

TRIED AND TRUE WELLNESS TIPS

Parents and family members of individuals with Intellectual/Developmental Disabilities share their tips to keep their loved ones healthy and well

1 HYGIENE, AND WELLBEING

- Wear a mask, wash hands
- Follow CDC guidelines
- Quarantine during medical procedures
- Keep medical appointments
- Keep the living environment clean
- Limit the number of people in your house
- Have family discussions on well being

2 DIET AND SLEEP

- Eat more fruits and veggies
- Drink elderberry tea
- Get good night sleep
- Take much-needed rest

3 EXERCISE

- Take short daily walks around the neighborhood.
 - "We say hi to people and get fresh air. It's fun!"
- Exercise daily (e.g. yoga, zumba)
- Go outside

4 SUPPORT AND CONNECTION THROUGH TECHNOLOGY

- Communicate with loved ones
- Keep the kids busy with online acting classes
- Make a youtube channel to show what they are doing!
- Take classes (e.g. voice training, art, music therapy)
- Take advantage of telehealth
- Schedule virtual family weekly game night
- Tell Alexa (virtual assistant AI technology) to play meditation for 40 minutes
- "Site like this!"

5 POSITIVE ATTITUDES

- Use precautions, common sense, and consistency
- "Be careful."
- "Efforts to share kindness to anyone"
- "Affordable failures is a terrific teaching strategy."
- "Forgiveness"
- "Positive healthy attitude"
- "My daughter thrives on independence..."