



My Health Matters

Made by Council for Intellectual Disability

About this folder



This is a folder for all of your health information.



You can use it to write what you want people to know about your health.



You can take it with you when you see your doctor or health worker.



It will help your health workers learn more about you and your health.



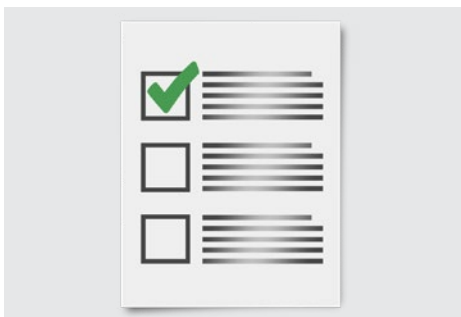
Take your time to fill in this folder.



You can ask someone you trust to help you with it.



You can choose the information you want to share.



You do not have to answer all the questions in this folder.



There is a lot of personal information in this folder.



Keep the folder in a safe place where no one else can see it.



A safe place might be in a

- Drawer in your bedroom
- Cabinet at your home.



Only share the information with people you trust like your doctor.

Contents



Part 1 **About me**

Use this part to tell people all about you.

You can fill in forms like

- How to support me
- What I like
- What I do not like.



Part 2 **My medical information**

Use this part to tell people about your medical information.

You can fill in forms like

- My important health information
- My important contacts
- Health choices.



Part 3 **Tools for my appointment**

Use this part to show health workers how you are feeling.

You can use tools like

- How sick I feel today
- I have these feelings today

Contents



Part 1 About me

- My personal information
- How I tell people things
- How to tell me things
- How to support me
- What I like
- What I do not like
- How I live
- About my disability

My personal information



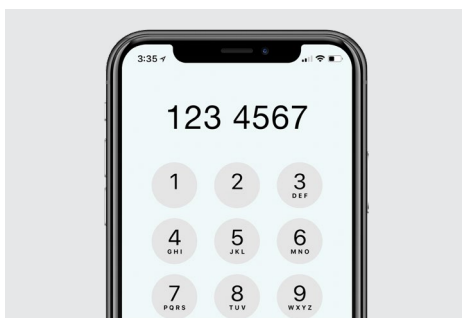
My name is



I was born on this date



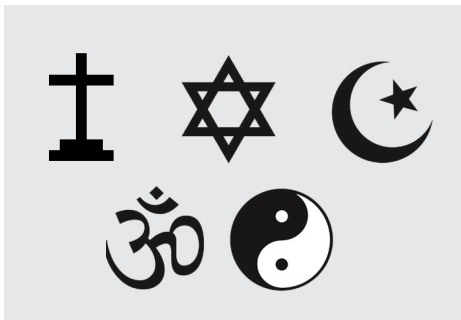
My address is



My phone number is



My email address is



My **religion** is

Religion means ideas about life and God or Gods.



I speak

☐ English

☐ Another language which is

How I tell people things



Health workers need to know how you tell people

- What you want
- What you need
- If something is not right.



This will help them know how to talk to you.



This next part is about how you tell people things.



Tick the boxes that are right for you.

I tell people things with



☐ Words



☐ Photos



☐ A communication board



☐ A tablet or computer



☐ Sign language



☐ My eyes



☐ In other ways like



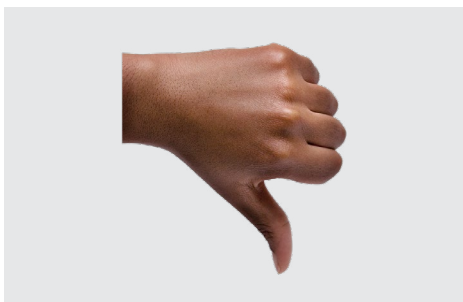
Some people do not use words to tell other people things.



Health workers need to know how you answer questions without words.



Write down how you say yes



Write down how you say no



Write down how you say I do not know

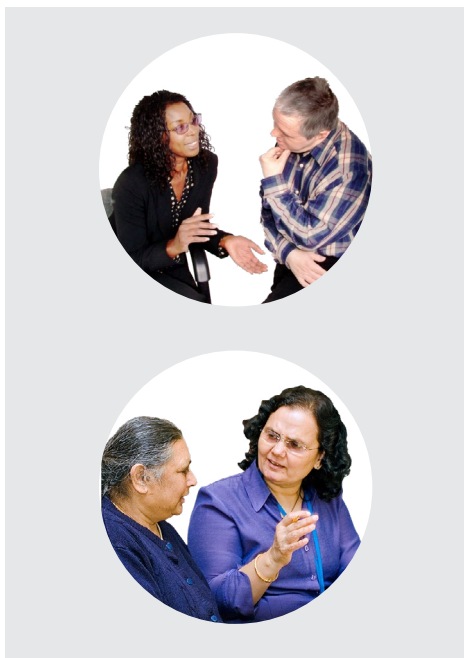
How to tell me things



This part tells health workers how to talk to you about things.



