

Reaching People with Disabilities through Healthy Communities

May 2019

Carroll County Public Health, Marcia Schaefer	
<p>This project has impacted my life because:</p>	<p>This project has opened my eyes as to the need for inclusion with all people, especially those with disabilities. I have learned ways to reach people through new relationships and social media, and how to spread awareness about inclusive Healthy Community efforts.</p>
<p>The most influential policy, system, or environmental change of this project to me was:</p>	<p>The system change for the Public Health Department was that I now think about people with disabilities in all of the events we are a part of, especially with the wellness coalition. I also received approval from the hospital board to start new Twitter and Instagram social media accounts to promote public health.</p>
<p>As a result of this, I/we: <i>(List how you have been impacted, influenced, affected – e.g. tell us something you can do now that you couldn't before, or what the change has helped to improve)</i></p>	<p>As a result of this grant and the education and assistance I have received, I am more active with social media and have learned how to properly implement messaging about the project efforts in a method that is inclusive to persons with a disability. I have increased posts to Carroll County Public Health's Facebook page and also have started new Twitter and Instagram accounts. I am promoting public health activities and education, and also inclusion of all, especially those with disabilities.</p>
<p>What was the emotional connection, self-efficacy, or "ah-ha" moment for this project?</p>	<p>There are many "ah-ha" moments with this project, and now I get to use social media to get the word out about our project's successes, such as the power wheelchair charging stations, raised garden beds, and the new all abilities playground that is being built at Northeast Park. These are huge wins and promote inclusion, healthy eating, and physical activity for all!</p>

Please note that testimonials may be edited for clarity by the NACDD Communications Department.