

## ISAC Recommendation #5: Promote Health, Wellness, and Safety



Promote physical and mental health, wellness, and personal safety for every individual and his or her family. Promoting physical and mental health means providing information about health and wellness, emotional support, and encouragement. Tools that help every individual adopt a healthy lifestyle — including good nutrition, healthy diets, physical activity, and strategies to reduce and manage stress and protect oneself from all types of abuse and exploitation — must be provided.

### Strategies:

Overarching plan to meet above recommendation: Develop and implement a comprehensive program of wellness opportunities for people with IDD and autism. Areas including: diet/nutrition; physical activities; emotional wellness; sexuality and healthy relationships; wellness as related to aging; safety and drugs and alcohol.

| Current Strategy   | Accomplishments that support this Strategy  | Recommendation for this Strategy<br>(retain, revise, replace)   |
|--|---|---|
| 1. Direct people to existing resources with information on healthy living. | <p>ODP and Health Care Quality Units have promoted existing resource through: direct training, internet based training (HCQU webinars, access to College of Direct Supports).</p> <p>Availability of creative and expressive therapies as wavier services. ODP has done direct outreach to therapeutic communities to encourage participation in services by becoming eligible providers.</p> | Recommend retaining this Strategy with a more focused goal of creating a resource guide with available resources by region.   |
| 2. Increase the use of Mental Health First Aid (MHFA) among stakeholders.  | Mental Health First Aid training sessions began in January 2018. Session occur at an average of 2 per month at locations across the Commonwealth.   | Retain this Strategy, as MHFA increases the ability to recognize mental health issues earlier and therefore increase the likelihood of treatment being sought sooner. |
| 3. Update, disseminate, and provide training on sexuality guidelines.      | <p>The Workgroup completed Sexuality Guidelines and the Guidelines Concerning Sexual Health, Personal Relationships, and Sexuality Bulletin was issued and effective on April 13, 2018.</p> <p>Efforts underway also to address issue of sexual trauma and other traumatic experiences.</p>   | Retain: Recommend continuing to place importance on this topic.   |

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| 4. Incorporate a focus on health and wellness into the individual planning process.  | <p>Statewide trainings on the Fatal Four began in Summer, 2018. Trainings held for providers, Administrative Entities, and supports coordinators via face to face and webinar sessions (which have been recorded). Health Care Quality Units have also been providing training to a broad audience.</p> <p>ODP has continued with planning process to introduce a health risk screening tool to the Commonwealth which will promote health and wellness by identifying areas of risk as well as bringing a greater awareness to changes in health status an individual might experience.</p> | Retain Strategy. As the Health Risk Screening Tool project transitions from a planning process to implementation, would recommend that it be listed as a separate strategy, though it will continue to inform the individual planning process. Data from HRST will also serve as performance measures for Recommendation #5 (2020). |
| 5. Health Care Quality Units will develop outreach to promote wellness to individuals and self-advocates living with families, including people on the waiting list. | <p>HCQUs have continued to develop outreach. Additionally, ASERT has extensive resources available, primarily through online access.</p> <p>A sampling of sessions includes:</p> <ul style="list-style-type: none"> <li>• Virtual Dementia – Western HCQU.</li> </ul>  | Recommend retaining strategy. Increased collaboration and interaction with HCQU and ASERT has occurred over the past year and will continue to develop further.   |

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|                  | <ul style="list-style-type: none"> <li>• Dysphagia and Food Preparation – Eastern HCQU.</li> <li>• Intellectual Disabilities and Dementia – Eastern HCQU.</li> <li>• Autism Spectrum Disorder and the Healthcare Experiences for Aging Adults – Eastern HCQU.</li> <li>• Risk Factor and Remediation for Falls for People with intellectual and Developmental Disabilities – Central HCQU.</li> <li>• An Overview on Pennsylvania Medical Marijuana Program – Central HCQU.</li> <li>• Gut Health-Management and Prevention of GI Conditions – Central HCQU.</li> <li>• Behavioral Health Assessment and Medication for Individuals with Intellectual and Developmental Disabilities – Central HCQU.</li> <li>• Positive Choices Training – 10 week Pilot Project for 9 individuals with a history of relationship issues.</li> </ul> |   |

**New Strategies and/or Strategies that have been implemented but were not included in the original 2016 list**

1. **Skin Integrity Pilot Project** – Implemented strategy not included in this original list. ODP has begun using claims data to identify individuals with pressure wounds and conduct targeted outreach. Recognizing the high risk of health complications associated with skin breakdown, a Skin Integrity booklet developed by Milestone HCQU West has been made available.
2. **Promote Improved Health Literacy** - Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Health literacy affects people's ability to: navigate the healthcare system; share personal information, such as health history, with providers; engage in self-care and chronic-disease management; make informed choices with an understanding of risks.