Tick the boxes that are right for you.



I can understand people better when they

☐ Speak in a clear way

☐ Say 1 thing at a time



☐ Use easy words



☐ Write things down



☐ Show me photos



☐ Give me time to think

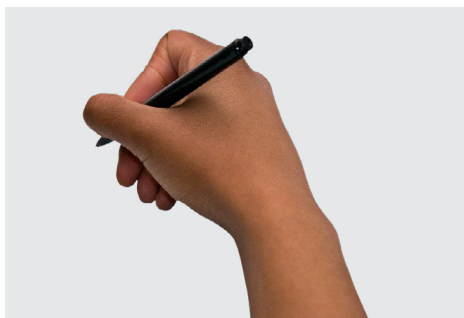


☐ Give me time to speak



☐ In other ways like

How to support me



Write down how people can support you.



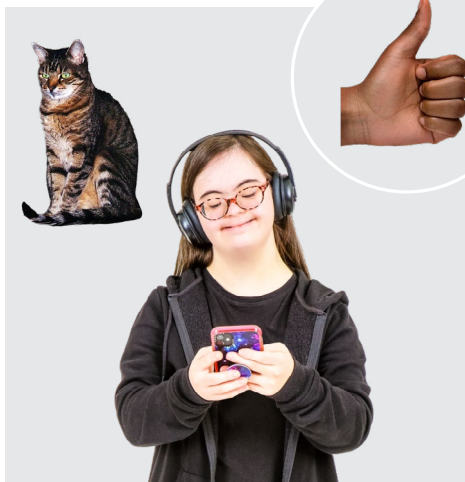
This might be things like

- Give me information in Easy Read
- Talk to me about things I like when I am scared
- Remind me about **appointments**.

Appointments are meetings with health workers to talk about your health.



What I like



Use this page to write down what you like.

This might be

- Things you like to do
- People or pets you like
- Your favourite movie or music.



What I do not like



Write down what you do not like.

This might be things or people

- You do not like
- That make you upset
- That scare you.



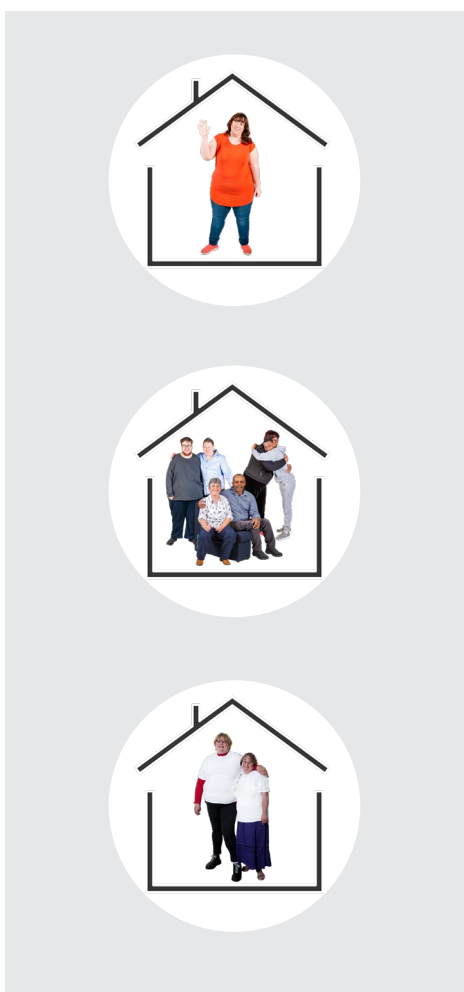
How I live



Use this part to tell others who you live with.



You can tick the boxes that are right for you.



