Want to improve your health? This visually based website focuses on plain language information about health for individuals with IDD and their families.

Access the website at: http://myhealthtoolkit.weebly.com/

At the website you will find the following resources and tools:

- Preparing for the office visit
- Communication strategies
- Self-determination strategies
- Making healthy choices
- Preventative screenings
- Model of a health history notebook
- Tools for Direct Support Professionals and Caregivers

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