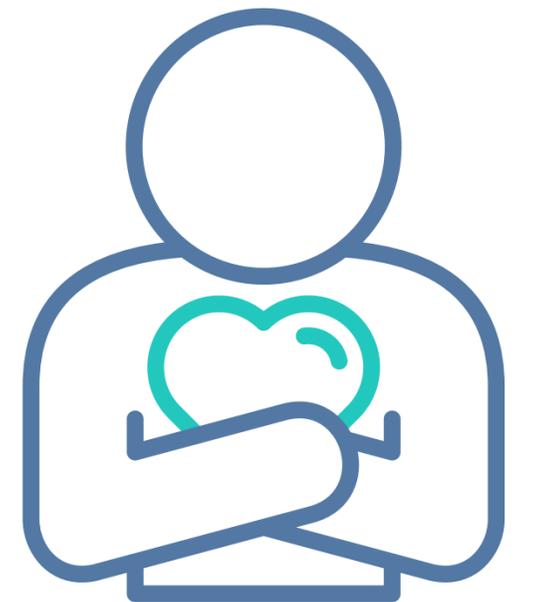


Self-management in health
means taking care of your own health every day.



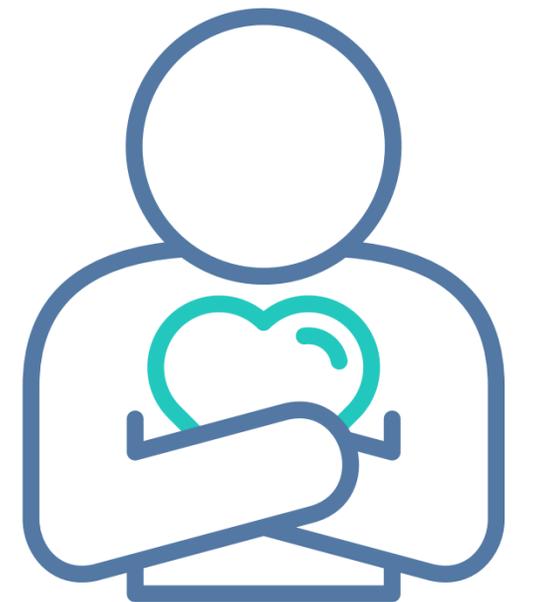
It means:

- You understand your health condition.
- You know what helps you feel better.
- You follow your treatment, like taking medicine or doing exercise.



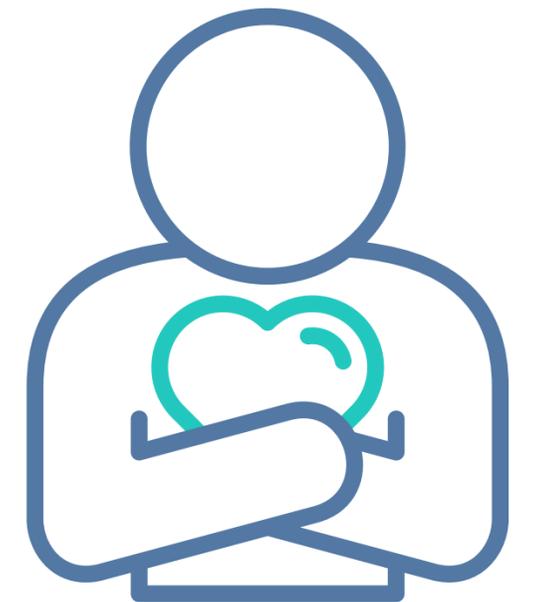
And it means:

- You notice changes in your body and how you feel.
- You make healthy choices, like eating well and staying active.
- You ask for help from doctors, nurses, family, or friends when you need it.



- **What can I do to self- manage my health?**

You can manage your health by eating well,
moving your body,
taking medicine when needed,
and asking for help when you do not understand.



- **Knowing yourself, making decisions, taking responsibility.
Role of supports.**

Good health management helps you stay well and feel better.

It's important to know about some barriers
that can be found to getting the Health Care.



Barriers to Getting the Same Health Care

People with intellectual disabilities often do not get the same health care as other people. There are many reasons for this.



Barrier 1: Communication

If a person cannot say they are in pain, they may act differently.

Other people may not understand this means they are ill.

This can delay finding out what is wrong.

This delay can be very serious.



