

Introduction

For this month's SPOTLIGHT, the My Health, My Wellness project (MHMW) was interviewed. MHMW is a project of the

[Center for Disabilities Studies, University of Delaware.](#)

A MHMW website will be provided later in this SPOTLIGHT article. We interviewed two MHMW project representatives: Ashley Steinbrecher, Project Lead and Sarah Mallory, Principal Investigator. Keep reading to learn more about My Health, My Wellness!

Fast Facts about My Health, My Wellness

My Health, My Wellness (MHMW) was selected during calendar year 2022 to receive an innovative venture grant from the Delaware Statewide Independent Living Council. MHMW is a library of healthcare resources and confidence-building tools for Delawareans with disabilities and medical providers. The innovative venture grant helped MHMW staff develop lesson plans for this library. The lesson plans can help strengthen people's healthcare knowledge. When lesson plans were developed, the initial focus was people who have intellectual or developmental disabilities. The lessons are designed to accommodate people with a variety of communication needs. This includes individuals who can or cannot speak. A MHMW healthcare toolkit is available to help Delawareans with disabilities navigate healthcare situations.

MHMW Lesson Plans and Toolkit

The lesson plans teach people how to use the MHMW Toolkit. The MHMW toolkit is designed to help Delawareans build healthcare confidence. People with disabilities and direct support professionals can both use this toolkit. The toolkit contains three parts.

- The "My Health Care Plan" can help a person talk to their doctors about their health needs. This tool can help a person organize all their personal and medical information in one place.
- The "My Emergency Care Plan" can help a person organize their most important personal and medical information for an emergency.
- The healthcare access website is designed as a portal to improve healthcare practices. It includes resources for people with disabilities and medical providers. The website includes the "My Healthcare Plan," "My Emergency Care plan," and lesson plans.

The My Health, My Wellness website is

[Health Care and People with Disabilities - Healthcare Access.](#)

MHMW personnel also shared their vision for the future.

MHMW: Vision for the Future

MHMW has a three-part vision for the future. Moving forward, one goal is to expand MHMW resources. Example: increase translation of materials into other languages beyond English. Currently, some MHMW materials are available in Spanish and Haitian Creole. Another goal is to refine and collect data. There are also plans to have mental health as a lesson topic and included in resources list on the healthcare access website.

Stay tuned for the Delaware Statewide Independent Living Council's next organization SPOTLIGHT!