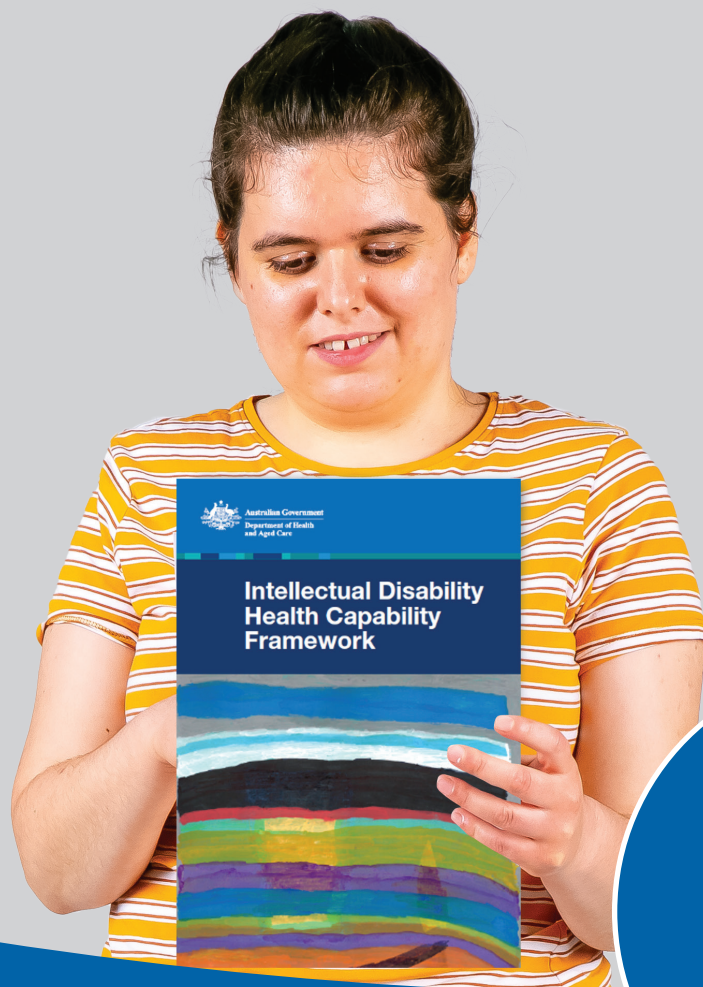




Australian Government
Department of Health and Aged Care

How people with intellectual disability can use the Framework



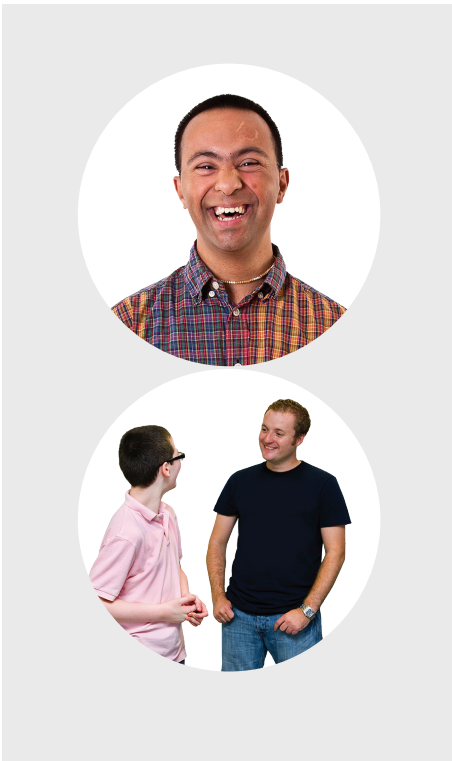
Easy Read

www.health.gov.au

How people with intellectual disability can use the Framework

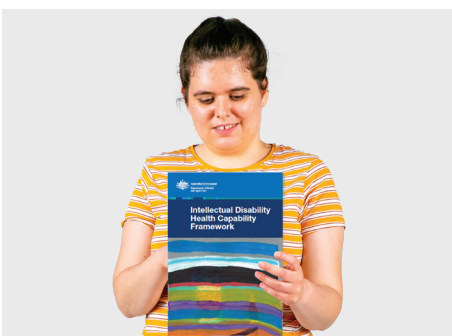


People with intellectual disability should get the same health care as everyone else.



