

Me and my doctor guide

A guide for people with intellectual disability
when they visit a doctor



Easy Read

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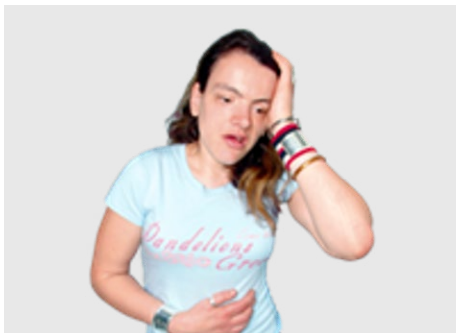
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CID made this document Easy Read.

You need to ask CID if you want to use any of the pictures.

Contact CID at **health@cid.org.au**.

When I should see my doctor

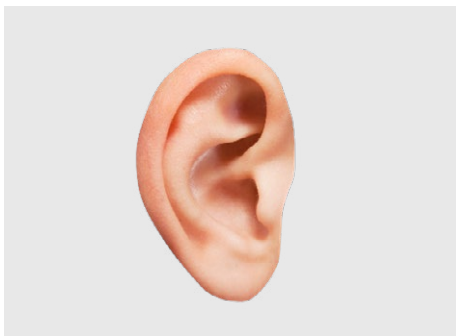


You need to see your doctor when you have signs of sickness.



Like Steve.

Steve had a runny nose all week.

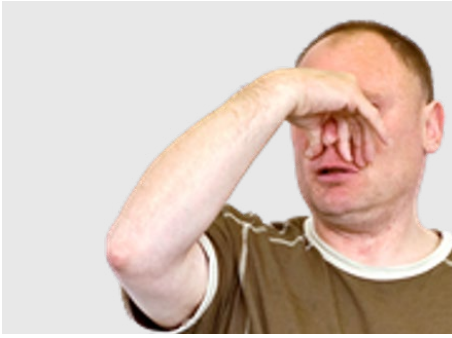


Steve has these signs of sickness

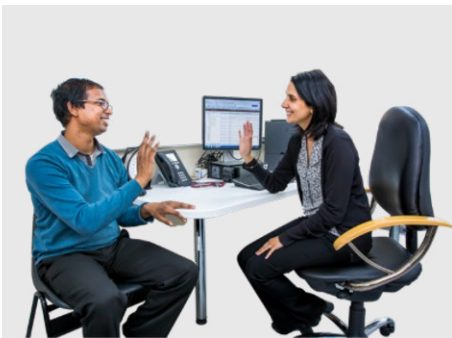
- Pain in his ear



- He did not go to work
- He just wants to lie down



- He cannot eat lunch
- He has bad breath



Steve might have an ear or throat infection.

He should go see his doctor.



Do you have any signs of sickness?



Who do you talk to when you feel sick?

You might talk to people like

- Family member
- Support worker
- Friend

When I should see my doctor



You should go see your doctor for a health check even if you feel OK.

The doctor will find out if your body is working well.



It is best to find any problem as soon as possible.



The doctor may ask to check different parts of your body.

It depends on what you need.



The doctor might ask you to get other checks.

You might go somewhere else for this.



This can be things like

- A blood test
- X-rays
- A skin check

Annual health assessments



Annual health assessments are sometimes called health checks.

You can learn more about health checks here www.cid.org.au/yearly-health-check



Everyone can get a health check.

You should get a complete health check at least 1 time a year.

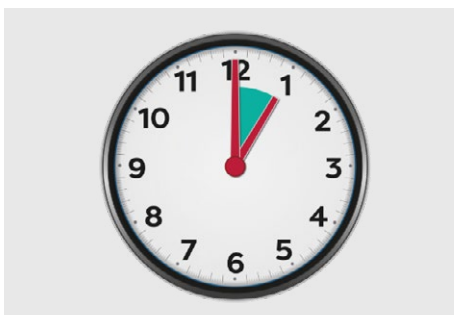


People with intellectual disability have the right to book 1 long health check a year.



Call your doctor to book an annual health check.

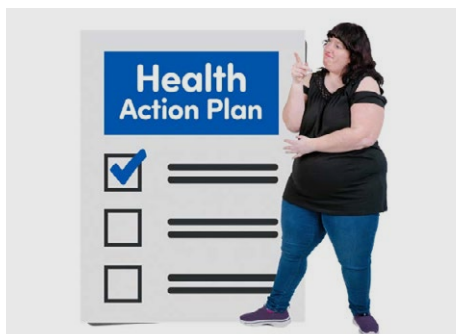
Ask for a long appointment.



Annual health checks are longer than regular appointments.

It can be from 30 minutes to 1 hour.

When I should see my doctor



Tick the box if you need these things

☐ An annual health check

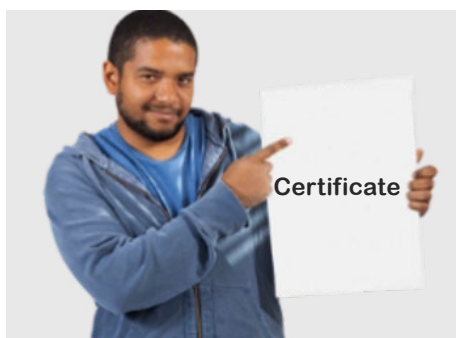
☐ A plan to get healthy

☐ Ask questions about your health

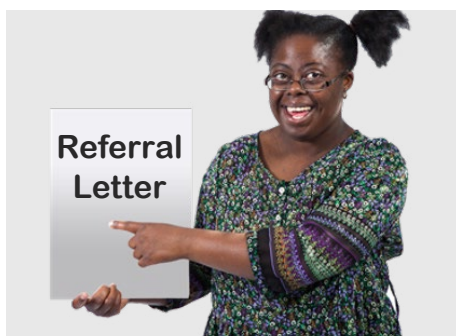
☐ A new **prescription**

Prescription is a piece of paper from your doctor.

