

Patient Education Resources in American Sign Language

Advocate Health Care and the Sinai Health System

With funding from the Michael Reese Health Trust, Advocate Health Care (AHC) and the Sinai Health System (SHS) spent ten years researching and testing interventions to overcome communication barriers with Deaf patients. The over-arching goal of this research was to increase access to quality health and mental health care for Deaf and hard of hearing people. Several patient education resources in ASL emerged from this collaborative:

Heart Attack.. Be Aware!

Do you know what a heart attack or a stroke looks like? How do you know if you will get a heart attack or a stroke? What should you do if you, your family member or a friend has a heart attack or stroke? In this DVD, you will learn about your heart and what does it do in your body. You will also learn what a heart attack or stroke means. You will also see if you might be at risk for a heart attack or stroke. You will also understand what the warning signs are for either a heart attack or stroke. Finally, you will learn some tips how to save yourself, your family, or friends if a heart attack or stroke happens.

<http://www.youtube.com/watch?v=uvQKrTMKpm8&feature=youtu.be>

<http://www.sinai.org/patients-visitors/patients/sinaideafhealth>

Depression Video

“Manage Depression? You Can!” Is an American Sign Language (ASL) health education video on the symptoms and causes of clinical depression and the options available to better manage those symptoms. All the actors are Deaf and communicate in ASL with English subtitles. The first part of the video introduces viewers to five characters who demonstrate how people of different ages and genders experience depression in a variety of ways. The remaining parts of the video follow each of these five depressed characters as they participate together in a depression support group. They discuss their symptoms and learn how the implementation of best practices can help them manage their symptoms. One actor plays the part of a psychiatrist who visits the support group and explains with the help of graphics how anti-depressant medications work. This video was initially used to support the patient education materials of an 8-week depression support group for members of the greater Chicagoland Deaf community. It is currently available online to be viewed by individuals.

<http://www.advocatehealth.com/immc/deafandhardofhearingprogram>

Active Patient Learning Package

The goal of the Active Patient, Healthy Living Learning Packet is to help culturally Deaf individuals increase their knowledge of how to navigate the health care system and how to

maximize their role in that process. The Learning Packet provides a link to the “Active Patient, Healthy Living” American Sign Language (ASL) video posted on the Illinois Deaf and Hard of Hearing Commission’s website. It also allows Deaf community leaders to access all the preparatory train-the-trainer materials and multi-media teaching resources necessary to educate members of the Deaf community on how to become a more active patient. The train-the-trainer materials provide teaching guidelines and objectives. The teaching resources provide a manual for educators accompanied by the associated PowerPoint slides, workbooks, handouts and ASL videos which the educators would present to participants throughout the four week course of classes. Materials for Week #1 focus on patient rights and the need for clear communication and full comprehension when interacting with health care providers. Materials for Week #2 focus on the importance of knowing one’s family health history and how to receive health care in the most appropriate environments and in the most efficient manner. Week #3 focuses on the process of making the best treatment choices. Week #4 focuses on how to best manage the symptoms of a chronic disease. All materials can be accessed on the internet at no cost.

<http://www.advocatehealth.com/immc/deafandhardofhearingprogram>

Advocate Illinois Masonic Medical Center/Deaf and Hard of Hearing Program

This website has several videos that Deaf and hard of hearing people can watch and learn about different topics including HIV/AIDS, sexually transmitted diseases, breast health, diabetes, and smoking. This website also offers health screenings in American Sign Language for anxiety, depression, heart risk, HIV and smoking.

<http://www.advocatehealth.com/immc/deafandhardofhearingprogram>

DeafDoc

This website provides health education information for the Deaf and Hard of Hearing community and resources/workshop information for interpreters and healthcare professionals. It also has a video dictionary where you can learn more about your body, medical problems, healthy habits, medicine, stroke, women’s health and many other topics:

<http://deafdoc.org/>

DeafMD:

DeafMD’s goal is to provide clear and concise health education in American Sign Language to promote the overall wellness of the Deaf & Hard of Hearing community. There are several links including Diseases A-Z and Understanding Tests on this website where Deaf patients can click and learn about different diseases and testing:

<http://www.deafmd.org/>

Harris Communications

Harrison Communications is the nationwide retailer of assistive products (i.e vibrating alarm clocks, visual signalers, amplified phones, sign language books, DVDs) for Deaf and Hard of Hearing people.

<http://www.harriscomm.com/index.php/>

Health Bridges

This website provides health information for Deaf, Deaf-Blind, and Hard of Hearing. It has two different formats of VLOG in English and American Sign Language with various topics such as depression, hearing loss, contraception/preventing pregnancy, advanced directive care, traumatic brain injury, eyes, etc:

www.healthbridges.info

Illinois Deaf and Hard of Hearing Commission

Illinois Deaf and Hard of Hearing Commission has posted a video called “*Active Patient, Healthy Living*” video. The video is targeted for Deaf and Hard of Hearing people who wish to learn how to be an “active patient”. An “active patient” means that you are doing everything you can to make sure you are healthy. In this video, you will learn many things to stay healthy such as:

- What to do if you are not feeling well
- How to communicate with your doctor effectively and share your health information.
- How to get your family health history
- Understand what are the silent diseases
- How to manage your medicine

This video was made possible by Michael Reese Health Trust, Illinois Deaf and Hard of Hearing, and Statewide Independent Living Council. It can be accessed here:

<http://www2.illinois.gov/idhhc/Pages/ASLVideos.aspx>

Medicare

The Medicare website has the video in American Sign Language explaining what you need to know about Medicare.

<http://www.medicare.gov/about-us/other-languages/information-in-other-languages.html>

“My Body, My Responsibilities “

This is a health education video for Deaf and Hard of Hearing women of all ages, as well as parents of Deaf women, health providers, educators, interpreters, and anyone who cares about Deaf women’s health. This video can be purchased through Harris Communications at this website link:

<http://www.harriscomm.com/catalogsearch/result/?q=health+education+dvd>

Project Endeavor:

Endorsed by Communication Services for the Deaf, this website's categories include health topics, specifically, diabetes, heart health, tobacco, and mental health. When you open this website, go to the left and find "Categories." Look for "Health" and click on it.

http://www.projectendeavor.com/VideoLibrary.aspx?utm_campaign=Health%20Topics%20in%20ASL%20Mailing&utm_medium=email&utm_source=newsletter&utm_content=Health%20Topics%20in%20ASL

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