

HEALTH IS MEANINGFUL LIVING

Personal Health & Safety

Webinar 2 of 3



AMERICAN
PRINTING
HOUSE





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Objectives

- Justify the need: Direct instruction in personal health and safety
- Investigate resources: Appropriate and need based
- Expanded Core Curriculum: Embed instruction



PERSONAL HEALTH





Comfort w/Topic

- Cultural awareness
- Collaboration with
 - Families
 - Educators
 - Related service providers

Personal Hygiene

- Bathing
- Deodorant

Wild et al. (2019)





Apparel

Clothing and accessories

- Weather appropriate
- Age appropriate
- Situational
- Style

Oral Care

- Concepts
- Methods
- Options





Grooming

- Hair care
- Eye Care
- Nail Care
- Shaving

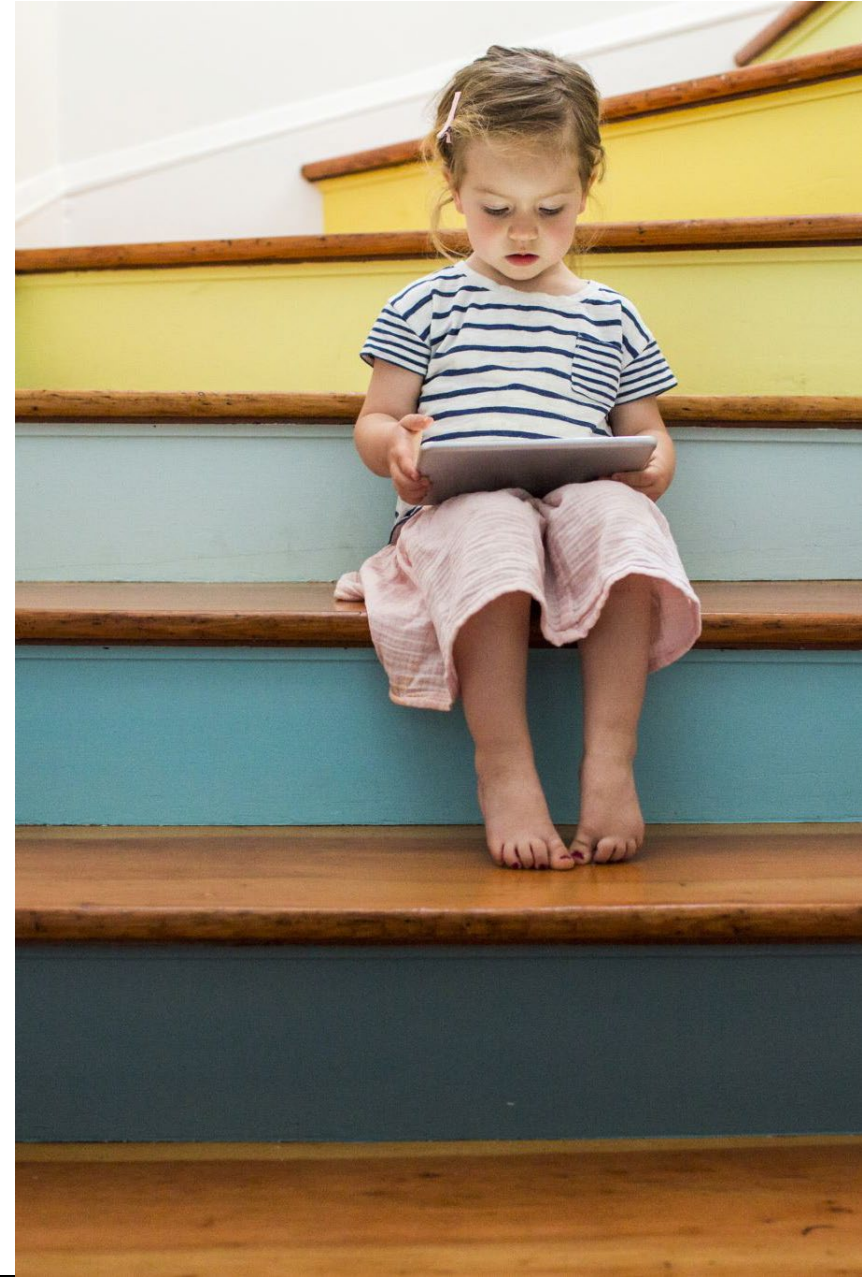
Wild et al. (2019)

Consent- When and How?