We made a guide to help health care students learn

- About intellectual disability
- How to support people with intellectual disability well.

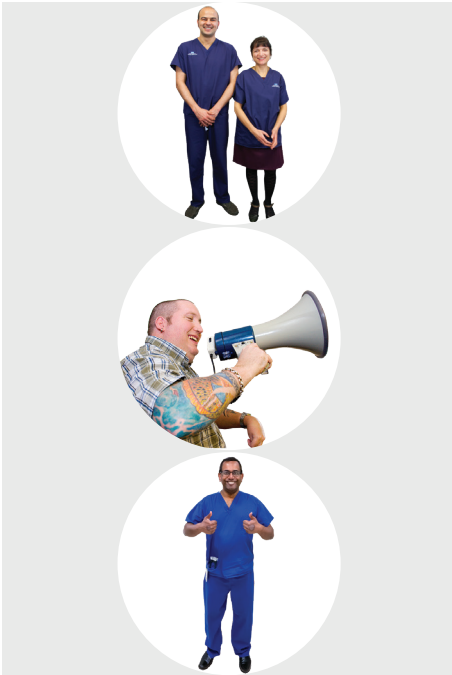


We called this guide the Intellectual Disability Health Capability Framework.

We will say **Framework** for short.



People with intellectual disability can also use the Framework.



You could use the Framework to help you

- Teach health workers about intellectual disability
- Speak up about better health care
- Know what **capabilities** you want in your health workers.



Capabilities are the skills that will help a health worker do a good job.



This booklet can help you use the Framework.

What skills are important to you?



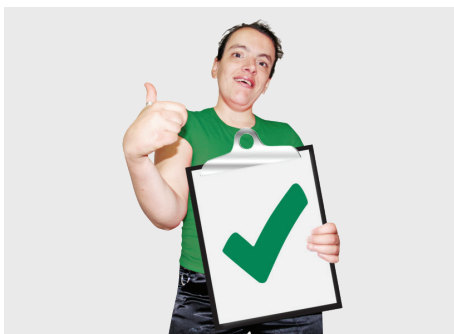
Health workers need the right skills to give you good health care.



It is good to think about the skills your health workers should have.



To help you we wrote down ways that health workers can use their skills.



You can tick all the skills that are important to you.



You can choose more than 1 skill.



Some of the words might be hard to understand.



You can ask someone for support to do this activity like a friend or family member.

1. Understanding intellectual disability



This is about health workers understanding people with intellectual disability.

I would like my health workers to



Know about the health issues many people with intellectual disability have

☐

Know about the rights of people with disability

☐

Respect my lived experience

☐

Respect that I know my health best

☐

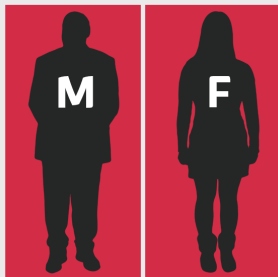
I would like my health workers to



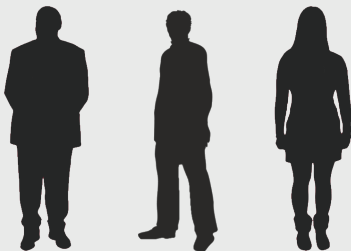
Learn from the way my support
people work with me



Understand other things about me
like my **gender** or **culture**



Gender means how you see yourself as
a person.



This might be different to the sex you were
born with.



Culture means how you do things because of
where you or your family are from.

2. Communication



This is about how health workers should talk to people with intellectual disability.