Barrier 2: Health Checks

Many people with learning disabilities do not go to health checks.

They may not understand why it is important.

Families or carers may think it is too hard and avoid it.

The person may not know the risks of not going.



Barrier 3: Accessibility

Going to the doctor can be hard.

Some people feel anxious in new places or with too much noise and light.

Sometimes they do not have help to go to appointments.

Sometimes they do not want to pay for transport.

This can mean they do not go, without knowing the risks.



Barrier 4: Wrong Diagnosis

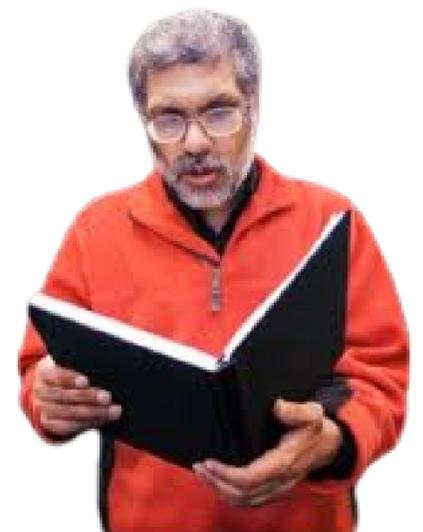
Sometimes doctors think symptoms are part of the disability.

For example: if someone cannot control their bladder, the doctor may think it is because of the disability.

But it could be another health problem.

If someone is tranquil, the doctor may think this is normal for them.

But it could mean they are very ill.



Barrier 5: Treatment

Some surgeries are not offered because doctors think the person will not follow the recovery plan.

For example, after surgery, the person needs to stay in bed.

If they keep getting up, they could hurt themselves.



Barrier 6: Signs of Illness

Signs can look different.

Some people show pain by hurting themselves or hitting out.

Some people do not show pain at all
and cannot say what is wrong.



Barrier 7: Understanding Health

Health information is often not easy to read.

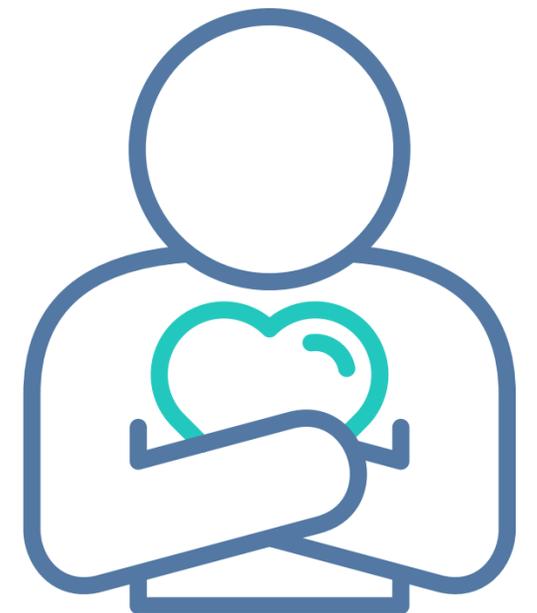
The person may say “no” to treatment

because they do not understand the risks.



Role of supports

We can manage our health better when we understand what we need to do and when we receive the right support from people who can help us.



Group discussion

The trainees talk about health self-management according to the previous presentation.

- What self-management means?
- How can we manage our health?

They can share their personal experience by raising their hands to participate.



Video

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

Stay tuned for the video!

Nadia gives us an example of how she manages her health



Practical activity 1: A VISIT TO THE DOCTOR

We go to the doctor when we feel unwell or when we need a check-up or a vaccination.

It's important to know how to organize our doctor's visit so that everything goes perfectly.

In the following game, you'll find 2 sets of cards with different actions

You have to sort out the cards to organize your doctor's visit.

Attention: Some cards are fake!

Find the real ones and discard the fake ones.