I live

☐ On my own

☐ With my family

☐ With my partner



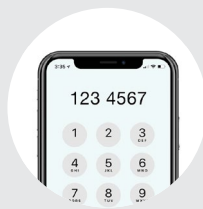
☐ With other people like friends or flat mates



☐ In a group home

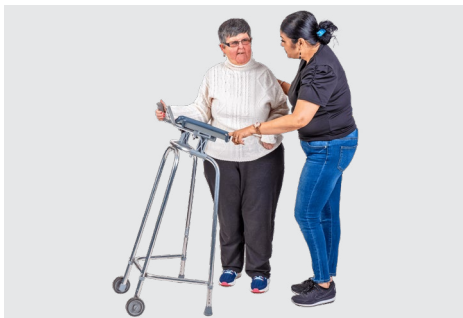


Name of the main person who supports me in my group home



Phone number

About my disability



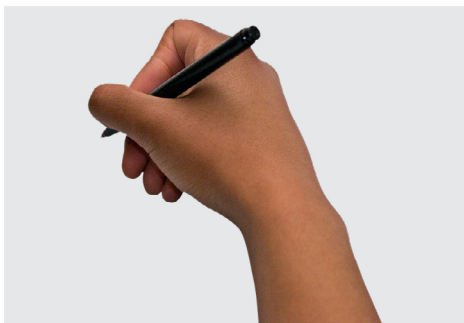
You can tell your health worker about your disability.



It will help them understand your health needs better.



It is OK if you do not want to share information about your disability.



You can write information that you would like to share here.

This might be things like

- The type of disability you have
- How long have you had your disability.



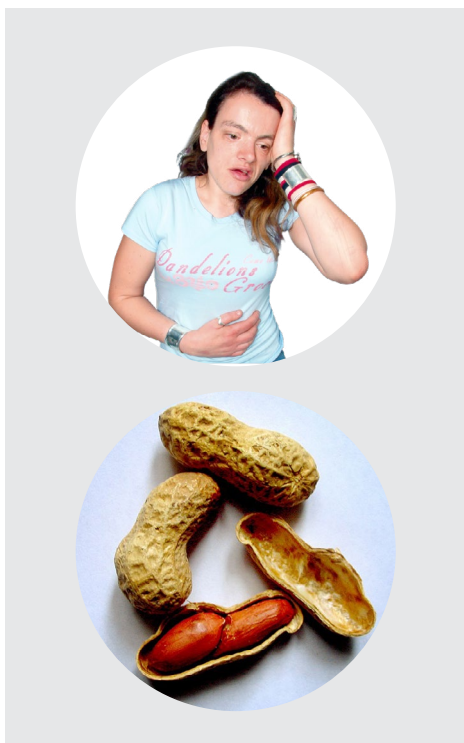
Contents



Part 2 My medical information

- My important health information
- My important contacts
- My card numbers
- My private health insurance
- My NDIS plan
- Speaking up with my health workers
- Health choices
- People who support me to make health choices
- My medical history
- My medicine
- My health workers
- My health plans

My important health information



Use this page to tell us about your important health information.

This might be

- Health issues you have now
- Things you are **allergic** to.

Allergic means you may get very sick from some things like medicines, nuts or bees.

You can write below



My important contacts



Health workers may need to talk to the important people in your life.



You can write down the names of the important people in your life.

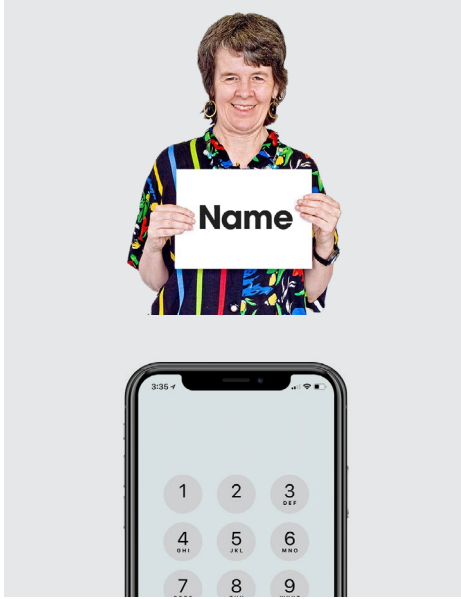


This could be a

- Partner or family member
- Friend
- Support worker
- **Guardian.**



A **guardian** is someone who can make decisions for you.

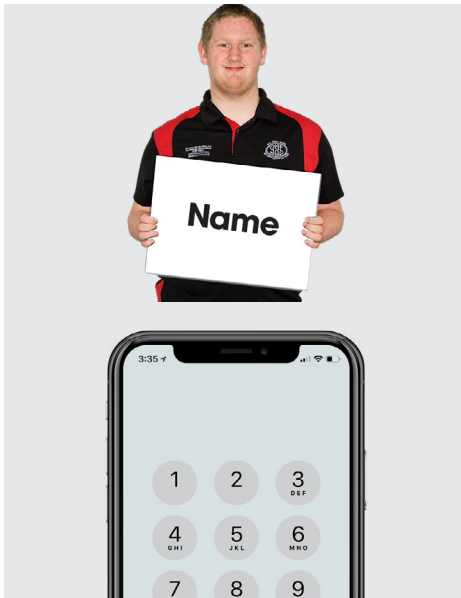


Name _____

Phone number

Call this person when I get health care.