- Begin early!!
 - Infant/Toddler Development
- Descriptive Mediation
 - Narrate, explain
 - Use adjectives and concept words

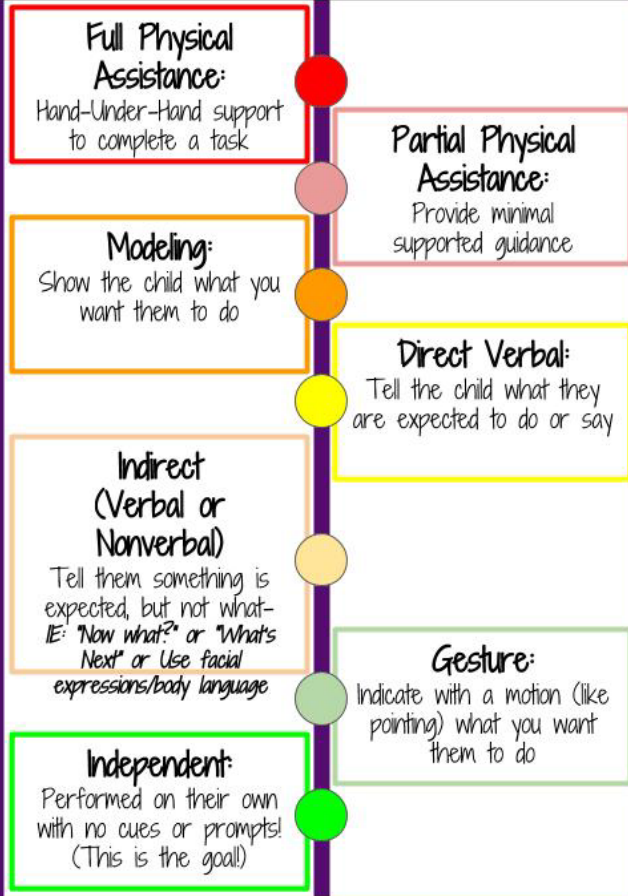
Allman & Lewis (2014)

Wild et al (2019)



Levels of Prompting

~From Most to Least Prompting~



 www.NoodleNook.Net

Hierarchy of prompts

1. **Independent**
2. Pause (wait time)
3. Gestural
4. Indirect (Non-Verbal, Verbal)
5. Direct Verbal
6. Modeling
7. Partial physical (HUH)
8. **Full Physical (HOH)**

Allman & Lewis (2014)

Image: <https://www.noodlenook.net/prompting-hierarchy>

Medical Maintenance

- Health insurance
 - State sponsored
 - Work sponsored
- Routine health care
 - Immunizations
 - Maintenance
 - Dental
- Medications

Wild et al. (2019)

www.accessiblepharmacy.com



ECC opportunities in Medical

- Independent living skills (ILS)
 - Calendaring
 - Time management
- Orientation and mobility (O&M)
 - Transportation
 - Mapping
- Assistive Technology (AT)

Wild et al. (2019)

Systems of the Body: The goal

IEP Goal idea (broad, not SMART):

“By the end of the year, when provided access to tangible 3-D models the student will be able to correctly identify structures and functions of 10 systems of the body”

Wild et al. (2019)



Systems of the Body

- 2-Dimensional graphics
- 3-Dimensional models

ECC

- Sensory efficiency
- Spatial Relationships
- Compensatory (tactile)

