



My Health Matters

My communication

I find it easy to understand people when they

☐ Speak slowly

☐ Use plain English

☐ Make eye contact

☐ Use big text when writing to me

☐ Stick to one topic at a time

☐ Use sign language

☐ Give me time to think about my response

☐ Other

My communication

I use these things to communicate

☐ Text to voice

☐ Sign language

☐ Letter board

☐ Picture board

☐ Computer device or program

☐ My voice

☐ Tablet App

☐ Other

In case of an emergency please contact

1. Name

Who they are to me

Phone number

2. Name

Who they are to me

Phone number

How to fill out the TOP5



The TOP5 are the 5 most important things people need to know about you.

This could be about your disability, health, behaviour or communication.



You can ask the person who knows you best to help you fill in this part.

These important things could be

If you have a serious medical issue

- What is it?
- What do people need to know about it?

Example

I have life threatening seizures.

If I am having a seizure roll me onto my right side.

Call 000.

How to fill out the TOP5

If you have communication barriers, what are the important signs you use to let people know what you need or want?

Example

When I need to go to the toilet I put my finger on the palm of my other hand.

If you are not feeling calm or comfortable are there words or actions that will help you?

- What makes you angry or anxious?
- Is there something that calms you down?
 - Music?
 - A quiet place?
 - Going for a walk?

Example

When I am in pain I get angry and yell at everyone.

Please do not take it personally.

Speak to me in a calm way.

Ask me in a quiet voice if I am in pain.



TOP5



You can ask the person who knows you best to help you fill in this part.

The TOP5 are the **5 most important things** you need people to know about your disability, health, behaviour and communication.

1.

A large, empty white rounded rectangle with a thin black border, intended for writing the first item of the TOP5 list.

2.

A large, empty white rounded rectangle with a thin black border, intended for writing the second item of the TOP5 list.



TOP5



You can ask the person who knows you best to help you fill in this part.

3.

4.



TOP5



You can ask the person who knows you best to help you fill in this part.

5.

This website has more information about the TOP5:

<http://bit.ly/TOP5info>

TOP5 is an initiative of the Carer Support Unit,
Central Coast, Local Health District

About me

The date I was born

I live

- ☐ With family
 - ☐ In a Group Home
 - ☐ Independently
 - ☐ With friends
 - ☐ Other
-

Religion

- ☐ I am religious

My religion is

My communication details

Phone

My phone number _____

☐ I need someone to be with me while I am on the phone

☐ I send and receive text messages

Email

☐ I use my email

This is my email

I read my email

☐ Every day

☐ Once a week

☐ Almost never

Things I do each week

Use the stickers provided to show what you do in a week.

You can also write or draw what you do.

Monday	Exercise
---------------	----------

Tuesday	Exercise
----------------	----------

Things I do each week

Use the stickers provided to show what you do in a week.

You can also write or draw what you do.

Wednesday	Exercise
------------------	----------

Thursday	Exercise
-----------------	----------

Things I do each week

Use the stickers provided to show what you do in a week.

You can also write or draw what you do.

Friday	Exercise
---------------	----------

Saturday	Exercise
-----------------	----------

Things I do each week

Use the stickers provided to show what you do in a week.

You can also write or draw what you do.

Sunday	Exercise
---------------	----------

What I eat

Use the stickers provided or you can write or draw to show what your diet looks like.

Every day	Sometimes	Not much

What I drink

Use the stickers provided or you can write or draw to show what you drink.

Every day	Sometimes	Not much

Feelings and emotions

You can use the next 2 pages to show how you feel.

Point to the emotion that you are feeling.

You can use these pages anywhere you like.

For example

- During a medical appointment
- At home or work

Feelings and emotions



Angry



Annoyed



Confused



Embarrassed



Frustrated



Nervous



Happy



Worried

Feelings and emotions



Sad



Safe



Scared



Shocked



Shy



Tired



Uncomfortable



Unsafe

What my emotions look like

It is not always easy for people to understand how you feel.

The next page has spaces for you to add photos of yourself feeling different emotions.

Print out your photos and stick them on the next page.

Write under the photo what emotion you are feeling in the picture.

For example

- Happy
- Sad
- Annoyed
- Frustrated

What my emotions look like

Today I am feeling

Use this page to show how you are feeling.

Please **do not** write on this page.



Great



Good



Ok



Sick



Very sick

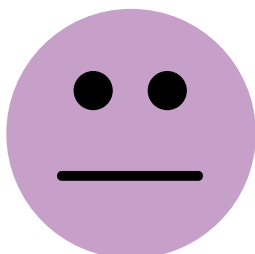
I am in this much pain

Use this page to show how much pain you are in.

Please **do not** write on this page.



