The goal of My Health Care is to empower persons with intellectual or developmental disabilities (ID/DD) to better meet their own health and wellness needs through improved communication skills and the use of adaptive tools. The project is funded by the Florida Developmental Disabilities Council, Inc. (FDDC) and was developed in partnership with the University of South Florida.

My Health Care is organized around the mnemonic “GLADD,” a teaching model developed at University of Florida’s Institute for Child Health Policy. GLADD serves as a reminder about important skills to use when communicating with health care providers and others: Give (information)-Listen-Ask (questions)-Decide-Do (follow through on the action plan).
**My Health Care** activities within the GLADD model include:

- Being prepared with questions and issues to discuss at office visits
- Providing a health summary to the physician
- Being assertive when communicating and paying attention to body language
- Using rating scales and visual aids to communicate health issues
- Learning negotiating skills; providing feedback to the physician
- Utilizing caregivers to assist with communication
- Recording communication with physician to enhance information recall and comprehension
- Utilizing technology to improve health care communication and self-management
- In addition to using GLADD to guide skill-building, learners are introduced to other fun and easy-to-remember mnemonics such as SLANT (Sit up-Lean in-Ask questions-Nod-Track the speaker; to use when talking to a provider) and Handy High 5 (Who-What-When-Where-Why; to use in describing a medical event or condition).

**The Curriculum**

The curriculum employs multiple teaching methods to accommodate diverse learner needs, incorporating modeling, games and role play activities throughout the course. It includes PowerPoint slides with embedded video for learners, web-based resources and print materials. An Instructor’s Guide and training video provide step-by-step guidance that corresponds to learner materials.

*My Health Care* is structured for implementation in group setting for 2 ½ to 3 hours per week over nine weeks. A three-person instructor team is recommended for a class of 10-25 learners, though support levels may vary with the needs of specific learner groups. The instructor team includes a self-advocate with ID/DD. In addition to sharing responsibility for instruction, the self-advocate plays an important role as a mentor to learners, sharing personal experiences and lessons learned. New content is introduced sequentially and includes out-of-classroom practice activities for learners. All materials are highly visual and designed for individuals with low reading proficiency.

Launched in 2012, *My Health Care* has been tested and refined at multiple sites throughout Florida. It has been effectively implemented in a variety of settings, including high school classrooms, post-secondary transition programs, adult day training programs, and community-based workshops. In pilot studies, learner knowledge and confidence in communication and self-management skills showed statistically significant gains as a result of the curriculum. Importantly, both learners and instructors overwhelmingly reported a high level of satisfaction with the program.

All program materials are packaged in FREE, downloadable electronic format at [http://www.fddc.org/publications](http://www.fddc.org/publications). The Instructor’s Guide provides a detailed course outline and resources needed for implementation (see Introduction, page 9). Technology requirements include internet access and audio-video equipment for classroom presentations (i.e., computer, LCD projector, screen). A limited supply of printed instructor and learner materials are available to interested persons or organizations. To request print materials or find out more about the program, please contact Holly Hohmeister at FDDC, (800) 580-7801, TDD (888) 488-8633, or hollyh@fddc.org.