

Women be Healthy

curriculum from the The North Carolina Office on Disability & Health

Frequently asked questions and answers about Women be Healthy:

Q. What is the cost of the curriculum?

A. The facilitators manual is free to North Carolina residents. Out of state residents may order one free copy, each additional copy may be purchased at \$3.00 each.

Q. Who should teach the curriculum?

A. A potential facilitator should be female and must enjoy working with women with mental retardation. She must be able to elicit participation of members, listen attentively when others are speaking, and foster a supportive environment. It is very important that the facilitator be comfortable discussing her own body and health issues.

Q. Is there training available to prepare facilitators to teach the curriculum?

A. Training is available. For more information please contact Pam Dickens, 919-966-0871, pam_dickens@unc.edu.

Q. Who are the targeted participants of the curriculum?

A. Adult women with mild to moderate mental retardation who possess sufficient receptive and expressive communications skills to comprehend the instructional material and participate in role-play situations, and understand that the role-play situations are make-believe.

Q. What is the schedule for the curriculum?

A. The curriculum is divided into eight weekly 90 minute sessions. Days and times for the meetings should be scheduled to accommodate the participants as much as possible.

For more information and to see a sample chapter go to:

<http://www.fpg.unc.edu/~ncodh/WomensHealth/index.cfm>