I would like my health workers to



Give me time to think
and communicate

☐

Understand the best way to talk
with me

☐

Use my communication aids

☐

Make sure I understand what they say

☐

I would like my health workers to



Write things down for me

☐

Talk to me first not to my
support person

☐

Understand that what I do is part of
how I communicate

☐

Make sure I am part of decisions
about my care

☐

3. Use information to make health care better



This is about using all the information to make health care better.

I would like my health workers to



See me as a person first not
my disability

☐

Use latest information to give me the
best health care

☐

Understand what is important to me
like my goals

☐

Make sure I can plan and make
decisions about my health care

☐

I would like my health workers to



Ask how to make appointments go well for me



Give me information about how I can use medicines in a safe way



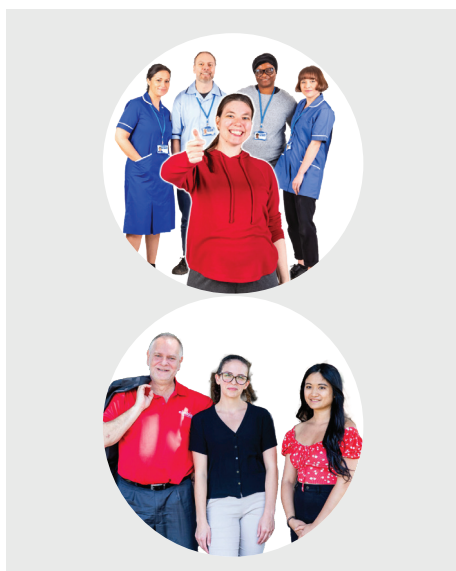
Give me information in a way I can understand

4. Working together



This is about how health workers should work together with

- You
- Your family
- Your support people
- Other health workers.

