

Promoting Healthy Aging While You Are Stuck at Home

NDSS Virtual Adult Summit

May 21, 2020

Mary Stephens, MD and E. Adel Herge, OTD, OTR/L, FAOTA

Healthy Aging Toolkit

Set Up Your Space

Make your own Visual Schedules with tips and ideas from Do2Learn:

- <https://do2learn.com/picturecards/VisualSchedules/index.htm>

Create your own Makerspace: A space designed for freedom in creating and designing.

- <https://ideas.demco.com/blog/8-ways-build-more-inclusive-makerspace/>

Start a Journal/Diary

- <https://psychcentral.com/lib/the-health-benefits-of-journaling/>

Being Active

Move Your Way: interactive tool to create your personalized week plan for physical activity.

- <https://health.gov/MoveYourWay/Activity-Planner/activities/>

Tips to increase physical activity while staying at home.

- <https://www.cancer.org/latest-news/tips-for-staying-healthy-while-stuck-at-home.html>
- <https://www.heart.org/en/healthy-living/fitness/getting-active/daily-tips-to-help-keep-your-family-active>

Special Olympics: School of Strength Fitness Videos

- <https://www.specialolympics.org/school-of-strength>

Customizable Virtual Game Spinner: Create your own games or dance party.

- <https://wheeldecide.com>

Get up and move: Brain break videos

- <https://www.sfmic.com/safety/prevent-strain-and-pain/>

Eating Well

Healthy Plate: a short video on how to create a healthy plate with a simple and easy method

- https://www.youtube.com/watch?v=Gmh_xMMJ2Pw

Special Olympics: Caregiver Toolkit for healthy eating

- https://media.specialolympics.org/soi/school-of-strength/SO-SoS-Toolkit-Caregivers-Kit.pdf?_ga=2.192135658.1565018718.1588599260-918534908.1588599260

Other guides and tips for healthy eating as you age:

- <https://www.helpguide.org/articles/healthy-eating/eating-well-as-you-age.htm>
- <https://www.scld.org.uk/healthy-eating-healthy-living-pack/>
- <http://www.foodincare.org.uk/eating-well/healthy-eating-the-eatwell-guide>

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Doing What You Love

Pinterest: Check out the crafty DIY project ideas you can find and pick one to do!

- <https://www.pinterest.com/>

Free picture books to read online.

- <https://tarheelreader.org>

Chrome Music Lab: Make your own beats and music.

- <https://musiclab.chromeexperiments.com/Experiments>

Interactive Virtual Art

- <http://weavesilk.com>

Staying Connected

Free Virtual Tours of many different places: From the Louvre to Walt Disney World

- <https://www.tasteofhome.com/article/free-virtual-tours/>

Zoom: Link to videos on how to set up and use

- https://www.youtube.com/playlist?list=PLKpRxBfeD1kEM_I1Id3N_XI77fKDzSXe

Play games like Bingo and Scattergories virtually with others:

- <https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/>

Article on ideas on how to stay connected while in lock down:

- <https://youngminds.org.uk/blog/how-to-stay-connected-during-lockdown/>

Other Resources:

National Task Group on Intellectual Disabilities and Dementia

- <https://www.the-ntg.org/>

National Down Syndrome Society

- <https://www.ndss.org>

American Academy of Developmental Medicine & Dentistry

- <https://www.aadmd.org>