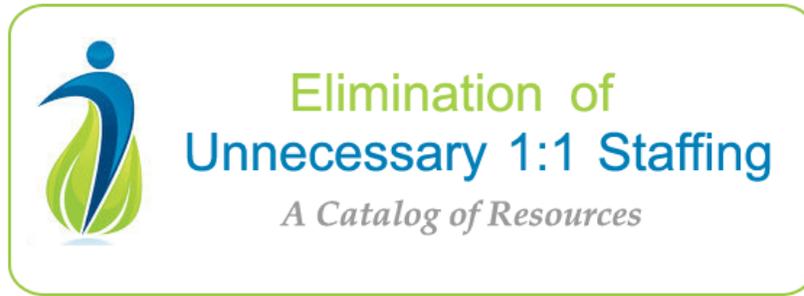


## Improving Supports to Best Meet People's Needs



### Resources to Support People with Physical Health Needs

<b>Title:</b>	<i>Dysphagia Resource Directory</i>
<b>Source:</b>	Southeast Region Dysphagia Summit Task Force Committee
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/Dysphagia-Resource-Directory.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/Dysphagia-Resource-Directory.pdf</a>
<b>Date:</b>	2011
<b>Description:</b>	This directory was developed by the Southeast Region Dysphagia Summit Task Force Committee designed to be a resource to help meet the needs of people with intellectual disabilities.

<b>Title:</b>	<i>Feeding Tube Resource Packet</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/ListOfItemsFiles/Feeding-Tube-Resources/Complete-PDF-FeedingTubePacket.pdf">http://www.pchc.org/images/ListOfItemsFiles/Feeding-Tube-Resources/Complete-PDF-FeedingTubePacket.pdf</a>
<b>Date:</b>	2009
<b>Description:</b>	PCHC developed a <b>resource packet</b> on information about Feeding Tubes. The packet, which includes information for staff, individuals with intellectual disabilities (ID) and families, was developed after conducting a <b>Feeding Tube Survey</b> in 2006. The resources included in the packet will be useful to individuals facing decisions about the use of a feeding tube and for those who already use a feeding tube.

<b>Title:</b>	<i>General Guidelines for Nurses in Community Residential Programs Supporting People with Intellectual Disabilities</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/General-Guidelines-For-Nurses-Booklet.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/General-Guidelines-For-Nurses-Booklet.pdf</a>
<b>Date:</b>	2007
<b>Description:</b>	During February 2007, the Southeast Region Nursing Forum Task Force began working on guidelines for nurses in small community homes. These guidelines addressed <b>ten topic areas</b> that are important to the health and safety of people receiving supports and for those working in the intellectual disabilities community.

<b>Title:</b>	<i>Hospital Admission and Discharge Planning</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/Hospital-Admission-Discharge-Planning-Booklet.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/Hospital-Admission-Discharge-Planning-Booklet.pdf</a>
<b>Date:</b>	2008
<b>Description:</b>	The information in this booklet is provided as a tool to assist anyone dealing with hospitalization or facing extended medical care. The main goal is to support people with intellectual disabilities living in the community; however, this information can be used for anyone. Being a well-informed advocate will help you to receive quality services within any health care facility. It is not intended to replace medical advice. Please contact a physician as needed.

<b>Title:</b>	<i>Let's Talk About Sexual Abuse</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Individuals-and-Families/Lets-Talk-Sexual-Abuse-Booklet.pdf">http://www.pchc.org/images/PDFs/Publications/Individuals-and-Families/Lets-Talk-Sexual-Abuse-Booklet.pdf</a>
<b>Date:</b>	2011
<b>Description:</b>	This user-friendly booklet is for individuals with intellectual disabilities and their families. It explains what sexual abuse is, what to do if you are abused, and how to get help.

<b>Title:</b>	<i>Level of Care Support for People with Disabilities (Dental Care)</i>
<b>Source:</b>	Achieva
<b>Link:</b>	<a href="http://documents.odpconsulting.net/alfresco/d/d/workspace/SpacesStore/77436440-1b44-4818-9397-57fe0ab225e8/Acheiva_Dental_Pre-Visit_Form.pdf">http://documents.odpconsulting.net/alfresco/d/d/workspace/SpacesStore/77436440-1b44-4818-9397-57fe0ab225e8/Acheiva_Dental_Pre-Visit_Form.pdf</a>
<b>Date:</b>	2009
<b>Description:</b>	Going to the dentist can be stressful. If a person has a disability, he/she may need help deciding what kind of dentist is needed. Most people with disabilities will need no extra supports while others may need a little more time and understanding. Other people with disabilities may need medication to complete a visit or help to safely relax to allow for dental services. This brochure helps answer questions about levels of dental care.