No pain



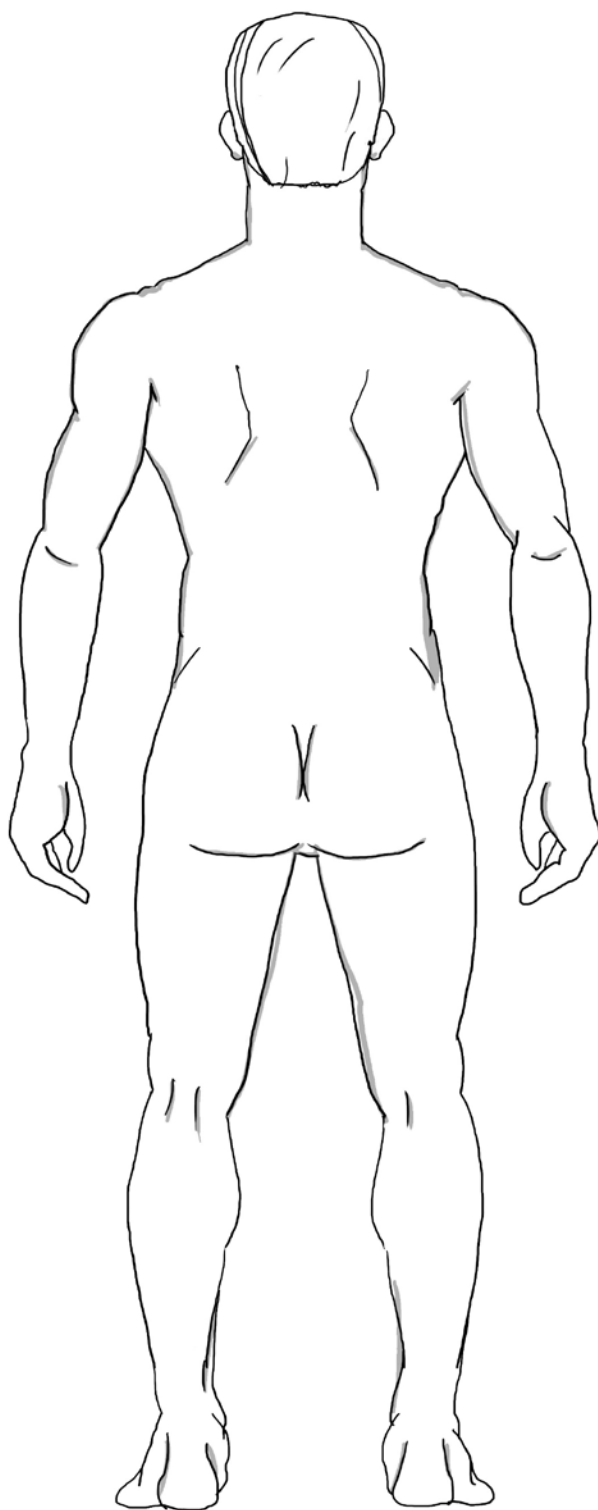
Some pain



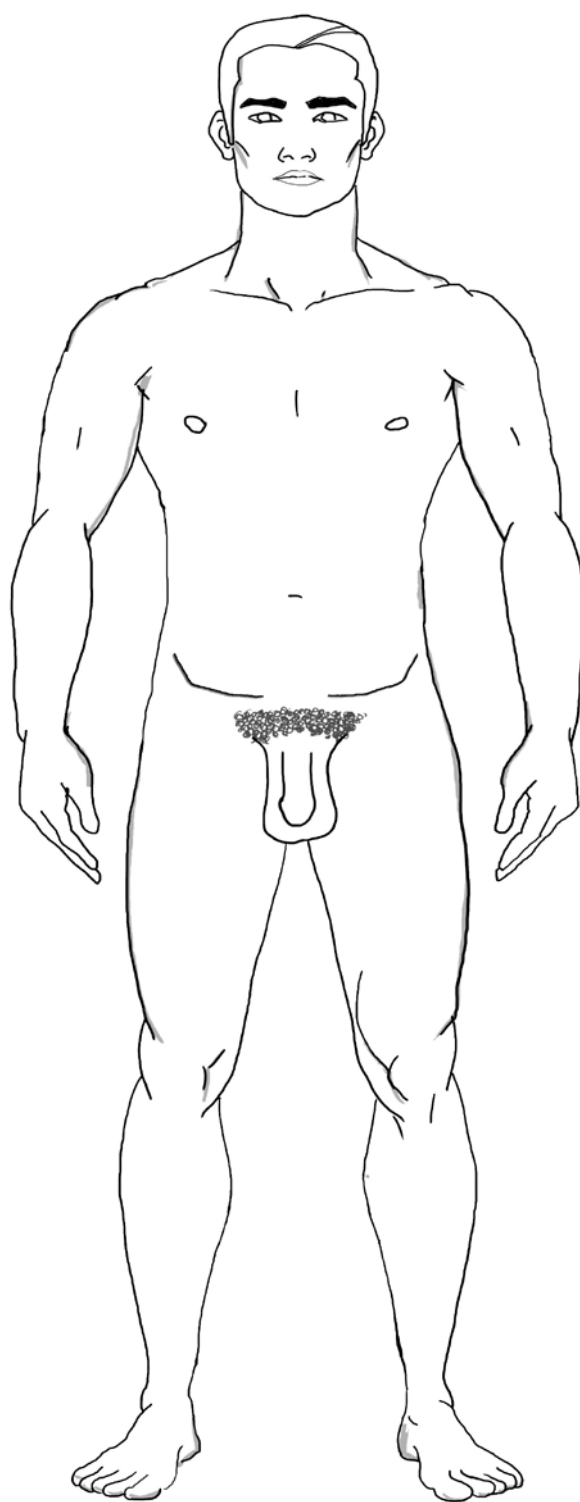
Lots of pain

Point to where the pain or problem is

