

Adult Health Services

Health Fact Sheet



Easy Read

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Health services



Your usual doctor is called a GP or a **General Practitioner**.

Your GP can help you with your health care.



If you need extra health care your doctor can make a **referral**.

A **referral** is when your doctor sends you to another health worker.



Your doctor may give you a referral to a **specialist**.

A **specialist** is a doctor who knows a lot about one part of your body.



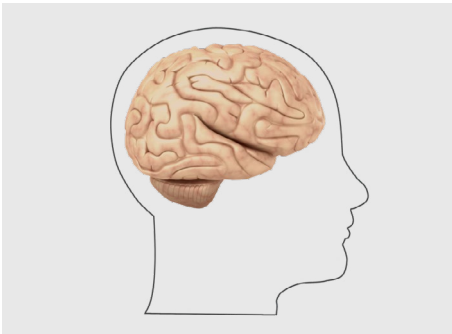
Your doctor may give you a referral to an **allied health** service.

Allied health services help with one part of your health.

Specialist



A **specialist** is a doctor who knows a lot about one part of the body.



1 type of specialist is a **neurologist**.

A **neurologist** is a doctor who knows a lot about the brain.

There are lots of other specialists.



Your doctor can tell you if you need to see a specialist.

Your doctor can give you a referral for a specialist.

Dentist



A dentist helps with teeth and **oral health**.



Oral health is the health of your

- Mouth
- Teeth
- Gums



They can check your oral health.

They can help if you have any problems.

This will help you stay healthy.



It is good to see a dentist every 6 months.

It is good to find oral health problems early.

This will make them easier to fix.

Allied health



Allied health services help you with one part of your health.

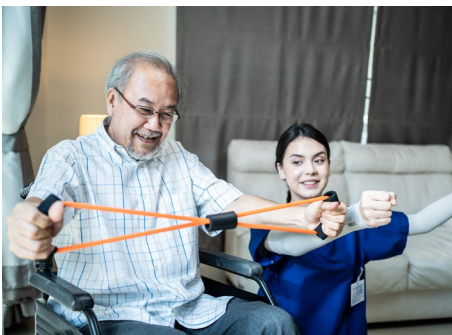
There are the different types of allied health services.

Physiotherapist



A **physiotherapist** helps with your body.

They can help you with your muscles.



They can help you with injuries.

They can give you exercises to do.

Psychologist



A **psychologist** helps with your **mental health**.

Mental health is your thoughts and feelings.

You can talk to a psychologist about your feelings.

Dietician



A **dietician** can help you with food choices.

They can help you eat well.



They can help if you find swallowing hard.

They can help you have a healthy weight.

Occupational therapist



An **occupational therapist** is called an **OT** for short.

An OT helps you to do things safely.



They can help you learn new skills.

They can suggest tools for you to use.

Speech pathologist



A **speech pathologist** helps with speech.

They can help you say things.

They can help with swallowing.



They can help with communication aids.

Podiatrist



A **podiatrist** can help with your feet.

They can help with walking.



They can suggest **orthopaedic shoes**.

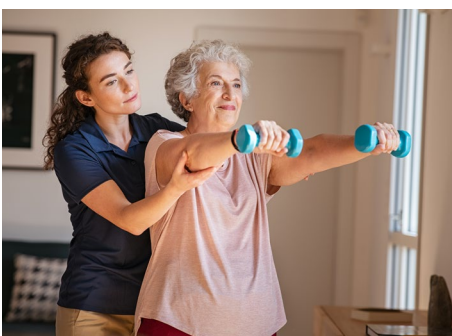
Orthopaedic shoes help you walk and stand.

Exercise physiologist



An **exercise physiologist** helps with exercise.

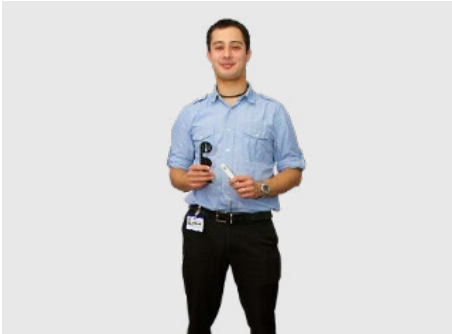
They can help with movement.



They can suggest exercises to do.

They can help you get fit.

Optometrist



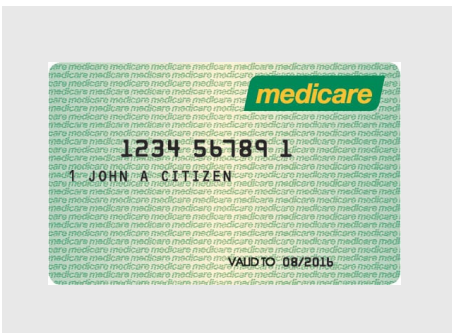
An **optometrist** helps with seeing.



They can check your eyes.