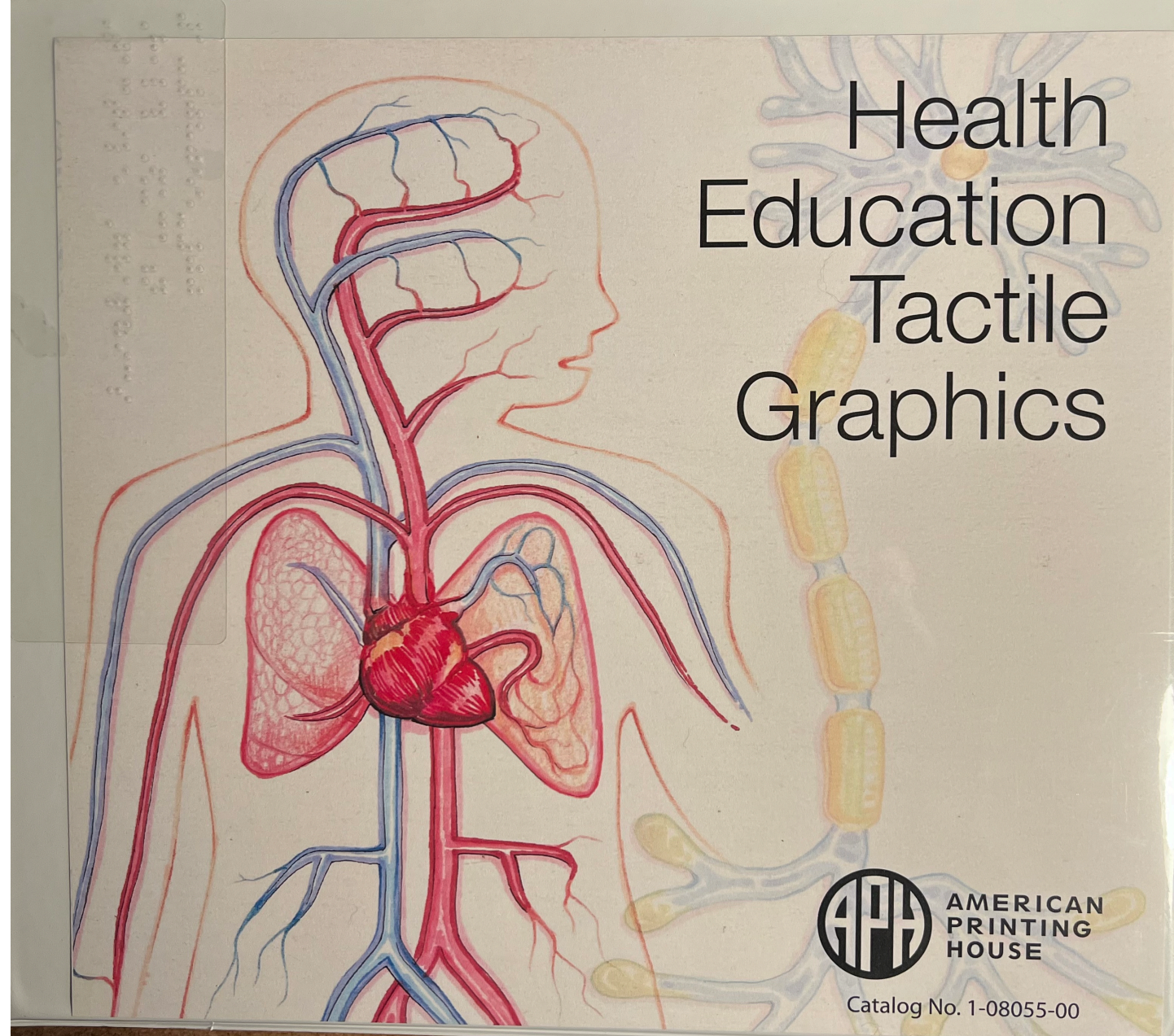
Wild et al. (2019)

Companion book

Academic curriculum

- Biology
- Physical Education
- Chemistry
- Physics

Wild et al. (2019)



Physical Activity(ies)

- Structured (formal)
- Recreational (informal)
- Same core curriculum
 - Pre-teach
 - Peer educators
 - Para-professionals

Lieberman, Ponchillia, & Ponchillia (2012)

Physical Education and Sports for People with Visual Impairments and Deafblindness: Foundations of Instruction

Lauren J. Lieberman, Paul E. Ponchillia,
and Susan V. Ponchillia



PHYSICAL EDUCATION FOR CHILDREN WITH MODERATE TO SEVERE DISABILITIES



Multiple disabilities

- Fitness level
- Motor skills development
- Ability to be in large groups
- Social needs
- Safety