☐ Yes ☐ No

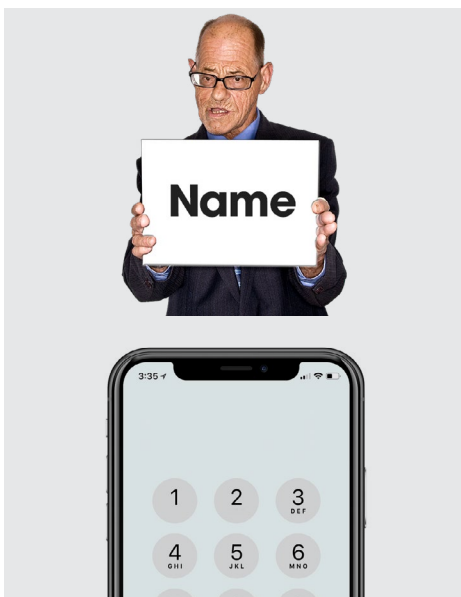


Name _____

Phone number

Call this person when I get health care.

☐ Yes ☐ No



Name _____

Phone number

Call this person when I get health care.

☐ Yes ☐ No

My card numbers



On this page you can fill in all of your card numbers.



My Medicare number is



My Health Care card number is



My pensioner concession card number is

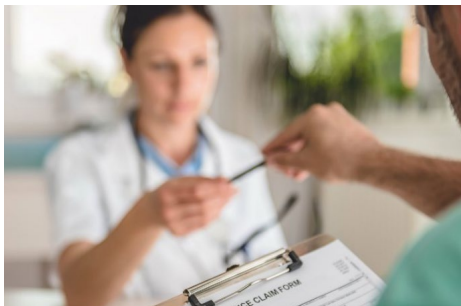
My private health insurance



Some people have private health insurance.



That means they pay money to get extra health care.



I have private health insurance.

☐ Yes

☐ No



My private health insurance is called



My private health insurance card number is

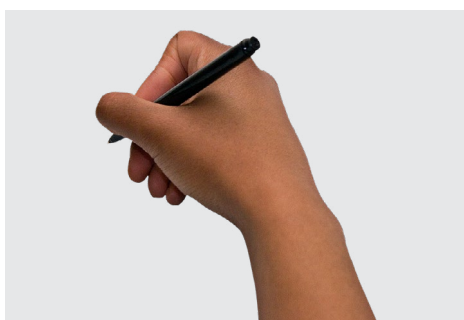
My NDIS plan



I have an NDIS plan.

☐ Yes

☐ No



My NDIS number is



My next **plan reassessment meeting** is on this date

Plan reassessment meeting is when you look at your NDIS plan with an NDIS worker.



My NDIS plan ends on this date

Speaking up with my health workers



Health workers will sometimes do things like

- Check if you have a fever
- Ask you for a blood test.



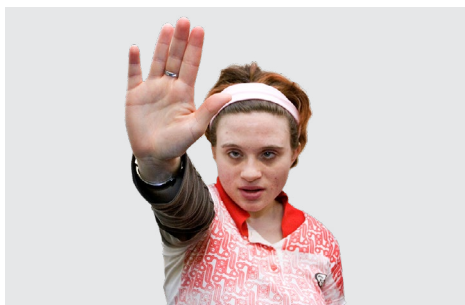
Health workers should ask if you understand what they want to do.



They should ask you if it is ok.



They should check you are still ok when they do it.



You can tell them to stop at any time.

Health choices

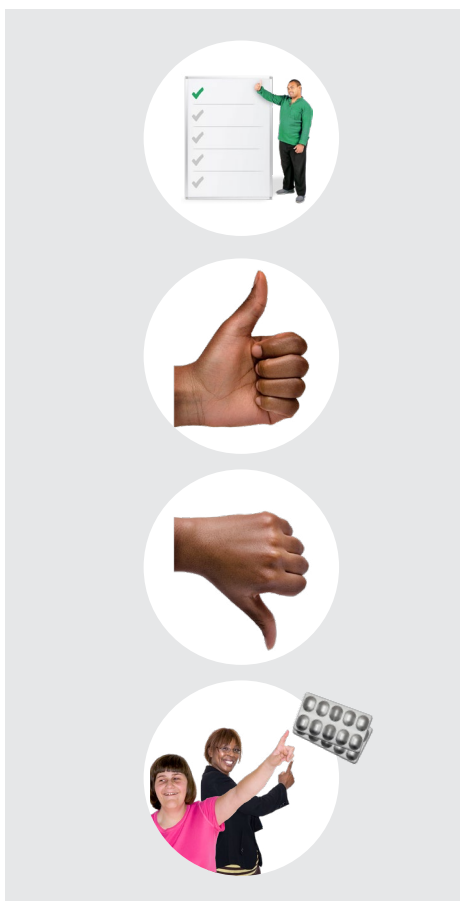


You can make **health choices** about things like

- Doing a test like a blood test
- Taking medicines.