<b>Title:</b>	<i>Management of Pain for People with Intellectual Disabilities and Other Developmental Disabilities</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/Management-of-Pain-Booklet.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/Management-of-Pain-Booklet.pdf</a>
<b>Date:</b>	2002
<b>Description:</b>	This booklet was designed to help individuals, family members, caregivers and providers understand pain management for people with intellectual disabilities. It focuses on methods to identify, access and manage pain to promote health and wellness.

<b>Title:</b>	<i>PCHC Training Topic Brochure</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Education/Training-Topics/Training-Topics-Brochure.pdf">http://www.pchc.org/images/PDFs/Education/Training-Topics/Training-Topics-Brochure.pdf</a>
<b>Date:</b>	2011
<b>Description:</b>	This brochure provides a list of many training topics available from PCHC. Topics are arranged in three categories: Physical Health, Public Health and Behavioral Health. Physical Health topics that are requested frequently include: <i>Dysphagia</i> , <i>Diabetes</i> , and <i>Seizures</i> . However, requests for training should never be limited by the topics listed on the brochure. Contact PCHC today to discuss your education needs.

<b>Title:</b>	<i>Sexual Abuse</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/Sexual-Abuse-Tri-fold.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/Sexual-Abuse-Tri-fold.pdf</a>
<b>Date:</b>	2007
<b>Description:</b>	This brochure outlines critical issues regarding sexual abuse. It answers questions including: <b><i>What is sexual abuse? What should you look for? How can you help?</i></b> It provides guidance on what you should do if you suspect or witness sexual abuse, and it provides information on organizations that can help.

<b>Title:</b>	<i>Taking Care of Myself: A Guide for When I Leave the Hospital</i>
<b>Source:</b>	Agency for Healthcare Research and Quality
<b>Link:</b>	<a href="http://www.ahrq.gov/qual/goinghomeguide.htm">http://www.ahrq.gov/qual/goinghomeguide.htm</a>
<b>Date:</b>	April 2010
<b>Description:</b>	<i>Taking Care of Myself: A Guide for When I Leave the Hospital</i> is an easy-to-read guide that can be used by both hospital staff and patients during the discharge process, providing a way for patients to track their medication schedules, upcoming medical appointments, and important phone numbers.

<b>Title:</b>	<i>The Community Hospital Outreach Brochure</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/Hospital-Outreach-Brochure.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/Hospital-Outreach-Brochure.pdf</a>
<b>Date:</b>	2011
<b>Description:</b>	Hospitalizations can be challenging for people with intellectual disabilities (ID). At a time when a person is not well, being placed in an unfamiliar environment with new caregivers can be frightening. People with ID may have specialized needs and communication differences; both could lead to increased health risk and poor outcomes. Healthcare providers may have concerns and uncertainties about providing services to people with ID. This brochure addresses improving the hospital experience for individuals with ID.

**Title:** *Transition Health Care Checklist: Transition to Adult Living In Pennsylvania*

<b>Source:</b>	Pennsylvania Department of Health
<b>Link:</b>	<a href="http://www.portal.state.pa.us/portal/server.pt/community/%20special_kids_network/14205/transition_health_care_checklist/558090">http://www.portal.state.pa.us/portal/server.pt/community/%20special_kids_network/14205/transition_health_care_checklist/558090</a>
<b>Date:</b>	2010
<b>Description:</b>	The Pennsylvania Department of Health and its community partners recognized a gap in health services for youth with special health care needs. When these youth leave school, they transition from having different or no insurance coverage, from seeing pediatric specialists to searching for adult medical specialists, and from good coverage for medications to having to understand new systems for obtaining medicines. Working with the Pennsylvania Community on Transition State Leadership Team, agencies, and families, the <a href="http://www.portal.state.pa.us/portal/server.pt/community/%20special_kids_network/14205/transition_health_care_checklist/558090">Transition Health Care Checklist: Transition to Adult Living in Pennsylvania</a> was created to guide youth, families, and professionals during this time of change.

**Title:** *Understanding Dysphagia*

<b>Source:</b>	Philadelphia Coordinated Health Care and Ken-Crest Services
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/Dysphagia-Booklet.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/Dysphagia-Booklet.pdf</a>
<b>Date:</b>	1999
<b>Description:</b>	A guide for providing support in for people with intellectual disabilities(ID) who have a diagnosis of dysphagia or GERD (Gastroesophageal reflux disease) or swallowing disorders.