Grenier & Lieberman (2017)

Benefits of Physical Activity

- Concepts of common sports and activities
- A shared experience
- Be part of a team
- Socialization
- Language skills
- Self-determination skills
- Increased mobility, independence, and stamina

Lieberman, Ponchillia, & Ponchillia (2012)

Potential Concerns of PE: Exclusion

- Concerns over injury and liability
- Lack of prerequisite skills
- Low expectations from adults
- Child's perceptions of abilities
- Adults may feel they don't have the skills
- Pull out of PE for other instruction
- May lead to inappropriate placement or inclusion in placement

Social Health

The ability to develop relationships with others and interact in positive ways

- Exploration
- Connection
- Confidence
- Social skills

Wild et al. (2019), Pruess (2019)

HOW CHILDREN DEVELOP SKILLS THROUGH PLAY



www.gooseybrains.com

Adapted from "Curiosity, Pleasure and Play: A Neurodevelopmental Perspective" written by Perry, Hogan and Mar

Social Stages of Play

Unoccupied (Birth-3 Months)

Solitary (Birth-2 Years)

Spectator/Onlooker Behavior (2 Years)

Parallel (2+ Years)

Associate (3-4 Years)

Cooperative (4+ years)

Parten Newhall (1933)

Drew (2020)

Skills through Play

➤ Motor Development

- Physical health
- Spatial understanding

➤ Language development

- Reading

➤ Cognitive development

➤ Self-control/regulation

- Attention
- Memory

➤ Problem-solving

- Creative thinking

➤ Good mental health

- Growth mindset

➤ Self-understanding

- Self-esteem
- Self-Concept
- Self-Determination



PERSONAL SAFETY INJURY PREVENTION



National Health Education Standards

Standard 4: ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

Standard 5: ability to use decision-making skills

Standard 7: ability to practice health-enhancing behaviors and avoid or reduce health risks

Joint Committee on National Health Education Standards(2007)

Fire Safety

Consider

- VI & cognition
- Age of student
- Services
- Collaborate
 - Teach in home and school

Wild et al. (2019)



Roles and Service Delivery

O&M

- Off campus orientation
- Off campus travel skills
- Cane skills

TVI

- Support to academic/classroom needs and skills (NOT tutoring)

Fundelius (2019)

Roles (both O&M, TVI)

Body image (O&M)

Concept Dev. (2D TVI, 3D O&M)

Sensory training (near TVI, Distance O&M)

Gross/Sensory motor (O&M)

Functional signs (on campus TVI, off O&M)

Health and eyes (TVI)

Social Skills (both)

Behaviors (ALL)

Living skills (both)

Career education (both)

Self-image/ understanding self (TVI, O&M adds mobility info)

On campus orientation (O&M, but TVI can assist)

On campus travel skills (O&M, TVI reinforce)

Fundelius (2019)

How

- 1:1
- Small group
- Consultation
- In-service

Fundelius (2019)

More Roles

Who else?

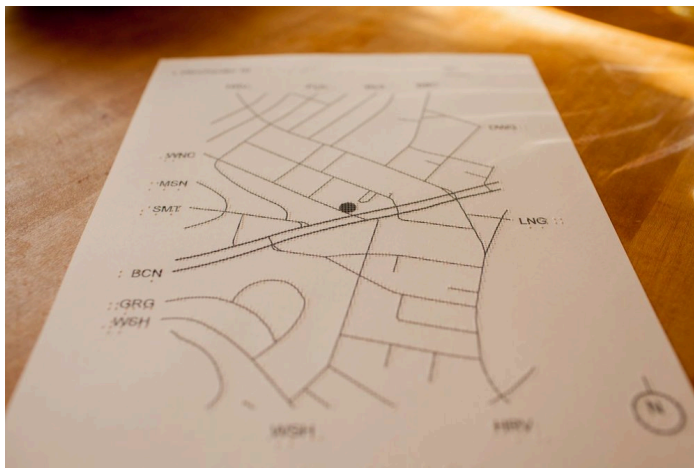
- Physical Therapist
- Occupational Therapist
- Optometrist
- Ophthalmologist
- Low Vision Therapist

Fundelius (2019)

