



★ Calling all Divas and Wannabe Celebrities! ★

The Arkansas Disability & Health Program (ADHP) is **recruiting people with intellectual and/or developmental disabilities and their caregivers** to be actors in short (2-10 minute) health education videos. The videos will support our in-person health education trainings and go more in-depth or provide a visual for lesson topics. The videos created will be available online through our YouTube channel and Facebook page and may be viewed by people with disabilities, caregivers, and disability organizations. Hopefully, these videos will support caregivers in life skills education for the individuals with disabilities they serve.

Video topics include:

Cooking Matters Basic

- Preparing no-cook or microwave only recipe
- Knife Skills & Safety
- Using Measuring Cups and Spoons
- Handwashing
- My Plate
- Healthy Snacks

Feeling Good About Your Smile

- Teeth brushing with and without caregiver support
- An experiment that shows what sugary drinks and food do to your teeth

Walk with Ease

- Warm up and cool down exercises
- Chair exercises



Do you want to star in a health education video?

Send *Sherice Smith* a short (1-3 minutes) submission video with your topic of interest and contact information to sds006@uark.edu. Feel free to call or email any questions you may have about this project at (501) 813-7722.

In order to participate:

- You must sign a consent to participate, allowing ADHP to use the developed videos.
- You need access to internet and have video capacity in your smart phone or tablet.

All video work is done via computer/table/phone in your own home. We will work with you through Zoom (a skype type of program) to share with you exactly what we are looking for in the videos. We will even help you record or talk you through your recording!