Please **do not** write on this page.



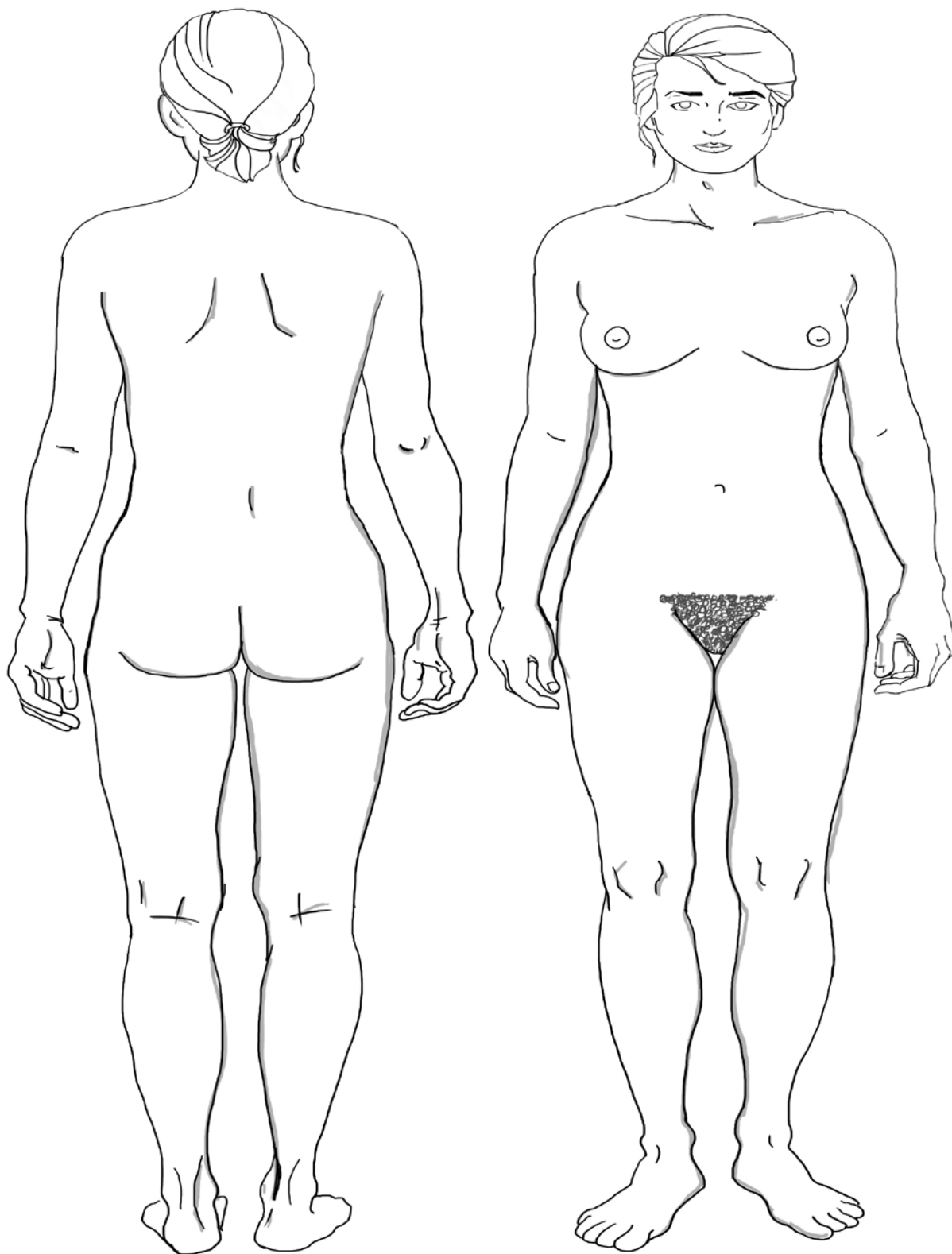
Back



Front

Point to where the pain or problem is

Please **do not** write on this page.