Practical activity 1 : A VISIT TO THE DOCTOR

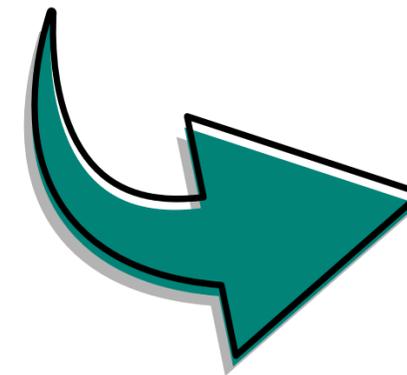
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**Scan the
QR code**



or click here

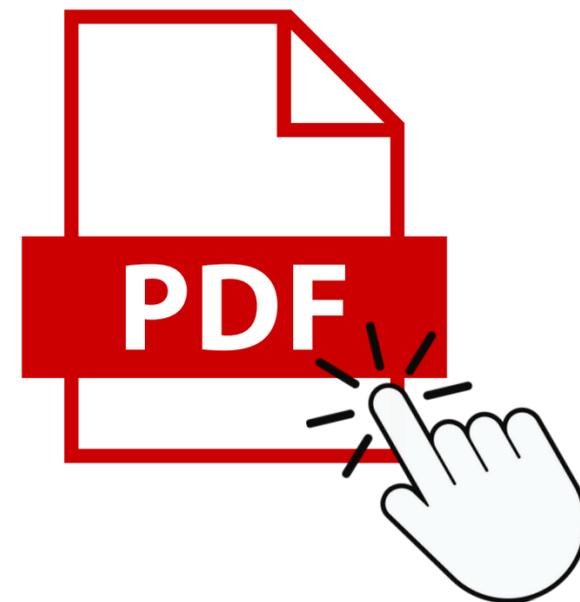


Practical activity 1: A VISIT TO THE DOCTOR

PRINTABLE VERSION

You can also fill the activity in paper.

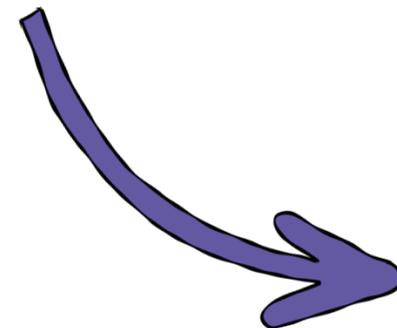
Print the cards, read the options carefully and...
figure out the correct one!



Practical activity 2: HOW DO I SELF-MANAGE MY HEALTH?

Let's play a Kahoot game and check some important actions we can do to self-manage our health.

I'm sure you do many of them!



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QUIZ

How do I self-manage my health?