Tactile maps



<https://touch-mapper.org/en/>



<http://www.vanessagarber.com/lighthouse>



<https://www.pathstoliteracy.org/strategies/using-tactile-graphics-create-design-park>



Water Safety

- Swimming
- Swim instruction
- Boating
- Water sports
- Floatation devices

Wild et al. (2019)

First Aid

- Families & Caregivers
- Career Support
- Universal Precautions
 - Injury and wound care
 - Protective gear

Wild et al. (2019)



CPR

- Sensory Efficiency
- Check, Call, Care
- Community Partnerships



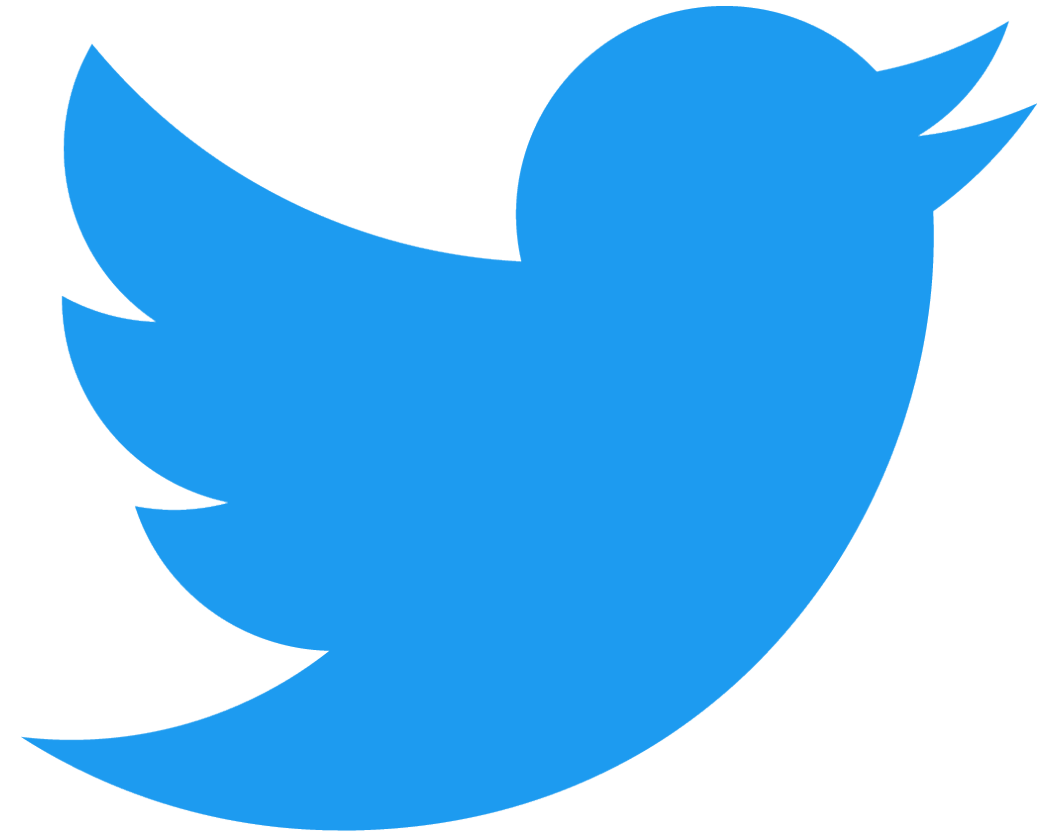
Choking

- Community partnerships
- Accessible communication
- Self-determination
- Sensory efficiency
- Body orientation

Wild et al. (2019)

Social Media

- Public vs Private
- Who Sees What?
- CommonSense.org
- Social & Career Implications
- Sexting



Wild et al. (2019)
www.CommonSense.org



Social & Career Implications

- Personal Information
- Security
- Privacy & Sexting

Wild et al. (2019)

Traveling Safety

TVI

- Geography
- Physics
- Time mgmt
- Organization skills

O&M

- Airport
- Train
- Bus station
- Ride share (Taxi, Uber, Paratransit)

Wild et al. (2019)