They can tell you if you need glasses.

They can tell you if you need other help with your eyes.



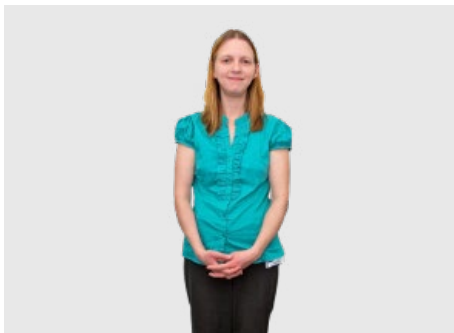
An eye test is free with Medicare.

You can have a free eye test every 2 years.



You might need to pay for other things like glasses.

Audiologist



An **audiologist** can help with your hearing.

Ask your doctor if you should see an audiologist.



The audiologist can check your ears.

They can test your hearing.



They can tell you if you need hearing aids.



Some people can get these services for free.

You can check if you can get them for free at www.hearingservices.gov.au

Do I have to pay for health care?



Some health services are free.

This is sometimes called **bulk billing**.

Bulk billing means that Medicare pays.



Some health services cost money.

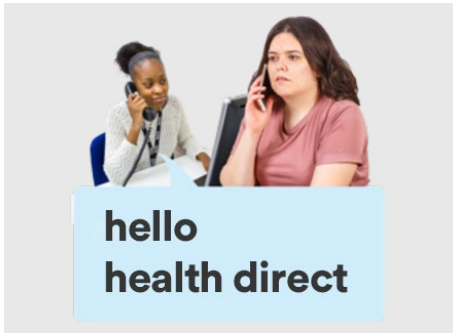
It is good to ask if a service will cost money.



You can ask your doctor or the health service.

They can tell you if you need to pay.

Phone advice



Healthdirect is a phone line.

You can call at any time for health advice.

You can speak to a nurse.

Call them on **1800 022 222**.



If you have an emergency call **000**.

000 can send you an ambulance.

They will take you to hospital if you need it.

Summary



There are lots of different health services.



Your doctor is a good starting place for health care.

They can let you know if you should see other health services.



Some health services cost money.

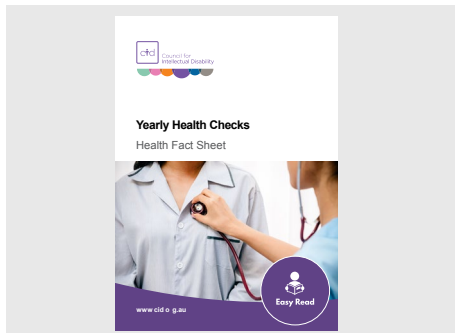
It is good to ask about cost before you go.



If you have an emergency call 000.

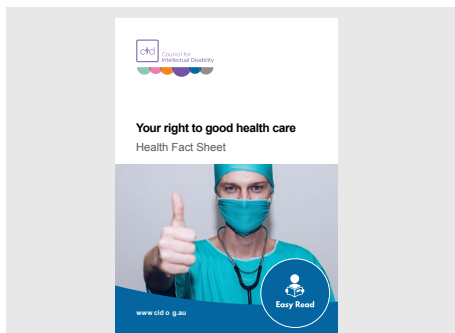
They will send an ambulance.

CID health fact sheets



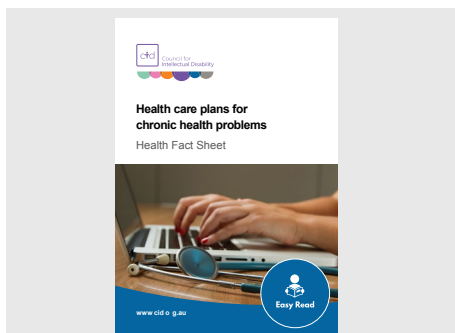
We have info about **yearly health checks** here

www.cid.org.au/resource/yearly-health-check-fact-sheet



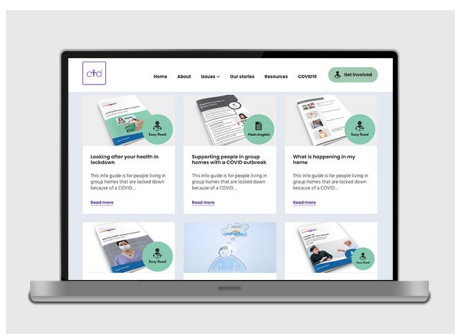
We have info about **your right to good health care** here

www.cid.org.au/resource/your-right-to-good-health-care-fact-sheet



We have info about **health plans for chronic health problems** here

www.cid.org.au/resource/chronic-health-plans-fact-sheet



We have lots of other health fact sheets.

You can get them from

www.cid.org.au/resource-category/health



Contact CID



1800 424 065



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www.cid.org.au



facebook.com/NSWCID



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instagram.com/council_intellectualdisability

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