



How to Navigate Preventive Health Care and Recreation and Wellness Programs: A Training for People with Disabilities and Support Persons

Presented by:

Emily Dinwiddie – Oregon Office on Disability and Health

Michael Steen – Oregon Self-Advocacy Coalition



Oregon Office on Disability and Health (OODH)

Our mission is to promote
health equity and well-being of
people with disabilities in Oregon

Goals and overview for this training

1. Show

Need and **purpose** of the Resource Navigation Guides.

2. Access

Resource Navigation Guide using **QR code** or **website**.

3. Use

Guides to help **people with disabilities** access **preventive health care** and **recreation and wellness programs**.

Disability in Oregon

28.3% of Oregonians experience disabilities



**Among Oregonians with disabilities,
7.4% have cognitive, self-care, independently
living support needs**

Data
Source: Behavioral
Risk Factor
Surveillance
System (BRFSS)



Addressing access barriers and navigation difficulties of health systems

Preventive care supports lifelong overall health.

Adults with disabilities:

- are **less likely** to meet exercise guidelines.
- report **more** unhealthy days.
- experience **discrimination** in health care settings.
- have **barriers to accessing care**, especially mental health and dental.
- struggle **navigating complex** health systems without supports.

Resource Navigation Guides background

- Creation Timeframe: 2024/2025
- Gathered resources from disability communities and family members.
- Surveyed IDD service coordinators across Oregon.
- Gathered navigation tips from OODH Advisory Council members.
- Included recommendations from Linkage Project experience.

Resource Navigation Guides overview

Purpose: Provide information about health resources that are available and accommodating.

5 Guide Topics

Recreation and Wellness
Preventive Healthcare
Primary Care
Mental Health Care
Oral Health Care



Accessing the Resource Navigation Guides

Scan the QR code:

