

IDS-TILDA



AGEING WITH PRIDE

A JOURNEY TOWARDS A HAPPY & HEALTHY FUTURE



ACKNOWLEDGMENTS

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Rehab Care Blennerville

Stewarts Care Sports Centre

Tofa | Daughters of Charity Disability Support Services

Trinity Centre for Ageing and Intellectual Disability

Trinity College Dublin Ignite Programme

AGEING WITH PRIDE

This book is a companion to the documentary film, *Ageing with PrIDe*. You can watch this film by scanning the QR Code below or by visiting the Trinity College Dublin You Tube Channel.

SCAN ME



Trinity
College
Dublin

The University of Dublin



The Intellectual Disability Supplement to
The Irish Longitudinal Study on Ageing
(IDS-TILDA)



I'M MEI LIN YAP

THIS IS MY STORY

I lead a pretty normal life. I go to work. I meet my friends. I like listening to music.

In some ways, my life is not so ordinary. There was the time I met with Taoiseach Leo Varadkar ... and the time when I went skydiving ... and the many medals I have won representing Ireland in swimming.

I recently celebrated my 30th birthday. I want to stay healthy and happy as I get older. So, I visited researchers at Trinity College Dublin to learn more about how I can stay happy and healthy as I age.

Here's what I learned.



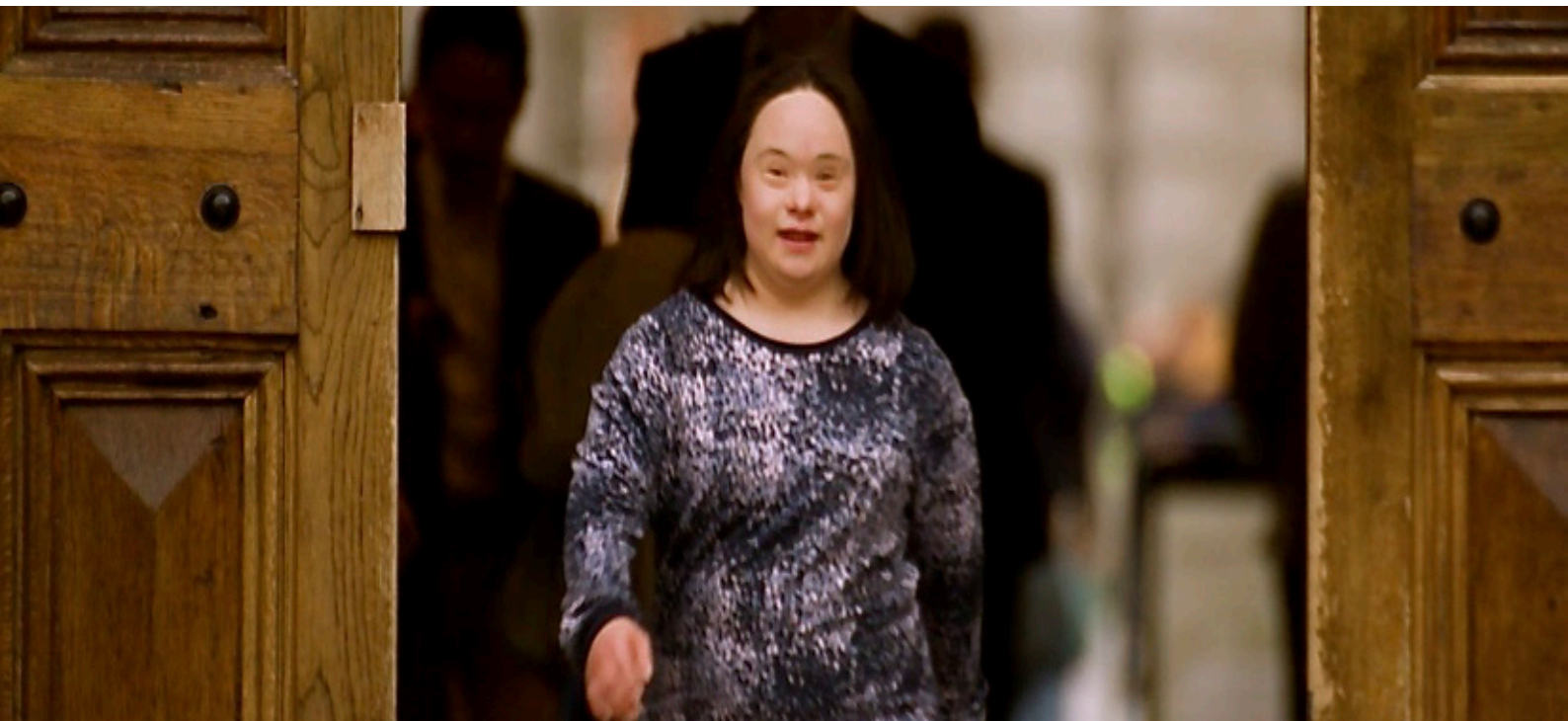
VISITING IDS-TILDA

MEETING PROFESSOR MCCARRON

Professor Mary McCarron started the IDS-TILDA study, in 2007, to understand how people with an intellectual disability age.

