

Community Resources, Health Services, and Factors Affecting the Health of Children and Adolescents

Topic 1: Community Resources That Support Children and Adolescents With Special Needs

What Are Community Resources?

Community resources are programs, organizations, and services that help children and adolescents meet their physical, emotional, social, educational, and developmental needs.

Purpose of These Resources

- Help children develop skills and independence
- Provide specialized care and education
- Support families and caregivers
- Encourage inclusion and participation in the community
- Improve quality of life

Examples of Community Resources

Resource	Purpose
Schools for students who are hearing impaired	Provide specialized teaching methods and communication supports such as sign language
Centres for people who are visually impaired	Offer mobility training, Braille instruction, and assistive technology
Aquatic programs for children with cerebral palsy	Improve movement, coordination, strength, and confidence
Autism support centres	Provide behavioural therapy and social skills programs
Speech and language clinics	Help children improve communication skills
Community recreation programs	Encourage social interaction and physical activity

Importance of These Supports

- Promote equal opportunities
 - Build self-esteem and confidence
 - Help children succeed at school and in daily life
 - Reduce barriers faced by individuals with special needs
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Topic 2: Health Services Available in the Community

What Are Health Services?

Health services are organizations and programs that help people maintain, improve, or recover their physical and mental health.

Examples of Community Health Services

Health Service	Purpose
Sexual health clinics	Provide education, testing, counselling, and health information
St. John Ambulance branches	Offer first aid training and emergency support services
Crisis centres	Support people experiencing emotional distress or emergencies
Substance abuse centres and support groups	Help individuals dealing with addiction and recovery
Public health family programs	Promote healthy lifestyles, vaccinations, and parenting support
Aboriginal healing centres	Provide culturally based healing and wellness programs
Mental health clinics	Offer counselling and therapy services
Community health centres	Provide general health care and referrals

Why Community Health Services Matter

- Prevent illness and disease
 - Provide early treatment and support
 - Improve mental and emotional well-being
 - Help families access professional care
 - Promote healthy communities
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Topic 3: Factors Affecting the Health and Well-Being of Children and Adolescents

What Is Health and Well-Being?

Health and well-being include physical, mental, emotional, and social wellness.

Factors That Affect Health

Factor	How It Affects Health
Environmental conditions	Clean air, safe water, and pollution levels affect physical health
Diet and nutrition	Healthy eating supports growth, energy, and disease prevention
Food safety	Unsafe food can cause illness and infections
Food security	Access to enough nutritious food supports healthy development
Adequate shelter	Safe housing protects people from harm and illness
Daily exercise	Physical activity strengthens the body and mind
Daily rest and sleep	Rest improves concentration, mood, and growth
Recreation opportunities	Activities reduce stress and improve social skills
Work/life balance	Balance prevents stress and burnout
Stress levels	High stress can negatively affect physical and mental health

Key Idea

Health is influenced not only by personal choices but also by social, environmental, and community support

Together, with the support available, the child's overall well-being and quality of life improves.

Main Relationship

- Healthy communities provide resources and services that help children overcome challenges.
 - Community support systems reduce barriers and improve physical, emotional, and social health.
 - Access to services and resources can positively affect long-term development and success.
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