

Research Study

A Health and Wellness Virtual Course During COVID

For Adults with Intellectual and Developmental Disabilities (IDD)



Why did we do this research?



Due to the pandemic, many people had a hard time. **Some did not go to see their doctor.**

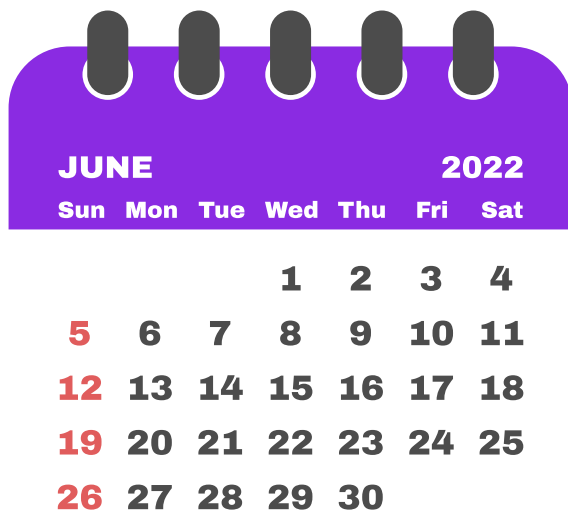


We wanted to see if an online course would **help people with IDD** take care of their **physical and mental health.**

What did we do?



We held an online course where adults with IDD from **across Canada** joined us once a week.



The course was **6 weeks** long.

Course 1



Course 2



The course ran **two times** in the summer of 2022.

What did we do?



The courses were about **health and wellness**. The teachers were health care workers and people with IDD.



People learned about **staying healthy**, talking to their doctor, dealing with stress, and getting a good night's sleep.

What did we do?



Before the course started, people answered questions about their **health**.

After the course ended, they answered the same questions again and shared what they **liked** about the course and what they **learned**.



We did this to see if the course **helped** them.

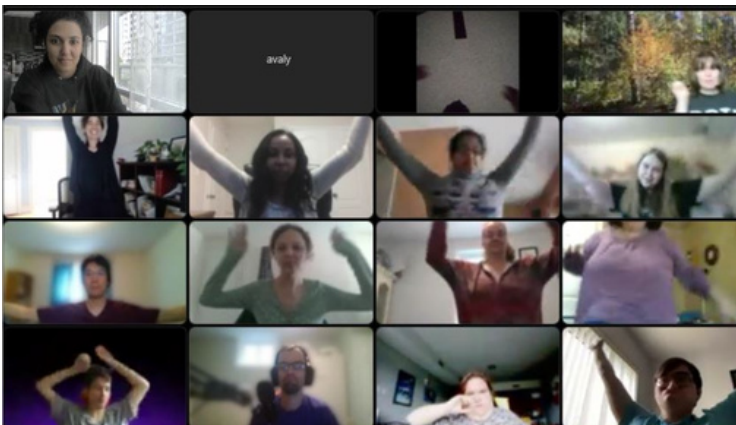
What did we learn?



People who took the course **enjoyed** it and liked coming every week.



They loved doing activities like **mindfulness** and **dancing**.



They liked **learning new things** and talking with each other.

What does this mean?



The online courses were really helpful for people with IDD to **be together** and learn how to **take care of their health.**

Title: The impact of a virtual wellness course for adults with intellectual and developmental disabilities in the third year of COVID-19

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