

# Education for Lifelong Health and Mental Health Learning Factsheets

## **Education for Lifelong Health Series**

The Florida Center for Inclusive Communities (FCIC) recognizes that good health is vital to enjoy all other life activities. People with developmental disabilities often have difficulty accessing appropriate high quality healthcare oftentimes because health care providers lack training or familiarity with the supports people with developmental disabilities need.

FCIC is addressing this issue by undertaking activities that either a) educate health care providers to be sensitive to special health needs of people with disabilities, or b) assist individuals and their caregivers to be proactive about knowing and communicating their own health needs across their lifespan.

## **Lifelong Health Factsheets**

[The Education for Lifelong Health and Mental Health Learning Factsheets](#) is a series of health factsheets developed for people with mild intellectual disability. The series provides information about serious health conditions that become more common with increasing age. Usual treatments and prevention tips are also highlighted.

Explore the Lifelong Health factsheets topics including:

- [How Do I Talk to My Doctor?](#)
- [Health and Hygiene](#)
- [Heart Health](#)
- [Depression](#)
- [Diabetes](#)
- [Osteoporosis](#)
- [Seizures and Epilepsy](#)
- [Cancer](#)
- [Cancer Treatment](#)
- [Vaccines](#)

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The [Florida Center for Inclusive Communities \(FCIC\)](#) at the University of South Florida was established in October 2005 through a UCEDD Education, Research, and Service grant award from the Administration on Developmental Disabilities. Through leadership in research and evaluation, theory, policy, capacity building, and practice, the FCIC is committed to developing a range of supports and services in the areas of Community Supports, Early Childhood, Education, Employment, Health, and Interdisciplinary Training.

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