

Session 3 Activities

Activity One: Think about it

Instructions:

1. Print question sheets.
2. Group participants into 4-5 groups.
3. Have them brainstorm according to the question on the sheet. Set a timer to encourage quick thinking, or have it as a “Do now” when they enter for the session.
4. Debrief by having each group share what they came up with.
 - a. Ask: “Have you considered these types of questions before?”
 - b. “Why is it important to consider these things?”

Activity Two: Communication Challenges

Instructions:

1. Print activity cards.
2. Group participants into pairs, and each person gets a card.
3. Person A asks the question on the card
4. Person B answers with the instructions given them on the card.
5. Debrief with the questions on the slide.
 - a. “How did this make you feel?”
 - b. “Why is this so uncomfortable for us?”



Intellectual and Developmental Disabilities in the Mental and Behavioral Health Care Setting

A Four Part Training developed by Woods System of Care for Bridgeway Behavioral Health Services



List all the moments or ways you have been confused during a visit to a hospital or medical appointment.

List as many reasons as you can for why someone might only have one hand available.

List as many reasons as you can for why a ramp is better than stairs.

List as many reasons as you can for why a picture is worth a 1000 words.

List all the reasons why someone might not be able to open a round door handle.

Person A

What is your favorite animal?

Person B

- Wait 20 seconds before responding.
- Repeat the first word 3-4 times before finishing your answer.

Person A

What do you like
to do in your free time?

Person B

- Wait 30 seconds before responding.
- For some words, mispronounce or say only the first part of the word.

Person A

What is your favorite sport?

Person B

- Wait 10 seconds before responding.
- Stutter your answer

Person A

What makes you smile (happy)?

Person B

- Wait 15 seconds before responding.
- Start to answer, then pause for another 10 seconds before finishing.

Person A

What is your favorite food?

Person B

- Wait 30 seconds before responding.
- Look away or down and mumble your answer.