You can tell your health workers if you need support with your **health choices**.



Tick the box that is right for you.

I make my own health choices.

☐ Yes

☐ No

☐ Sometimes

People who support me to make health choices

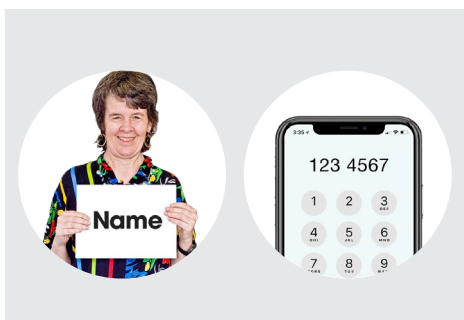


Write down the people who support you to make health choices.



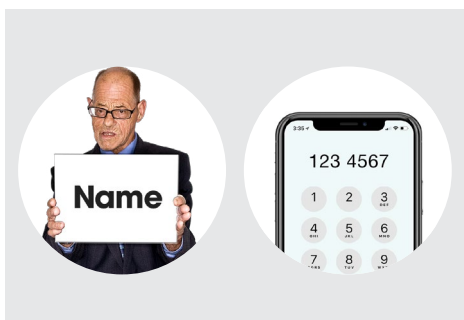
This could be a

- Partner or family member
- Friend
- Support worker
- Guardian.



Name

Phone number



Name

Phone number

My medical history

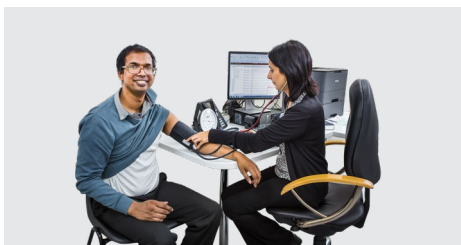


You can ask your doctor to write down your **medical history**.



Your **medical history** means

- Your health issues
- Times you went to the doctor or hospital
- Your medicines.

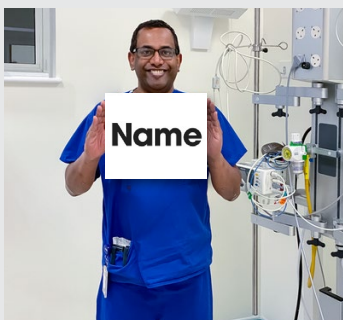


It is good to have a **annual health assessment** every year.

Annual health assessments are sometimes called health checks.



I had my last health check on this date



Name of the doctor who did my last health check



You can ask your doctor or house manager to write down your medical history here.



📅 This part was filled in on this date _____

👤 Name of person who filled it in _____

My medicine



It is important to tell your doctor about all the medicine you take.



You can bring all your medicine when you see your doctor.



You can use a box like a Webster-pak to keep your medicine in.



Ask your chemist to fill in the CID Tailorable Easy Read Medicine Letter.



The letter will say what your medicine is for and how to take your medicine.

You can find it here [cid.org.au/
resource/easy-read-health-letters](https://cid.org.au/resource/easy-read-health-letters)



You can ask your chemist to write your medicine list on this page.



Name of my chemist

Phone number

📅 This part was filled in on this date _____

My health workers



In this part you can write down all the doctors and health workers you see.



Name of my **doctor** or **GP**

Phone number



Name of my **dentist** who looks after my teeth

Phone number



Name of my **psychologist**
or **psychiatrist** who
supports my mental health

Phone number



Tick the boxes of other doctors or health workers you see.

It is OK if you see other health workers that are not on these pages.

☐

Behaviour Support
Practitioner

☐

Eye Doctor

☐

Hearing Specialist

☐

Speech Therapist

☐

Occupational
Therapist

☐

Podiatrist

☐

Neurologist

☐

Dietitian

☐

Social Worker



Tick the boxes of other doctors or health workers you see.

It is OK if you see other health workers that are not on these pages.
You can write details for all your health workers on the next page.