Mary wants all people to make better decisions about their health. She suggested that I meet others to see what they are doing to stay fit and healthy as they age.





I decided to take Mary's advice and to learn more by meeting some inspiring people who are trying their best to age in a happy and healthy way.

The *Ageing with PrIDE* film tells my story. I learned that it's never too early or too late to focus on your health.

Think about what healthy choices you might make today as you read this book.

LEARNING NEW SKILLS

THE BENEFITS OF GARDENING

My first stop was Prosper Fingal in Skerries, north County Dublin, to try gardening.
I learned the benefits of gardening:

- Spending time in nature with family and friends is a great way to keep active and fit;
- Some gardens help with memory while others can help with depression and anxiety;
- Gardening is fun and helps you to learn new skills; and
- Growing your own vegetables is a rewarding way to eat well.





TRYING NEW THINGS

THE BENEFITS OF YOGA

Next, I tried yoga for the first time. It was enjoyable and relaxing. The best thing about yoga is that everyone can join in. Yoga helps to:

- Reduce stress and anxiety;
- Improve the quality of sleep;
- Build muscles and strength;
- Reduce pain and discomfort; and
- Improve digestion.





STAYING HEALTHY

TAKING A TRIP TO THE DENTIST

Then, I met with Dr Caoimhin MacGiolla Phadraig (Dr Kev). Even though people with intellectual disabilities visit their dentist regularly, 29% of IDS-TILDA participants have no teeth. Even worse, 68% of those without teeth do not have dentures. When people have no teeth, they become orally disabled. We need to protect our teeth.

Here are Dr Kev's top tips for healthy gums and teeth:

- Brush your teeth twice a day;
- Reduce sweets and sugary foods;
- Visit your dentist if you have pain or discomfort; and
- Schedule an annual check-up with your dentist.





GETTING ACTIVE

MAKING FITNESS FUN

I decided it was time for a bit of fun, so I visited Stewarts Care Sports Centre to take a dance class. I loved the energy in the room. Did you know that almost 80% of IDS-TILDA participants are overweight? However, most think they are the right weight. We need to get active and take care of our bodies. Here's how:

- Exercise for a half hour every day;
- Eat more fruits and vegetables;
- Take up a hobby and learn something new;
- Cut down on alcohol and don't smoke; and
- Spend time with friends and family.





LOVING YOURSELF

KEEPING YOUR BRAIN HEALTHY

Then, I met with Evelyn Reilly who is a Clinical Nurse Specialist. I wanted to find out what I can do to keep my brain healthy as I age. Here's what I learned:

- Learning and trying new things are great for brain health;
- Spending too much time alone isn't good for us;
- If you're worried about your memory, talk to a nurse or doctor about your concerns;
- People with Down syndrome should have an annual memory assessment from the age of 35 on; and
- If you want to stay happy and healthy as you age, then make healthy choices today!





BEING HAPPY & HEALTHY

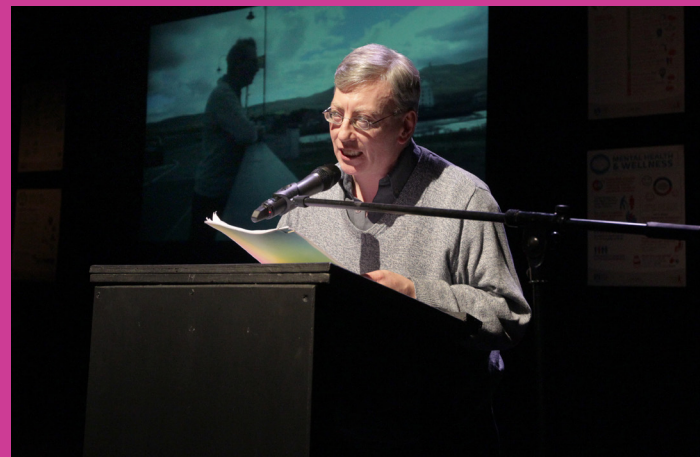
WHAT CAN YOU DO TODAY?

Once the *Ageing with PrIDE* film was finished, we had viewing parties to celebrate what we learned and to say thank you to all involved. At the parties, we talked about what we can do to be happier and healthier. I can:

- Learn a skill;
- Try something new;
- Take care of my teeth and gums;
- Exercise every day;
- Eat more fruit and vegetables;
- Talk to a nurse or doctor if I'm worried about my brain health;
- Spend more time with people who make me happy.

Can you think of at least one healthy choice you can make today?





TO HOST A VIEWING PARTY, PLEASE CONTACT:

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