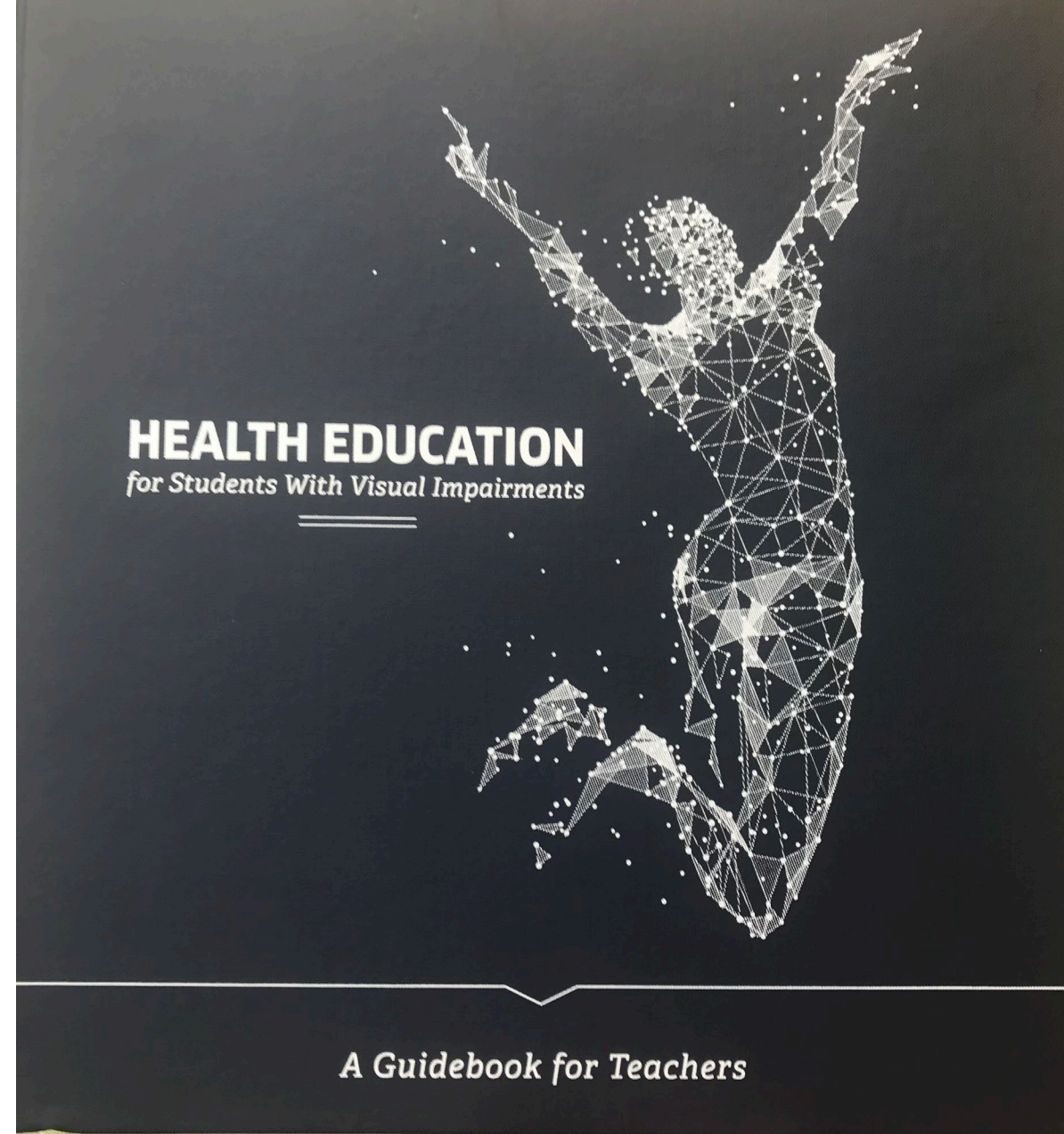


CLOSING



Recap

- Assess
- Collaborate
- Have an open mind
- Be creative





REFERENCES



Books

Allman, C. B., & Lewis, S. (2014). *ECC essentials: Teaching the expanded core curriculum to students with visual impairments*. AFB Press.

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THANK YOU

See you December for Webinar #3

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