☐

Physio

☐

Exercise Physio

☐

Disability Liaison
Officer

☐

Aboriginal Health
Worker

☐

Nurse

☐

Other specialist



The CID My Health Worker Guide says more about
different health workers and what they do.

You can find it here cid.org.au/resource-category/health



You can write details for all your health workers here.



Name of my.....

Phone number



Name of my.....

Phone number



Name of my.....

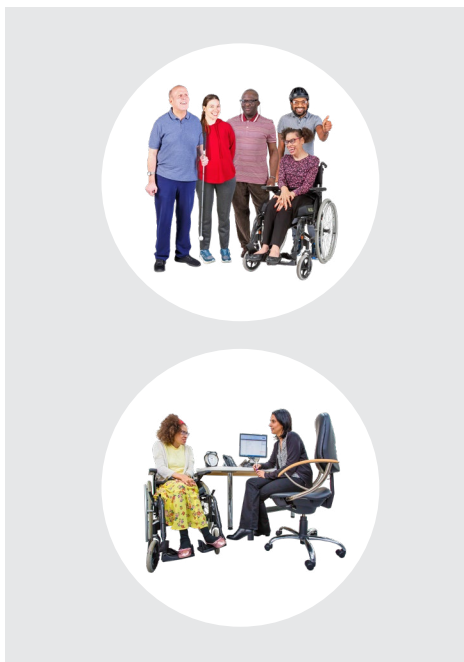
Phone number



Name of my.....

Phone number

My health plans



Some people have **health plans**.

Health plans help you

- Look after your health
- Give information to your health workers



You can tell your health workers about your health plans.



You can also put copies of your health plans into this folder.



Tick yes or no for each of the health plans.



A **meal time plan** says

- what to eat and drink
- how to safely eat and drink.



I have a **meal time plan**.

☐

Yes

☐

No



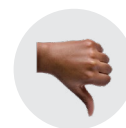
A **feeding plan** is for people that get food with a feeding tube.



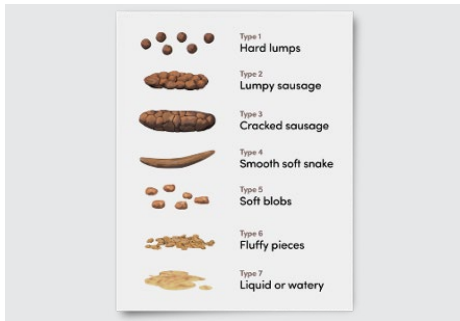
I have a **feeding plan**.

☐

Yes

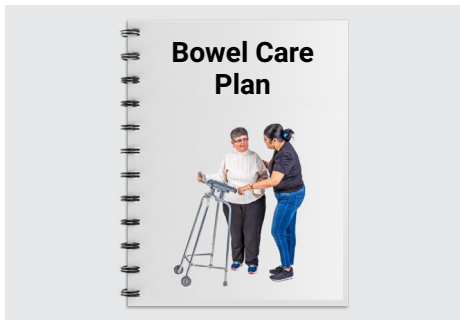
☐

No



A **bowel care plan** says

- What your poo should look like
- How to support you if your poo changes



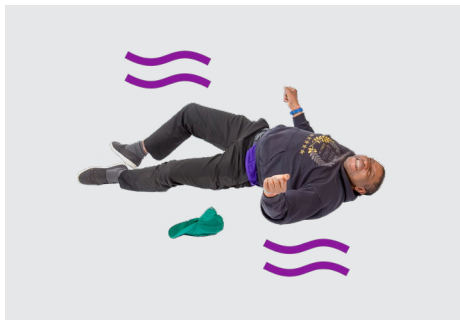
I have a **bowel care plan**.



☐ Yes

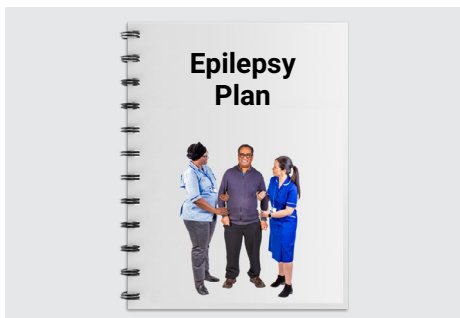


☐ No



An **epilepsy plan** tells others what to do when you have a **seizure**.

Seizure means something in your brain changes how you move and feel.



I have an **epilepsy plan**.



☐ Yes



☐ No



You might have a **behaviour support plan** if people have trouble knowing what you want and need.

