

## CID easy to read eNews October 2021



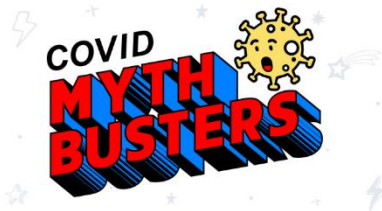
### What you can do if you are fully vaccinated

This is an Easy Read guide about

- the Roadmap out of lockdown
- what fully vaccinated people can do

[Read more on our website](#)

<https://cid.org.au/our-stories/what-you-can-do-if-you-are-vaccinated/>



### COVID Mythbusters

There is lots of information about COVID that is not true.

These are called myths.

In this video we bust some of these myths.

[Watch the video on our website](#)

<https://cid.org.au/resource/covid-mythbusters-video/>



## Staying up when things are down

This is a special podcast episode about COVID.

We talk with Kane.

He tells us about the things he did during lockdown that made him feel good.



Things like

- meditation
- dancing
- talking with friends

[Listen to the full episode in our website.](https://cid.org.au/our-stories/staying-up-when-things-are-down/)

<https://cid.org.au/our-stories/staying-up-when-things-are-down/>



## Annual Report 2020-2021

Read about the great work we did this year.

You can [read and download the annual report](https://cid.org.au/resource/our-annual-report-2020-2021/) in our website.

<https://cid.org.au/resource/our-annual-report-2020-2021/>



## Technology and people with intellectual disability

This is an Easy Read paper about technology.

We talk about



- what CID wants
- what things are like now
- what needs to change
- what CID has done

[Read the Easy Read Technology guide on our website.](#)

<https://cid.org.au/resource/our-position-statement-on-technology/>



## How to make a self-care plan

This is an Easy Read guide about how to make a self-care plan.

It includes a blank plan you can download and write on.

[Read more on our website.](#)

<https://cid.org.au/our-stories/how-to-make-a-self-care-plan/>



## My Right to Decide

Do you know what supported decision making is?

Do you want to grow your decision making skills?

CID has a project called My Right to Decide.



My Right to Decide is a free training.

It can help you feel more confident to speak up and make decisions.

If you are interested in taking part

- email [info@cid.org.au](mailto:info@cid.org.au)
- call **1800 424 065**

[Find out more and register your interest in our website.](https://cid.org.au/event/my-right-to-decide-supported-decision-making/)

<https://cid.org.au/event/my-right-to-decide-supported-decision-making/>



## More Than Just A Job online training

Do you want to build skills and confidence to get a job?

Join our online training.

Sessions will be on Zoom.

They will be in November and December.

If you are interested in the training or want more information

- email [info@cid.org.au](mailto:info@cid.org.au)
- call **1800 424 065**

[Find out more on our website.](https://cid.org.au/event/more-than-just-a-job/)

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## Your right to good health care fact sheet

This is a fact sheet.

It tells you what good health care is.

It tells you what you can do if you do not get good health care.

[Read the fact sheet on our website.](#)

<https://cid.org.au/resource/your-right-to-good-health-care-fact-sheet/>



## Speed up vaccination for people with disability

PWDA is fighting for the health and rights of people with disability.

PWDA want to hear from you.

They want to know your stories about the COVID vaccination.

You can send your story to

[pwd@pwd.org.au](mailto:pwd@pwd.org.au)

Find out more on [PWD's website.](#)

<https://pwd.org.au/speedupvaxforpwd/>





## GeneEQUAL wants to know about you

GeneEQUAL is a research study about how to make genetic health care better.

Doctors need to know how to make people with genetic conditions feel safe and respected.

This project will show us how we can make genetic health care better.



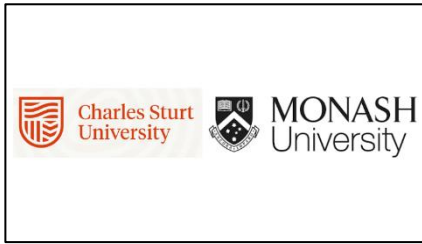
People can be in the study if they

- are at least 18 years old
- have an intellectual disability
- ever had a genetic test or saw a genetic doctor or counsellor
- live in NSW

To learn more about the project you can go to

- [GeneEQUAL's website](#)
- [watch this video](#)
- call Iva on **0426 959 172**

Monash University and Charles Sturt University are doing a research and want to know about you



They want to know the best way to talk about your health condition or disability.

Do you like to be addressed as



- a person with a disability or
- a disabled person?

Do you think this depends on who is addressing you?

For example



- a friend
- a professional
- the media

[Take the survey and have your say.](#)

It will take 10-15 minutes to complete it.



Got a question?



Call us on **1800 424 065**

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This is an easy to read version of the Council for Intellectual Disability eNews. You can sign up for this eNews at [www.cid.org.au/news](http://www.cid.org.au/news)