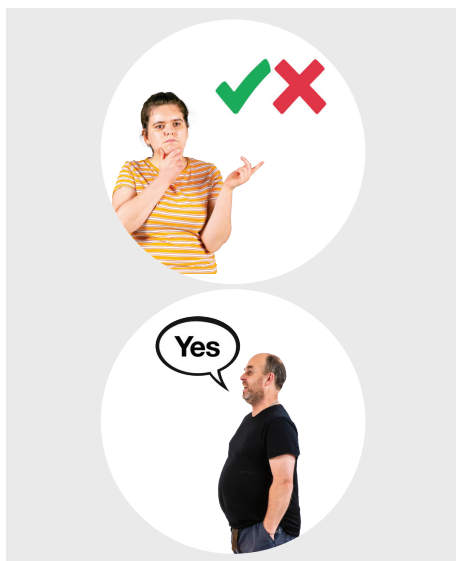


I would like my health workers to

Work well with my other health workers and teams

Build trust with me and my support people

5. Making decisions and consent

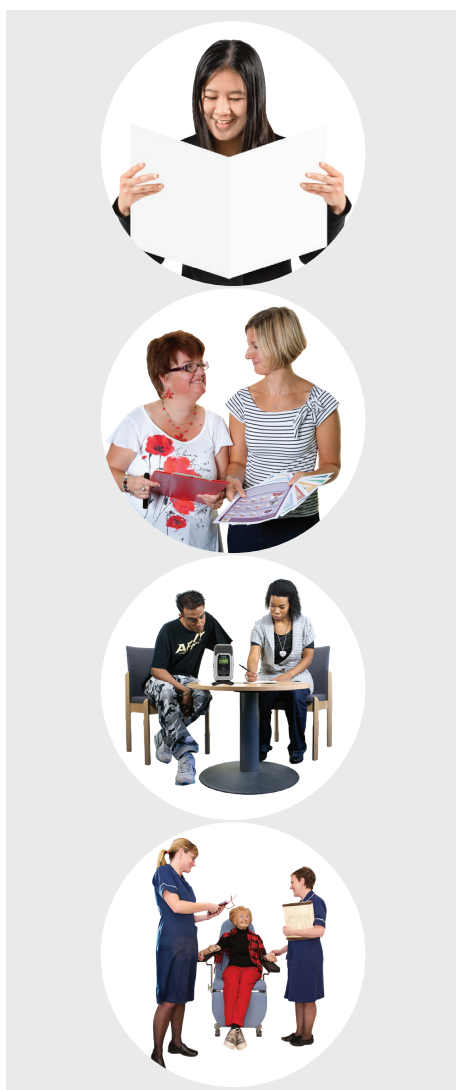


This is about supporting people with intellectual disability to

- Make decisions

- Give consent.

Consent means to agree to something.



I would like my health workers to

Make sure I understand all the information before I make a choice

☐

Talk to me about support to make decisions

☐

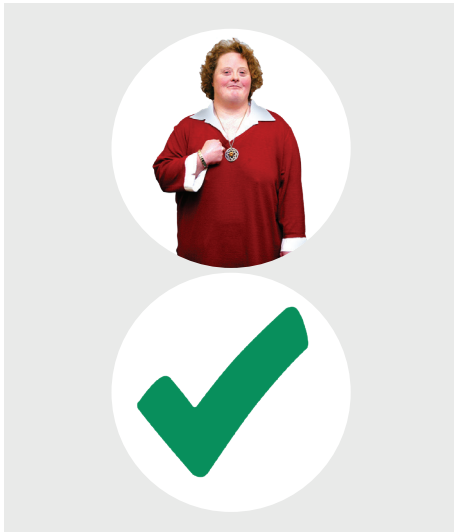
Use my support people to help me make choices

☐

Respect my choices even if they do not agree with them.

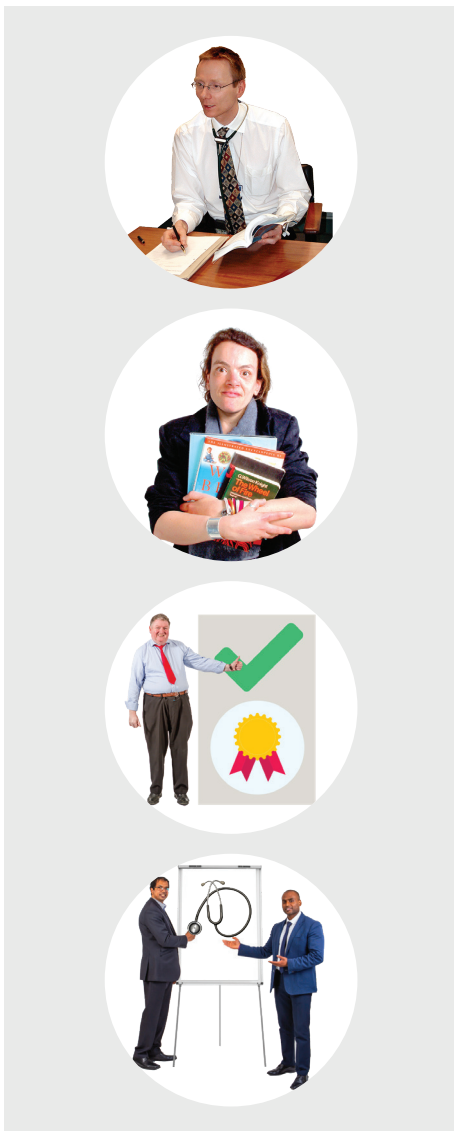
☐

6. Good and safe health care



This is about health workers giving you health care that is

- Safe
- The right thing to do.



I would like my health workers to

Speak up if they think I am not safe

☐

Want to learn more about intellectual disability

☐

Keep their training up to date

☐

Work on their skills

☐

More information



For more information you can email us at
intellectual.disability@health.gov.au

Council for Intellectual Disability made this document Easy Read. **CID** for short.
You need to ask CID if you want to use any pictures in this document.
You can contact CID at **business@cid.org.au**.