



active healthy me

A health and wellbeing programme delivered directly to people with disabilities in adult day service locations to build awareness and understanding of the health benefits of physical activity.



In partnership with



Supported by



SPÓRT ÉIREANN
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Active Healthy Me is a health and wellbeing programme that is delivered directly to people with disabilities in adult day service locations. The programme was developed in partnership with the HSE to support the adoption of a positive culture and capacity among people with disabilities and adult day services towards the awareness and understanding of the health benefits of physical activity.

The Active Healthy Me programme consists of six modules, which highlights the benefits, impact and importance of exercise, being active, good nutrition, hydration alongside educating participants on where they can be active in their local community.

Developed in partnership with the HSE and supported by Sport Ireland, the aim of the programme is to increase the knowledge and understanding of people with disabilities on the importance and benefits of being physically active, living a healthy lifestyle and the opportunities that are available to participate within their local community. The programme also aims to enhance the engagement between service locations and service users and their local sports partnership connecting them to the local participation opportunities and supports that are available.

“I exercise more. I try to go walking every day. I also drink much more water.”

What do Services get from ‘Active Healthy Me’?

- Adult day service locations will receive the Active Healthy Me programme which contains unlimited access to **6 interactive eLearning modules** with embedded resources and exercise video sessions.
- Staff delivering Active Healthy Me will be provided with support and guidance through ‘Skills for Practice’ sessions and also through a dedicated online portal.
- Support from Active Disability Ireland throughout the delivery of the programme.
- Unlimited access to movement plans and other helpful resources.
- Connections with your local community, Local Sports Partnership and your local Sports Inclusion Disability Officer.



Each adult day service location will get their own personal log in to access the programme platform and resources and can complete the modules at their own pace and in their own way. The programme can be delivered in person or online via zoom.

A pilot of Active Healthy Me took place in 2021 with 32 disability staff members from 16 disability service locations across Ireland attended a 2-day training course delivered by Active Disability Ireland to become programme leaders. The training increased the awareness, confidence and competence of these staff members to enable them to deliver inclusive physical activity sessions to their service users. The trained staff then delivered the programme to groups of service users and provided feedback and evaluation to Active Disability Ireland throughout. Through this evaluation and feedback, Active Disability Ireland have improved the programme to give you Active Healthy Me.

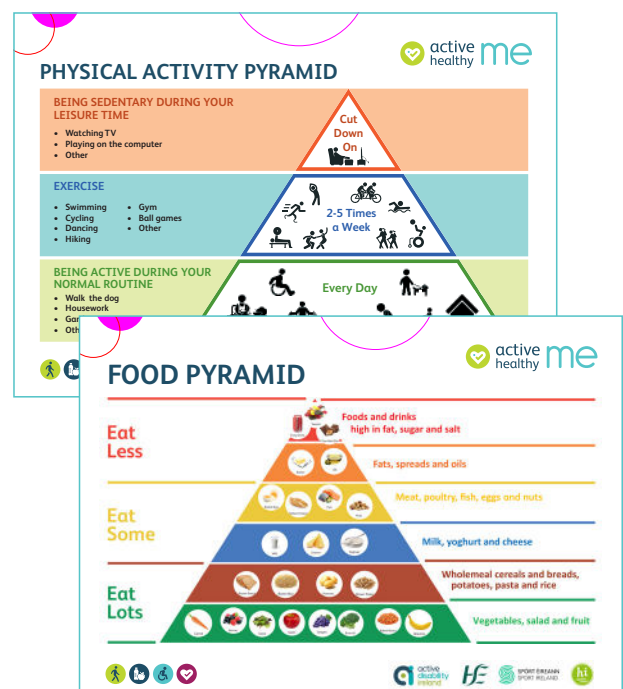
What do the Service Users get from participating in 'Active Healthy Me'?



Each participant will receive:

- Goal Setting Plans
- Food and Physical Activity Pyramid Resources
- Hydration Worksheets
- Access to a bank of online exercise classes led by mixed ability tutors ... and much more.

Service Users will also receive a certificate upon completion of the programme.



What Participants Had to Say ...

"From a nutritional point of view I found it interesting to learn about the different amounts of sugar in certain foods and drinks."



"I enjoyed being able to be with some of my friends and talking about the weekly topic. We also got to participate in some new activities such as boxercise which I really enjoyed."

"I really liked the exercise sessions in the Active Healthy Me programme I liked them because they didn't require any equipment to do the exercises and this reminded me that you don't necessarily need any equipment to participate in exercise or physical activity."

"I learnt how much water I should be drinking and what the portions of food on a plate should look like."

"By being active I gain increased muscle strength and this leaves me feeling a great sense of achievement and as a result I gain more independence. Being active also improves my health in a very worthwhile way. I enjoy being active because when I engage in physical activity I am able to challenge my body in a very purposeful and positive way."





"I love watching the videos with the group they really engage with the true-life stories."

"I find I got a great satisfaction watching them grow every week. I watched them all embrace the Active healthy Me into their lives and communities."

"The programme was very simplistic, very easy to understand which meant it would be easy for my service users to understand. Its content covered all aspects of a healthy lifestyle. The exercise sessions included were great, especially the yoga."

"The key things I learned that being active can be achieved in any situation, the exercises can just be tailored to suit the client's abilities"



"We found the participants to be very competitive which worked very well. They were all encouraging each other to bring in healthy lunches and drink more water. We were also encouraging our participants to try new vegetables and everyone loved doing this at home and coming in telling others what they tried."

For more information about this programme please contact:

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