

ALASKA'S PLAN TO

Promote the Health of People with Disabilities



FY15 Completed Action Steps

Abuse Prevention and Intervention

Vision

Alaskans with disabilities have access to culturally competent integrated support systems to prevent violence and abuse, and to promote recovery and healing when abuse has occurred.

1.2.1 The Division of Public Health Section of Chronic Disease Prevention and Health Promotion (DPH CDPHP) will add standardized questions, according to federal guidance to identify respondents experiencing a disability to the 2015 and future Alaska Youth Behavior Risk Survey to identify issues affecting youth who experience disabilities.

1.4.7 The Governor's Council on Disabilities and Special Education (GCDSE) will replicate the Alaska Safety Planning and Empowerment Network community needs assessment and systems change education process in one Alaska community annually.

Emergency Preparedness

Vision

Alaskans with disabilities and their families will receive necessary and adequate prevention, intervention, treatment, and supports required to achieve and maintain optimal mental health and freedom from substance abuse.

3.1.4 The Alaska Health and Disability Program (AHDP) will ensure that the online version of the Get Ready! toolkit meets the accessibility regulations of the Rehabilitation Act of 1973, and other relevant laws (U.S. General Services Administration, n.d.).

3.2.1 The AHDP and the UAA Center for Human Development (UAA CHD) will conduct follow-up surveys related to emergency preparedness interventions.

3.3.5 The AHDP, in collaboration with the Division of Public Health Section of Emergency Programs (DPH EP), will develop an accessible [webinar](#) on personal preparedness inclusive of people with disabilities and make it available online. A webinar is a cost-effective strategy given the cost and time required to conduct face-to-face training across Alaska's vast expanse and potentially increases access for individuals with limited mobility, transportation, and related issues.

3.4.2 The AHDP, Assistive Technology of Alaska, Red Cross of Alaska, Access Alaska, and Municipality of Anchorage will produce and promote the [Emergency Preparedness for All](#) video.

3.4.3 The Municipality of Anchorage, Fairbanks North Star Borough, and Mat-Su Offices of Emergency Management will adopt the Get Ready! toolkit as their primary emergency preparedness resource for people with disabilities.

Nutrition and Physical Activity -

Vision

Alaskans with disabilities are active and healthy. they have access to quality physical activity and healthy foods.

4.2.2 The DPH CDPHP will include standardized questions on the Alaska Youth Risk Behavior Survey to identify issues affecting youth who experience disabilities.

4.3.2 The AHDP will develop and disseminate an [online guide](#) to summer camps emphasizing a healthy lifestyle for children with disabilities, including both disability-specific camps as well as basic accessibility information for general camps to encourage physical activity.

4.4.3 The AHDP and Accessible PE Consulting will implement adapted physical activity workshops for physical education staff in at least three communities.

4.4.4 The AHDP and Accessible PE Consulting will produce and distribute, to every school in Alaska, a [Teaming for Success](#) resource booklet that includes various types of adapted physical activities based on age, disability, and activity.

4.4.5 The AHDP and DPH CDPHP will produce and distribute a [public service announcement](#) for the Play Every Day campaign that is inclusive of children with disabilities doing a variety of activities, including adapted physical activity.

Preventive Screenings -

Vision

Alaskans with disabilities receive all recommended preventive health screenings.

6.2.2 The DPH CDPHP will include standardized questions on the Alaska Youth Risk Behavior Survey to identify issues affecting youth who experience disabilities.

6.4.1 The UAA CHD will develop and disseminate an on-line toolkit for health care providers on health promotion and prevention topics including preventive screenings for people with intellectual/developmental disabilities.

Sexual Health

Vision

Alaskans with disabilities will have access to screening services, resources for informed decision-making, and increased awareness related to sexual health.

7.3.3 The UAA CHD will develop and disseminate an on-line toolkit for health care providers on health promotion and prevention topics including sexual health for people with intellectual/developmental disabilities. (Note: developed but not yet ready for dissemination)

Tobacco Use

Vision

Alaskans with disabilities will live a tobacco-free life.

8.3.6 The AHDP will conduct a survey of disability-related programs, agencies, and advocates to identify tobacco campus status. The survey will include the collection of available tobacco-free policies.