It tells your chemist about your medication.



☐ A certificate from your doctor that says you are unwell for Centrelink or for work

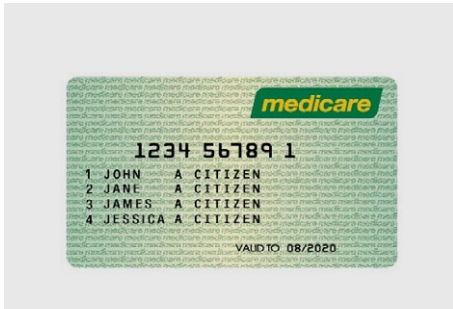


☐ A **referral letter** from your doctor.

Referral letter means your doctor writes a note to a specialist about why you need to see them.

See your doctor if you ticked a box.

What I should take to my doctor



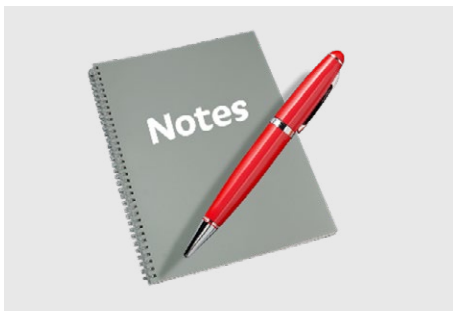
When you see your doctor you should take your

Medicare card



Health care card

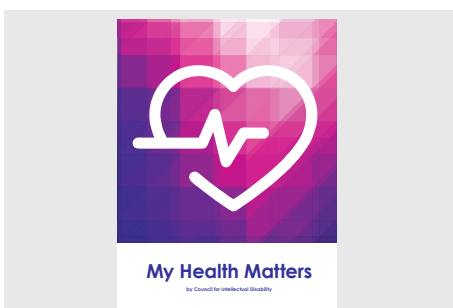
Pension concession card if you have one.



A notebook or a list of questions



A letter from your other health workers if you have one



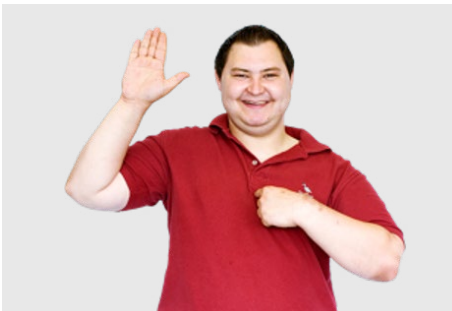
Your My Health Matters Folder

www.cid.org.au/mhm

How to speak up to my doctor



When you see your doctor they will ask a lot of questions.



You can tell your doctor about you.



Your doctor works out what might help your health.

You work together to have a healthy life.



It is OK if you feel worried about speaking up.

This may be because no one listened to you in the past.



You are in charge of your body.

You should speak up if you have questions.

Or if something does not sound right to you.



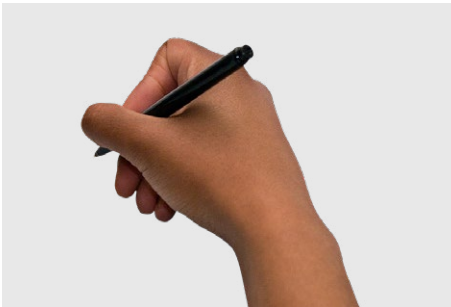
Some things you may say to your doctor

I do not understand.

Can you show me a picture of it?



What will the medicine do to me?



Can you write down what I have to do?



I need some time to think about that.



You can take someone you trust to help you when you see your doctor. Like

- Someone in your family
- A support worker
- A friend

You could practice what to say before you go.

How do I make choices with my doctor?



You have a say in looking after your health.

You can make your own choices when you see a doctor.



You can ask your doctor if there are different options to choose from.

Some of these choices could be

- Take a test like a blood test



- Make a health plan like a plan to eat healthy



- Take medications and have treatment



- Get a referral like getting more support from a specialist health worker.

How to get support



You should always talk to your doctor about your health.



You can call **Healthdirect** at any time if you cannot get to your doctor.

They can give you information on the phone.

Call **1800 022 222**.



You can call National Relay Service anytime if you find it hard to hear or speak.

Call **1300 555 727**.

Or text **0423 677 767**.



My Health Matters Folder helps you tell doctors and other health workers what is important to you.

If you would like the My Health Matters folder

- Call **1800 424 065**
- Email **health@cid.org.au**
- Website **www.cid.org.au/mhm**



View all our Easy Read health information guides here

www.cid.org.au/health-guide

My health check list

You can tick the boxes you like



I am in control of my health when

☐ I get health checks at least 1 time a year



☐ I know my signs of sickness



☐ I get new prescriptions before my medication is finished



☐ I ask for more information when I need it



☐ I know what to take when I go to my doctor



☐ I get support to speak up if I need it



☐ I tell my doctor to give me time



☐ I tell my doctor ways to support me to understand



☐ I make choices with my doctor



This information guide was written in July 2009.

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Australian Government

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Council for
Intellectual Disability



health@cid.org.au

1800 424 065

www.cid.org.au