

Article: Collaborative health advocacy for health promotion for individuals with intellectual and developmental disabilities

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Key Points:

- Self-advocates with IDD have unique health needs that make it important to get health services
- Self-advocates are more likely to be exposed to disease and have barriers to accessing health care
- OTs can work with self-advocates to do collaborative health advocacy
- Edward and Cindy share how they are advocating for health in their own way

Glossary:

Congregate settings: a place where a lot of people live or get together

Holistic: thinking about the whole person, and not just parts

Collaborative health advocacy: intentional advocacy for health promotion opportunities and improved health outcomes.

Why this article matters: OTs have a responsibility to help people be the healthiest versions of themselves. Self-advocates with IDD have lots of barriers to being healthy; this article gives OTs specific strategies and suggestions on health advocacy collaboration.

Research Questions: How can OTs collaborate with self-advocates with IDD to help promote better health outcomes?

Important Results: There are five main ways for OTs to collaborate with self-advocates for health promotion:

- (1) Self-advocates can use their OT services as a chance to advocate for what is important for them and their health;
- (2) OTs and self-advocates can create opportunities to prepare to advocate with other healthcare providers;
- (3) OTs can advocate for policy changes that will support better health outcomes;
- (4) OTs can work with community groups or organizations;
- (5) OTs and self-advocates can lead or go to conferences to learn about new strategies for better research and health outcomes.

Edward K. and Cindy B. share their stories about how they are advocating for better health for themselves and others.

EASY-READ ARTICLE SUMMARY

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How the results will be used: These results can be used by OTs to find new ways to focus on advocacy in their work. These results can also help self-advocates find new opportunities to be involved with research or advocate for better health.