This might happen when

- You feel sad or sick
- You want or need something
- You do not have the right support

A behaviour support plan helps other people to know what makes you feel happy and safe.



I have a **behaviour support plan**.



☐ Yes



☐ No



A **mental health plan** says how you look after your mental health.

Mental health means how you feel and cope with things.



I have a **mental health plan**.



☐ Yes



☐ No

I have other health plans like



Contents



Part 3 Tools for my appointment

- How sick I feel today
- Pain I feel today
- I have these feelings today
- My body
- Things I want to ask my health workers
- Notes

How sick I feel today



Use this page to say how sick you feel.

You can use the faces to show your health worker.



☐ Great



☐ OK



☐ Sick



☐ Very sick

Pain I feel today



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

You can use the faces to show your health worker.



☐ No pain



☐ A bit of pain



☐ A lot of pain



☐ Worst pain

I have these feelings today

You can point at the feelings that are right for you today.



☐ Happy



☐ Excited



☐ Stressed



☐ Confused



☐ Scared



☐ Angry



☐ Sad

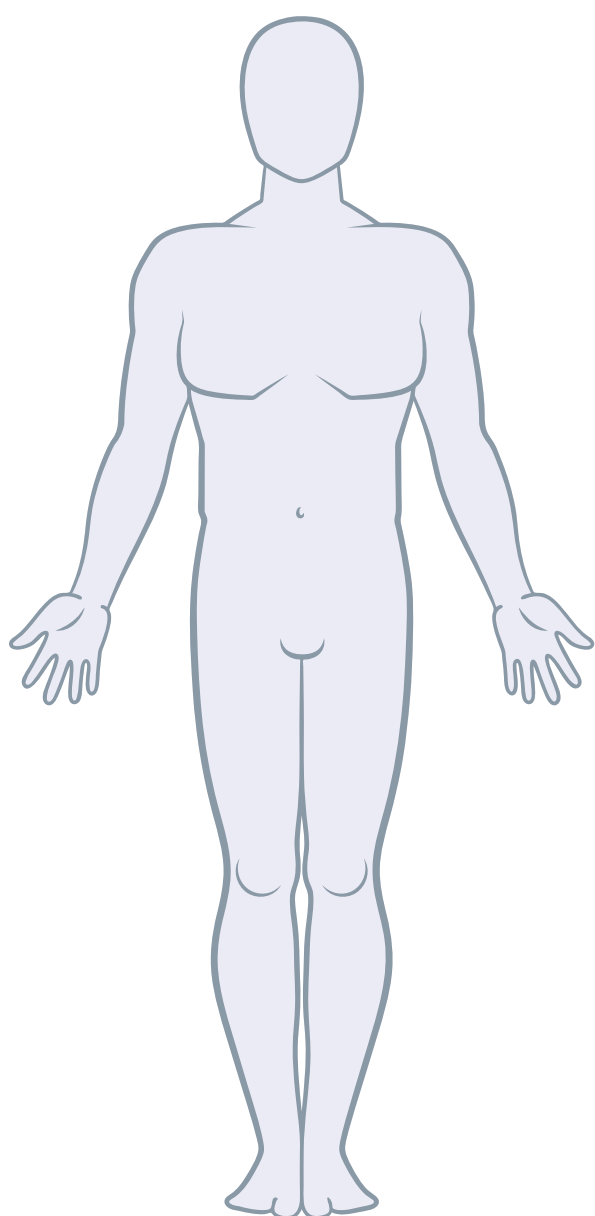


☐ OK

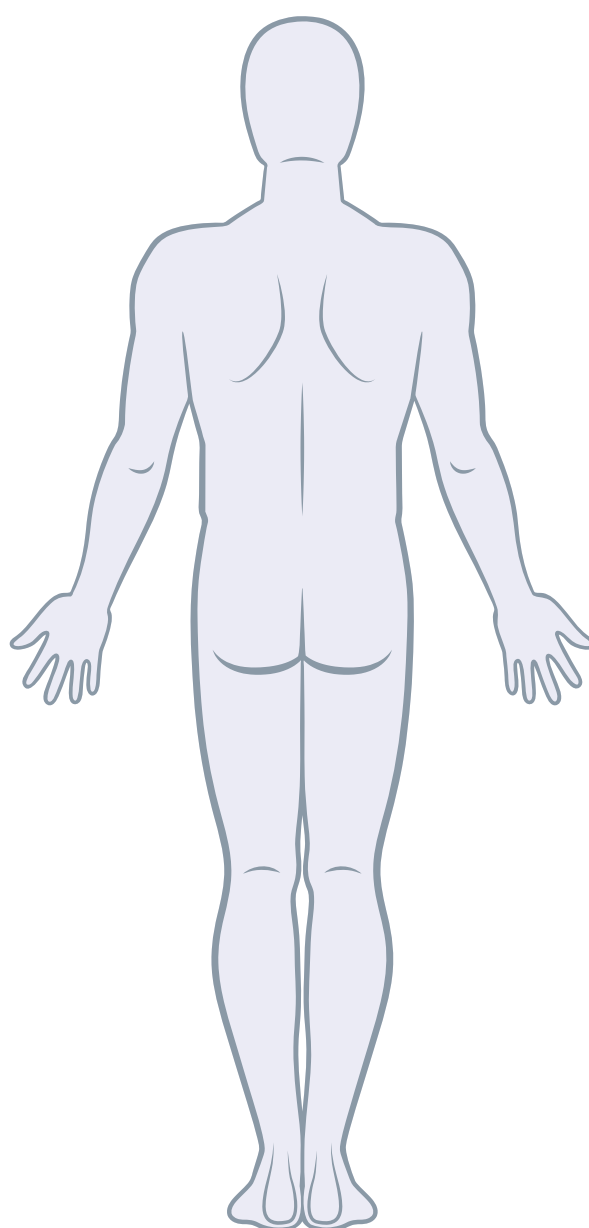
My body

You can use this page to point at where something hurts or bothers you.

