

## After attending program

After attending the program, health and wellness staff will follow up with participants to administer surveys that aim to discover what further supports are needed for our aging IDD population in the community.

Participants do not have to be involved with AACOG services to attend.

Interpretation provided if needed. Caregivers can be in a paid/unpaid role and do not have to live with aging adult with IDD to attend.



### For more info or to enroll contact:

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## Support & Empowerment for Older Adults with IDD & their Caregivers



# Class Content and Goals

Caring for someone has its risks and questions that come with it. Now with age comes diseases and burdens that lead to a challenging lifestyle. Knowing what to do to prevent and slow the rate of progressing burdens are essential. Being empowered through self-awareness will allow one to become and belong part of the surrounding community.



This program aims to educate older adults with IDD and their caregivers in health and wellness. Class topics in this program will include: health, finance, spirituality, caregiver care, nutrition and physical fitness in order to become a healthier individual and caregiver.

## Health

- (1) To gather information and resources to address health responsibilities
- (2) To gain knowledge understanding about health related issues and know where to go.
- (3) To obtain information about screening time points
- (4) To know screening availability in the community and available providers.

## Nutrition

- (1) To gain knowledge in nutrition and health benefits.
- (2) Information about large nutrients versus small nutrients and where they can be found.
- (2) Acquire information on healthy alternatives to snacks and beverages.
- (3) Participate in cooking demonstration to implement skills learned.

## Physical Fitness

- (1) Gain awareness of physical activity benefits
- (2) Gain knowledge on variation of physical activity that can be done to become more active.
- (3) Increase social and community interactions.
- (4) Reduce risk of developing diseases through exercise as well as enjoying an improved quality of life and health benefits associated with physical activity.

## Financial

- (1) Gain financial literacy to ease financial burdens and increase financial gains.
- (2) Understand benefits, debt, identity theft, home ownership, employment and retirement in order to age in place with ease.

## Spirituality

- (1) Gain knowledge to bring awareness to mental well-being, inner beliefs and focus on goals.
- (2) Understand the connection of something bigger than yourself
- (3) Gain coping strategies to bring positive emotions and inner peace to reduce stress.

## Caregiver

- (1) Gain knowledge about caregiving supports available
- (2) Gain strategies and locate resources to reduce stress.
- (3) Gather information of self-care and awareness for the caregiver.