1. Point your mobile device camera
2. Tap the link that appears



Website link

www.ohsu.edu/oodh

Menu item: **Navigating Resources**

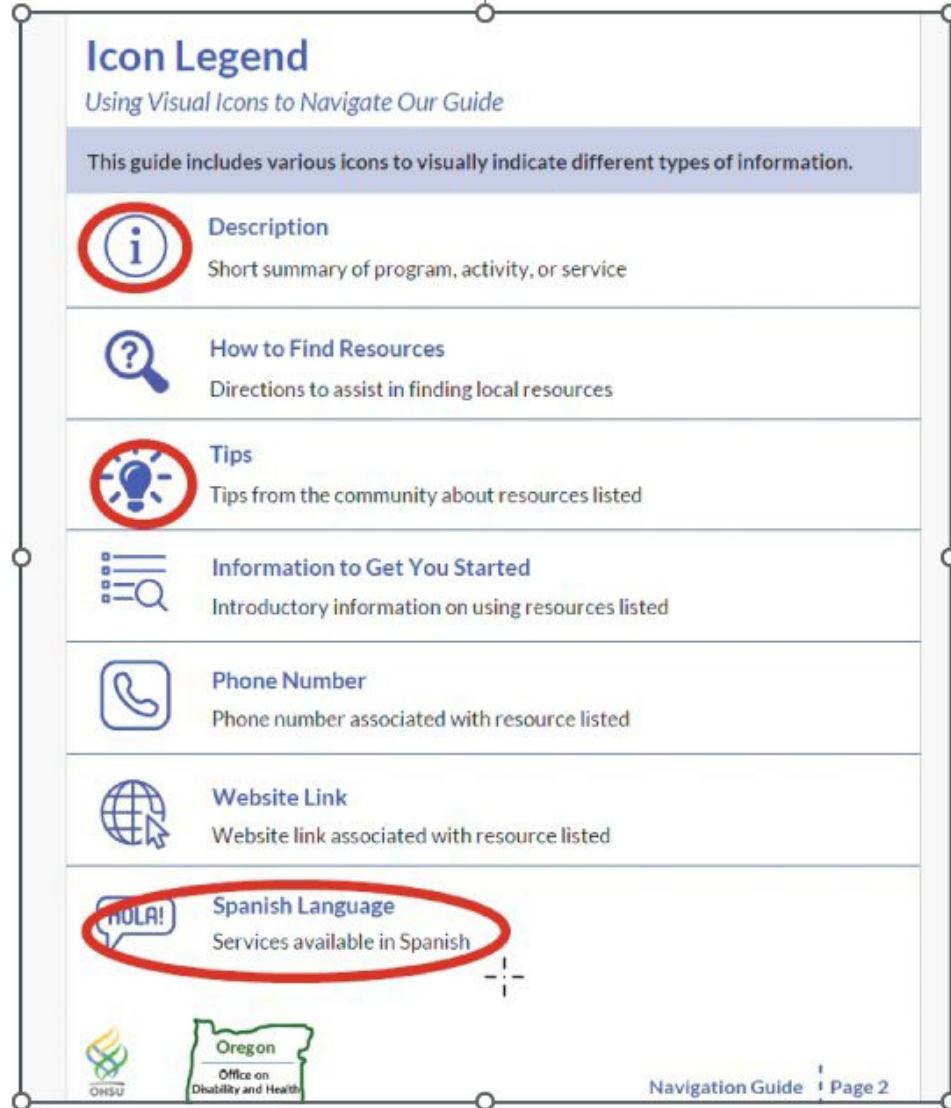
Resource Navigation Guides structure

Navigation Guides include:

- Table of contents
- Icon legend
- QR codes and website links
- Key icons & words
- Dictionary of common words



Example: Icon legend



Visual icons help users navigate the guide.

- An "i" in a circle indicates a description of a service.
- The light bulb for tips on getting started.
- Speech bubble with Hola for any resources in Spanish.

Example: Key icons & words

Key Icons & Words

Vocabulary and Icons Specific to Our Guide

This guide includes various icons to visually indicate different types of healthcare-related needs, as well as some frequently used words related to health insurance.

**Tools**
Worksheets, forms, and documents created to assist you in healthcare settings

**Self-Advocacy**
Indicates an opportunity to express your needs and/or accommodations

**Insurance/Coordinated Care Organization (CCO)**
Consider reaching out to your insurance company or CCO for help

**Dictionary**
The Oregon Health Authority (OHA) has created a dictionary of Oregon Health Plan's (OHP) frequently used words related to healthcare or insurance. Here are a few words we will use a lot in this guide, but you can find more definitions in the [OHA dictionary](#).

Benefits
The services your healthcare plan pays for.

Network
The medical, mental health, dental, pharmacy, and equipment providers that have a contract with a CCO.

Oregon Health Authority (OHA)
The state agency that is in charge of OHP and other health services in Oregon.

Medicaid
A national program that helps with health care costs for people with low incomes. In Oregon, it is called the Oregon Health Plan.



Key Icons and Words shows various icons specific to a resource guide.

- Such as a **bullhorn** for self-advocacy

Dictionary of words in the guide.

Highlight what a **hyperlink** or a **QR code** to a **website** might look like.

Resource Navigation Guides: Example 1

Open the **Recreation and Wellness Guide**

- Locate **Table of Contents** (Outdoor Recreation and Travel)
- Review **Icons** (Page 1)
- Navigate **Outdoor Recreation and Wellness** (Page 10)
- Review **Information to Get Started** (Pages 11-16)



Resource Navigation Guides: Example 2

Open the **Preventive Health Guide**

- Locate **Table of Contents** (Health Insurance & Care Coordination)
- Review **Icons** (Page 1)
- Navigate **Health Insurance** (Page 10)
- Review **Information to Get Started** (Pages 12-14)



Summary of this training

1. Show

- Address access barriers and health systems navigation.
- Provide accessible resources for disability needs.

2. Access

on [website](#) or via QR code



3. Use

Navigate preventive care and recreation and wellness programs for people with disabilities.

Thank you and connect with us!

The Linkage Project



oodhlink@ohsu.edu



Oregon Office on Disability and Health



oodh@ohsu.edu

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