It is OK if you do not want to use this page.



Front




Back

Things I want to ask my health workers

📅 Date _____



Notes

 Date _____

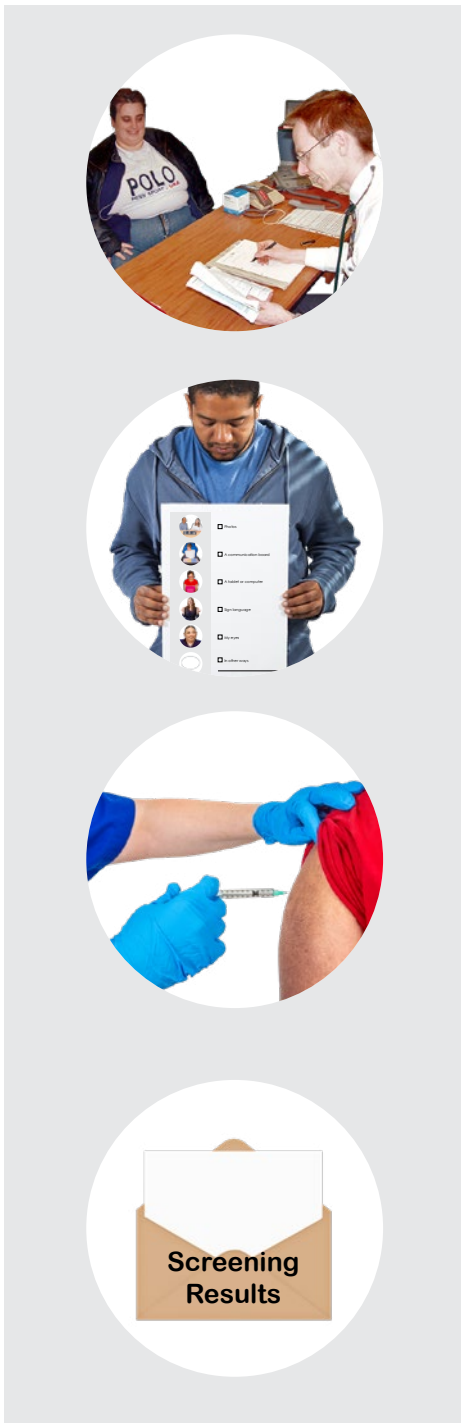


You can print this page many times.

This page can be used in any part of the folder if you need extra space to write more things.



This is the end of your My Health Matters Folder.



You can add things to the folder like

- Letters from your doctor

- **Communication profile**

Communication profile is a paper that lets people know how you tell them things.

- **Vaccination history**

Vaccination history is your list of the dates when you got a vaccine.

- **Screening results**

Screening results are things like letters or photos after you had a scan or test.



Council for
Intellectual Disability



**This is the new My Health
Matters Folder.**

**Council for Intellectual Disability
made this folder in 2023.**

**We made it together with
people with intellectual
disability and health workers.**

**We want to thank everyone
who helped make it.**

**We got money from the
Australian Government to make
this folder.**

**The money is part of a program
called Information Linkages
and Capacity Building.**

**For more information
contact CID**



Call 1800 424 065



Email health@cid.org.au



Website www.cid.org.au



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CID health resources**