Partners

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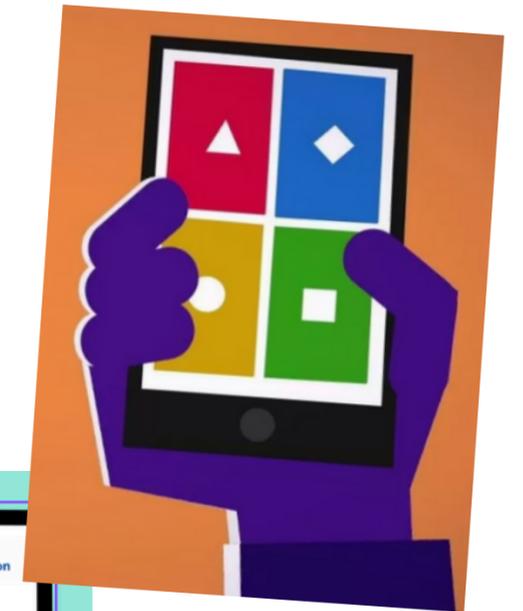
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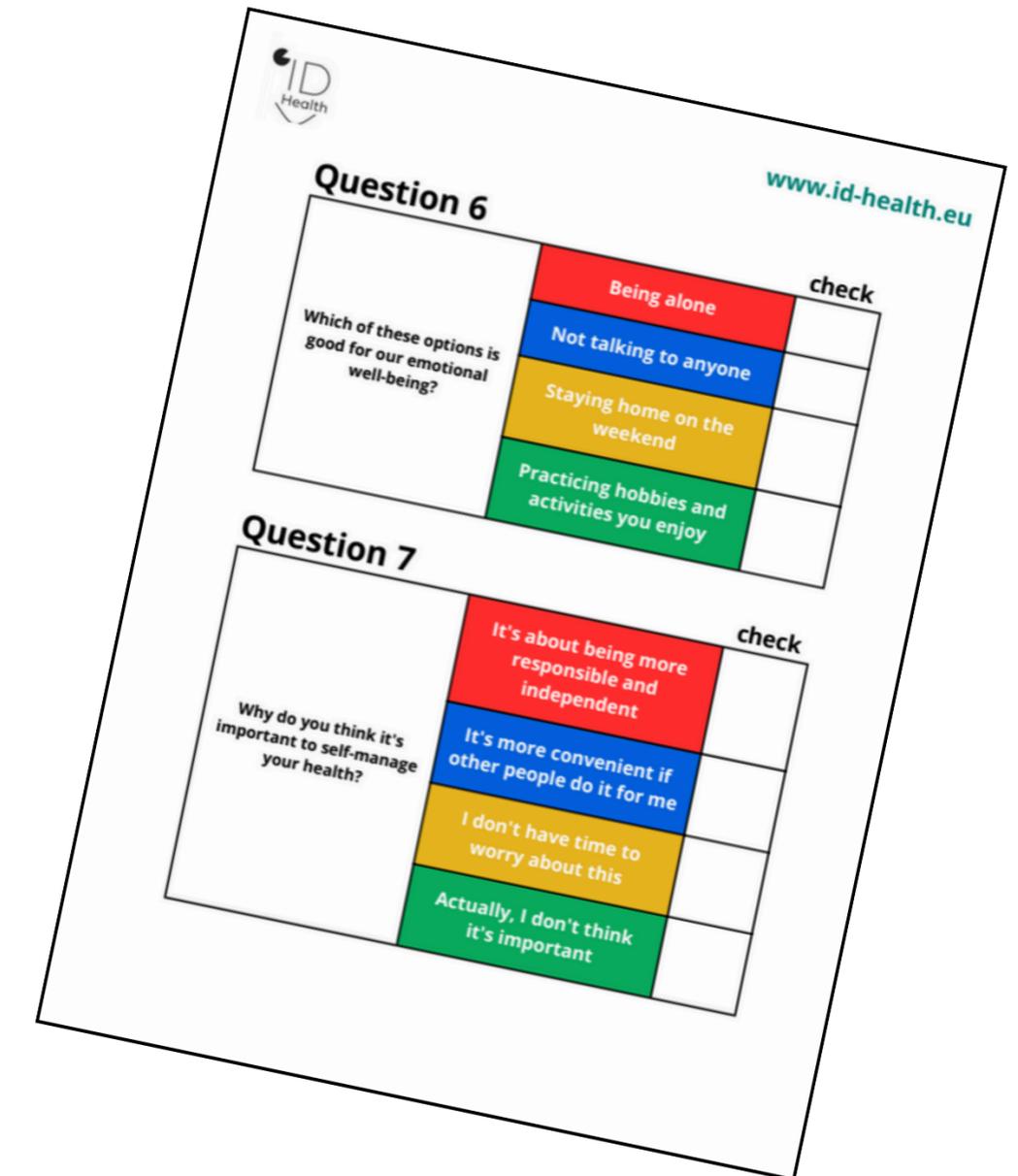
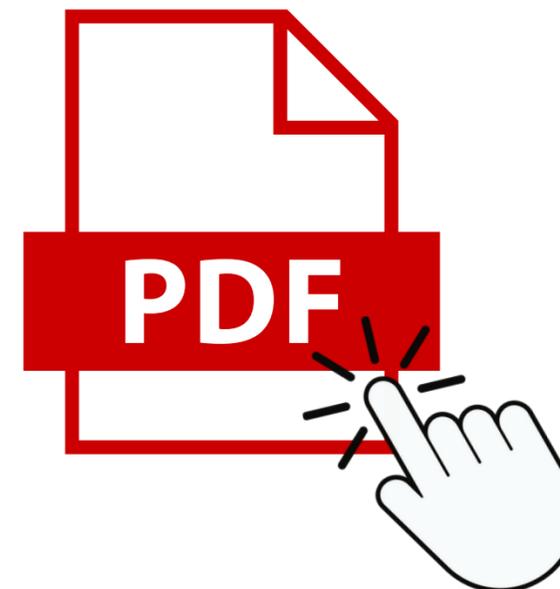
Practical activity 2: HOW DO I SELF-MANAGE MY HEALTH?

PRINTABLE VERSION

You can also fill the activity in paper.

Read carefully the questions,
choose the right option and...

check if you are a good manager of your health!



