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Health Promotion for People with Intellectual and Developmental Disabilities

Edited by Laurence Taggart and Wendy Cousins

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Health Promotion for People with Intellectual and Developmental Disabilities

Laurence Taggart and Wendy Cousins (Eds)

Both at the University of Ulster, UK

"This timely and important book synthesises current knowledge about health promotion interventions for people with intellectual disabilities. Written by leading researchers and practitioners, it should be on the bookshelves of everyone concerned with addressing the stark inequalities in health experienced by people with intellectual disabilities around the world."

Eric Emerson, Professor of Disability Population Health, Centre for Disability Research and Policy, University of Sydney, Sydney, Australia and Emeritus Professor of Disability and Health Research, Centre for Disability Research, Lancaster University, UK

The concept of health as a foundation for achieving human potential has important implications for everyone involved in the care and wellbeing of people with intellectual disabilities. This group of people is affected by significantly more health problems than the general population and is much more likely to have significant health risks, yet there is considerable evidence they are not receiving the same level of health education and health promotion opportunities as other members of society.

This important, new, interdisciplinary book is aimed at increasing professional awareness of the importance of health promotion activities for people with intellectual and developmental disabilities. Written by an international board of experts, it is a thorough and comprehensive guide for students, professionals and carers.

The book considers a variety of challenges faced by those with intellectual disabilities, from physical illnesses such as diabetes, epilepsy and sexual health issues, through to issues such as addiction, mental health and ageing. Each chapter outlines clear, evidence-based strategies for health promotion including family interventions, health promotion in schools, community health programmes, health checks and physical activity.

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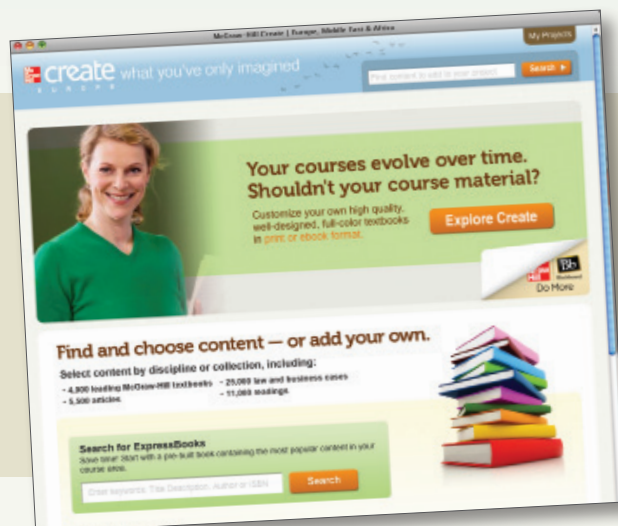
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