

Disability Resource Hub Disclaimer

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Health Promotion Guidelines Other resources

Summary: The Health Promotion Guidelines Other resources contains additional information and links relating to healthy living and disease prevention.



Other resources

Health Promotion

1. Aboriginal resources
2. Health promotion resources
3. Link to ELMO e-learning module

1 Aboriginal resources

Aboriginal Indigenous Health InfoNet

<http://www.healthinfonet.ecu.edu.au/key-resources/organisations>

Conflict resolution

<http://www.cjc.justice.nsw.gov.au/>

Aboriginal Home Care

http://www.adhc.nsw.gov.au/individuals/help_at_home/aboriginal_home_care

Aboriginal staff and positions

Refer to District Disability Directors for information on the location of Aboriginal and Torres Strait Islander staff and positions available in your District. You can also search the ADHC intranet by typing in Aboriginal and seeing what positions and roles are available within ADHC Aboriginal Service Delivery and Development Directorate (ASDD)

2 Health promotion resources

NSW Health Eating and Active Living Strategy 2013-2018, NSW Ministry of Health

<http://www.health.nsw.gov.au/heal/Pages/nsw-healthy-eating-strategy.aspx>

Health of Australians with disability: health status and risk factors

<http://www.aihw.gov.au/publication-detail/?id=6442472401>

National Disability Strategy

http://www.fahcsia.gov.au/sites/default/files/documents/05_2012/national_disability_strategy_2010_2020.pdf

World Health Organisation

http://www.who.int/healthpromotion/Milestones_Health_Promotion_05022010.pdf

Physical activity

Go4Fun – Healthy Lifestyle Program for kids aged 7-13

<https://go4fun.com.au/>

Live life well at school

<http://www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school.aspx>

Physical activity guidelines for older adults

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-choose-health>

Office of Sport (Sport and Recreation)

<https://sportandrecreation.nsw.gov.au/findaclub/disability>

Better Health Channel – Keeping active

<https://www.betterhealth.vic.gov.au/healthyliving/keeping-active>

Department of Health – Physical activity guidelines

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines>

Chronic disease management

<http://www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare-chronicdiseasemanagement>

Oral health

Oral health information for people with an intellectual disability June 2008:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare-chronicdiseasemanagement>

Sleeping

<https://www.sleepoz.org.au/sleep-disorder-fact-sheets>

<http://www.oxforddictionaries.com/definition/english/apnoea>

Continence

<http://www.continence.org.au/>

<https://toiletmap.gov.au/>

<http://www.humanservices.gov.au/customer/services/medicare/continence-aids-payment-scheme>

Australian Dietary Guidelines

https://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55_australian_dietary_guidelines_130530.pdf

Feet

www.podiatry.asn.au

<http://epodiatry.com/diabetic-foot.htm>

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Diabetes_and_feet

Infection control

http://dadhc-intranet.nsw.gov.au/documents/working_at_dadhc/ohs/risk_management/infection_control/infection_control_policy.pdf

Alternate / Complementary therapies

Australian Register of Therapeutic Goods (ARTG)

<http://www.tga.gov.au/australian-register-therapeutic-goods>

<http://www.nhmrc.gov.au/health-topics/complementary-medicines>

Healthy ageing

www.myagedcare.gov.au

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Healthy_ageing_stay_physically_active

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines>

http://whqlibdoc.who.int/publications/2011/9789240685215_eng.pdf?ua=1

<http://www.nhmrc.gov.au/health-topics/alcohol-guidelines>

Mental fitness

Better Health Channel

<https://www.betterhealth.vic.gov.au/health/healthyliving/healthy-ageing-stay-mentally-active>

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/self_esteem

<http://www.mensheds.org.au/mens-health>

Screening activities

Immunisation Australia Program

<http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/about-the-program>

<https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-childhood>

National Immunisation Program Schedule

<http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/national-immunisation-program-schedule>

Australian Immunisation Handbook (edition 10)

<http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/Handbook10-home>

Health care in people with intellectual disability

http://www.cds.med.usyd.edu.au/cdsresearch/publications-and-presentations/cat_view/50-health-publications

Health guidelines for adults with an intellectual disability

<http://www.intellectualdisability.info/how-to../health-guidelines-for-adults-with-an-intellectual-disability>

Eye health

Guide Dogs

<http://guidedogs.com.au/education-and-resources/helping-people-with-impaired-vision/how-to-guide-a-person>

Vision Australia

<http://www.visionaustralia.org/living-with-low-vision/family-friends-and-carers/communicating-effectively-with-people-who-are-blind-or-vision-impaired>

Hearing

Australian Hearing

<http://www.hearing.com.au>

Guide Dogs How to Guide a Person:

<http://www.guidedogs.com.au/education-and-resources/helping-people-with-impaired-vision/how-to-guide-a-person>

Smoking

Better Health Channel

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Smoking_effects_on_your_body

iCanQuit

<http://www.icanquit.com.au/health/reasons-to-quit/fitness>

<http://www.quit.org.au/downloads/resource/general-brochures/quit-because-you-can.pdf>

Alcohol and drug abuse

<http://www.nhmrc.gov.au/health-topics/alcohol-guidelines>

<http://watershed.org.au/drug-information.html>

<http://www.drugabuse.gov/publications/drugfacts/understanding-drug-abuse-addiction>

Women's health

Preventative Women's Health Care for Women with Disabilities

<http://www.csp.nsw.gov.au/information-and-resources-for-health-professionals/publications/preventative-womens-health-care>

Breast Screen NSW

<http://www.bsnsw.org.au/>

Men's health

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Testicular_cancer

<https://www.canteen.org.au/about-cancer/cancer-types/prostate-cancer/>

<http://www.prostate.org.au/awareness/>

Bowel cancer

<http://www.cancerscreening.gov.au/internet/screening/publishing.nsf/Content/bowel-screening-1>

<https://www.bowelcanceraustralia.org/national-bowel-cancer-screening-program>

Skin cancer

Cancer Council

<http://www.cancer.org.au/about-cancer/types-of-cancer/skin-cancer.html>

http://www.sunsmart.com.au/sun_protection

Thyroid

Health guidelines for adults with an intellectual disability

<http://www.intellectualdisability.info/how-to../health-guidelines-for-adults-with-an-intellectual-disability>

Better Health Channel – Thyroid disorders

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/thyroid-hypothyroidism>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/thyroid-hyperthyroidism>

3 Link to ELMO e-learning module for Health promotion

Good to Great Portal

URL: <http://www.elearn.com.au/adhc/goodtogreat>

Username: adhc

Password: goodtogreat