

**Human Development Institute
Fund For Excellence**

Final Project Report/Summary

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Title of Project: Adaptation of Healthy Lifestyles Curriculum With Universal Design for Learning and Dyad Approach

Project Start date: July 2015

Project End date: June 2016

Total FFE Project Budget: Total amount spend was \$6,203.54

Abstract

This project focused on modifying a health and wellness curriculum to use a more universal design that is accessible for people with disabilities and different learning styles — and enables them to make more informed choices about their health and wellness using the Dyad approach. Persons with a developmental disability chose a health partner with whom he or she would participate in self-selected health promotion activities. Participants chose the health component that was of most interest to them and worked toward positive changes in that specific area, such as exercise or nutrition. The lessons learned from the evaluation of this project will be used to create new resources that promote healthy lifestyles. Resources will be housed on the existing wellness4ky.org website to insure that they are available statewide.

Brief summary of the goals of this project

To adapt the Healthy Lifestyles curriculum initially designed for individuals with disabilities to incorporate universal design principles and a dyad approach. The adapted curriculum will be piloted for future implementation in an inclusive community setting across central Kentucky recruiting individuals with intellectual disabilities along with their identified health partner to complete the health promotion programming.

Brief summary of the outcomes/achievements resulting from this project

The winter 2016 HDI Research Brief covers the full scope of outcomes for this pilot program. The overwhelmingly positive outcomes for participants post-programming demonstrates the effectiveness of the Health Partners Project in providing successful self-determined health promotion programming. Within the dyads, both partners experienced positive outcomes as a result of programming across all areas of health and evaluation.

Did any products (e.g., materials, manuscripts, technology) result from this project?

A recruitment video was created featuring self-advocate co-facilitators and footage from the pilot program itself that explained programming. This video is continuously used for recruitment efforts. Updated curriculum efforts were incorporated into main curriculum in partnership with authoring organization from the College of Health Sciences at the University of Oregon. The winter 2016 HDI Research Brief. All activities created and best practices outlined on the wellness4ky.org website.

Has, or will, additional funding (e.g., external grants) be sought to sustain the project?

Additional funding was received from the Commonwealth Council on Developmental Disabilities to expand programming up to 90 miles outside of Lexington for year one and two, with funding received for an additional year for sustainability efforts to create a train-the-trainer format for programming.

Has or will the project be continuing beyond the period of Fund For Excellence funding?

Yes, this FFE provided the needed funds to set the foundation for the Health Partners project. Without this FFE we would not have been able to assemble the expert panel to evaluate the curriculum or make the needed adaptations and pilot the program.