



More information

People with intellectual disability should be involved in all decisions about their health and wellbeing.

Some people can make decisions alone and some people will need support. It is critical that supporters know the person's will and preferences to make sure the right support is provided and the right decision is made.

Key contacts in other states

These fact sheets contain a lot of information that will be useful to readers in all parts of Australia. They will be most useful for people in NSW because they talk about NSW services.

In Adelaide, Melbourne and Brisbane, there are intellectual disability health centres. These are which are good starting points for local information as well as for general information on health of people with intellectual and developmental disability

Melbourne

Centre for Developmental Disability Health, Monash Health

www.cddh.monashhealth.org

Phone (03) 9792 7888

Brisbane

Queensland Centre for Intellectual and Developmental Disability

www.qcidd.centre.uq.edu.au

Phone (07) 3163 2412

Adelaide

Centre for Disability Health
Phone (08) 8397 8100

General information on health issues

Better Health Channel
Plain English fact sheets on a very wide range of health conditions and issues.
www.betterhealth.vic.gov.au

Health Direct
Free health information and advice
www.healthdirect.gov.au
Phone 1800 022 222

Child health – Raising children
Information for parents on health and other issues.
www.raisingchildren.net.au

The Sydney Children's Hospitals Network
Fact sheets for parents on health issues - includes some in community languages
www.schn.health.nsw.gov.au/fact-sheets

Australian Indigenous Health InfoNet
www.healthinfonet.ecu.edu.au

National Rural Health Alliance
Fact sheets and other information on health in rural and remote areas
www.nrha.ruralhealth.org.au

Key references for health professionals

Management Guidelines, Developmental Disability
A practical text for health professionals.
www.tg.org.au

Mental Health of Children and Adolescents with Intellectual and Developmental Disabilities, David Dossetor, Donna White and Lesley Whatson (editors), IP Communications 2011.

Department of Developmental Disability Neuropsychiatry (3DN) UNSW Sydney
3DN has a range of information and elearning resources especially on mental health and cardiometabolic health.
www.3dn.unsw.edu.au