

CID easy to read eNews April 2022



How to do a spit Rapid Antigen Test (RAT)

This is a video about how to do a RAT from your mouth.

[Watch the video.](#)

If you need to do a [RAT from your nose, see our other resource on our website.](#)



Great news for our campaign

We won our campaign to improve the health of people with intellectual disability

The government will spend money to do this.

This is a good thing for people with intellectual disability.

[Here is an Easy Read guide about this campaign.](#)



Have your say about getting older

We want to talk to a group of people with intellectual disability.



We want to talk about getting older.

We want to know what you think.



We want to know what things worry you.

We want to know what you think will be good.



If you want to be in the group call David.

- call him on [1800 424 065](tel:1800424065)
- or email him on david@cid.org.au.



My safety plan

This is an Easy Read info guide about having your own safety plan.

Your safety plan will help you be ready for an emergency.

[Read and download the guide on our website.](#)



More than Just a Job information sessions

Are you a person with intellectual disability?

Do you want to think about work?

We have two information sessions about supports to get a job.

Session 1 - Thinking about work

Wednesday 11 May

Session 2 - Supports to get a job

Thursday 12 May





Both sessions will be from 10.30am to 12pm.

They will be on Zoom.

You will learn from people with intellectual disability.



For more information and to register

- call 1800 424 065
- email info@cid.org.au



How to get Rapid Antigen Test (RAT) tests if you have a concession card

This Easy Read factsheet tells you how to use your concession card to get free rapid antigen tests.

[Read and download the guide on the Australian Government Department of Health's website.](#)



Sydney Film Festival

Sydney Film Festival is on 8-19 June 2022.



Some of its films are made by people with disability.

They share their life stories and experiences.

[See the list of films on Sydney Film Festival's website.](#)

[Keep an eye out on their social media for more updates.](#)



Got a question?

Call CID on **1800 424 065**

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