Back

Front

Mental health tools

The next 2 tools are about your mental health.

These tools help you let people know when you are feeling sad and depressed or when you are feeling happy.

These tools can be kept in this folder or you can put them up on a wall for people to see.

Elevator Chart



Dane Waites has given CID permission to use his Elevator Chart.

This is how Dane uses his chart:

"I use my elevator chart to keep my support workers in the knowing.

I smile on the outside but not always on the inside.

Without me using words they can see how I am feeling by looking at my elevator chart.

When I feel very depressed I put my elevator in the black.
When I am feeling good I move the elevator down to the green.

I'm in control of my elevator chart.

This is good because I don't like using words to talk about my mood.

Except when I'm talking to my counsellor and my mum."

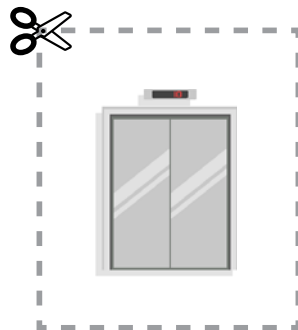
Elevator Chart

The Elevator Chart can stay in your folder or you can take it out and put it on the wall.

Cut the picture of the elevator out.

Use blue tack to stick the elevator on to the chart to let people know how you are feeling.

This could be happy or depressed or somewhere in between.



Elevator Chart

This is how I am feeling right now



Feelings and Behaviours Thermometer

Difficult times can affect how we behave.

You might get stressed by things like

- Loud noises
- A change in plans
- The way someone speaks to you

The Feelings and Behaviours Thermometer helps to show people what signs to look for when you are getting angry or frustrated.

You can use it to let people know what keeps you calm or what calms you down.

Feelings and Behaviours Thermometer

How to fill in the thermometer

Next to each emotion write what causes you to get frustrated, angry or furious.

This information goes under the heading **My triggers are**. You can write what things people might see you do when you are feeling that emotion.

Under the heading **What you can do**, write what people can do to help you calm down.

Feelings and Behaviours Thermometer

The graphic is a vertical thermometer-like scale with four colored sections: red at the top, followed by orange, yellow, and green at the bottom. The red section is labeled 'Furious', the orange 'Angry', the yellow 'Frustrated', and the green section, which is wider at the bottom, is labeled 'Calm'. To the right of each colored section is a corresponding background area with text prompts and horizontal lines for writing.

Feeling	My triggers are	What you can do
Furious	<hr/> <hr/>	<hr/> <hr/>
Angry	<hr/> <hr/>	<hr/> <hr/>
Frustrated	<hr/> <hr/>	<hr/> <hr/>
Calm	These things keep me calm <hr/> <hr/> <hr/> <hr/>	

My medical history

You can ask your doctor to write on this page or print your medical history.

If they print it you can put it in the plastic sleeve at the back of the folder.

My health people

GP or doctor

Name

Number

Specialist

Job title

Name

Number

Dentist

Name

Number

My health people

Therapist

☐ Speech

☐ Physio

☐ OT

Name

Number

Therapist

☐ Speech

☐ Physio

☐ OT

Name

Number

Other

Job title

Name

Number

My health people

Other Health Support

Job title

Name

Number

Other

Job title

Name

Number

My support people

Family member or carer

Name

Phone

Friend

Name

Phone

My NDIS plan



I have an NDIS plan

☐ Yes

☐ No

My NDIS plan will be reviewed on this date

These people come to my NDIS meetings

1.

2.

3.

4.

These people gave me reports for my NDIS plan

1.

2.

3.

4.

Questions for my doctor

Date

Notes

Date

This plastic sleeve is a place to keep things you get from your health appointments.

Things you can keep in here are

- reports
- your medical history
- prescriptions







Public Transport



Public Transport



Public Transport



Pub/Bar



Pub/Bar



Day activities



Day activities



Day activities



Day activities



Day activities



Volunteer



Volunteer



Volunteer



Milk



Cheese



Yoghurt



Bread



Cereal



Rice



Pasta



Fast food



Restaurant



Dessert



Chocolate



Lollies



Snacks



Veggies



Fruit



Meat



Energy drink



Water



Tea/coffee



Alcohol



Juice



Soft drink

Produced and developed by



Council for
Intellectual Disability



My Health Matters was
co-designed by people with
intellectual disability and
General Practitioners.

CID would like to thank
everyone who helped make
My Health Matters.

For more information



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www.nswcid.org.au

My Health Matters

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Disability 2018.