Question 6 www.id-health.eu

Which of these options is good for our emotional well-being?	Being alone	check
	Not talking to anyone	
	Staying home on the weekend	
	Practicing hobbies and activities you enjoy	

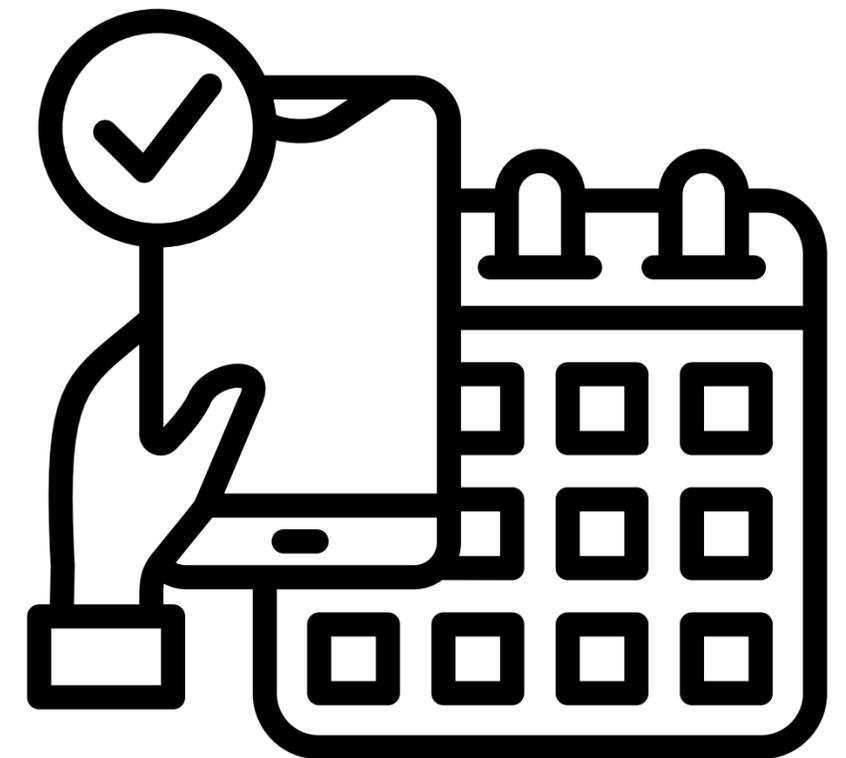
Question 7

Why do you think it's important to self-manage your health?	It's about being more responsible and independent	check
	It's more convenient if other people do it for me	
	I don't have time to worry about this	
	Actually, I don't think it's important	

Conclusions

Are you capable of taking responsibility for your health?

There are a lot of actions you can do to manage your health.



Conclusions

Be an active person in health

- Stay engaged.
- Learn about your health.
- Ask for help when you need it.



Conclusions

Remember

Taking care of your health provides you with well-being and a better quality of life.

To feel good, we have to do everything in our power to take care of our body and mind.



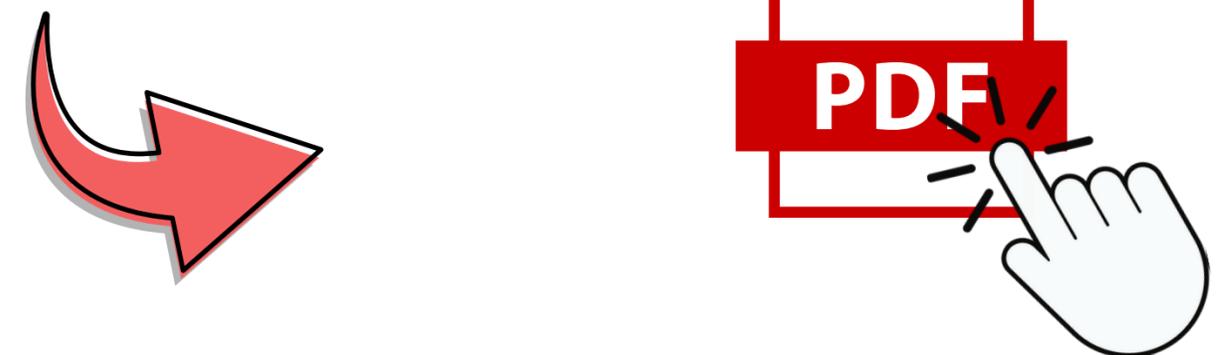
Evaluation

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 life.

See you in the next session!

