



# My Health Cards

Conversation cards to talk  
about your health







CID works on Gadigal and Wiradjuri lands and many more lands in NSW.

We show our respect to all First Nations people.  
We can learn many things together.


First Nations people should be aware that these cards may have images of people who have died.





## How to use these cards for people with intellectual disability

A decorative background featuring a pattern of purple and blue circles and abstract shapes. A white rounded rectangle is overlaid on the pattern, containing text and a logo.



### How to use these cards for people with intellectual disability

My Health Cards are for people with intellectual disability.

These cards support you to

- Talk with health workers
- Be ready for health appointments.





## How to use these cards for people with intellectual disability



### How to use these cards for people with intellectual disability

You can use these cards to talk about

- Things you like
- Your physical health
- Things that might make you feel stressed or unwell.



## How to use these cards for health workers

### About these cards

The My Health Cards help health professionals to communicate with adults with intellectual disability in a more inclusive way.

They can be used by any health professional. For example, GPs, other medical specialists, psychologists, speech therapists, occupational therapists, physios, social workers etc.







## How to use these cards for supporters

### About these cards

These cards can help family members and support workers to have health conversations with the person with intellectual disability.

The My Health Cards empower adults with intellectual disability to build connections with their health workers, to speak about topics that could be stressful or hard to discuss, and to prepare for health appointments.







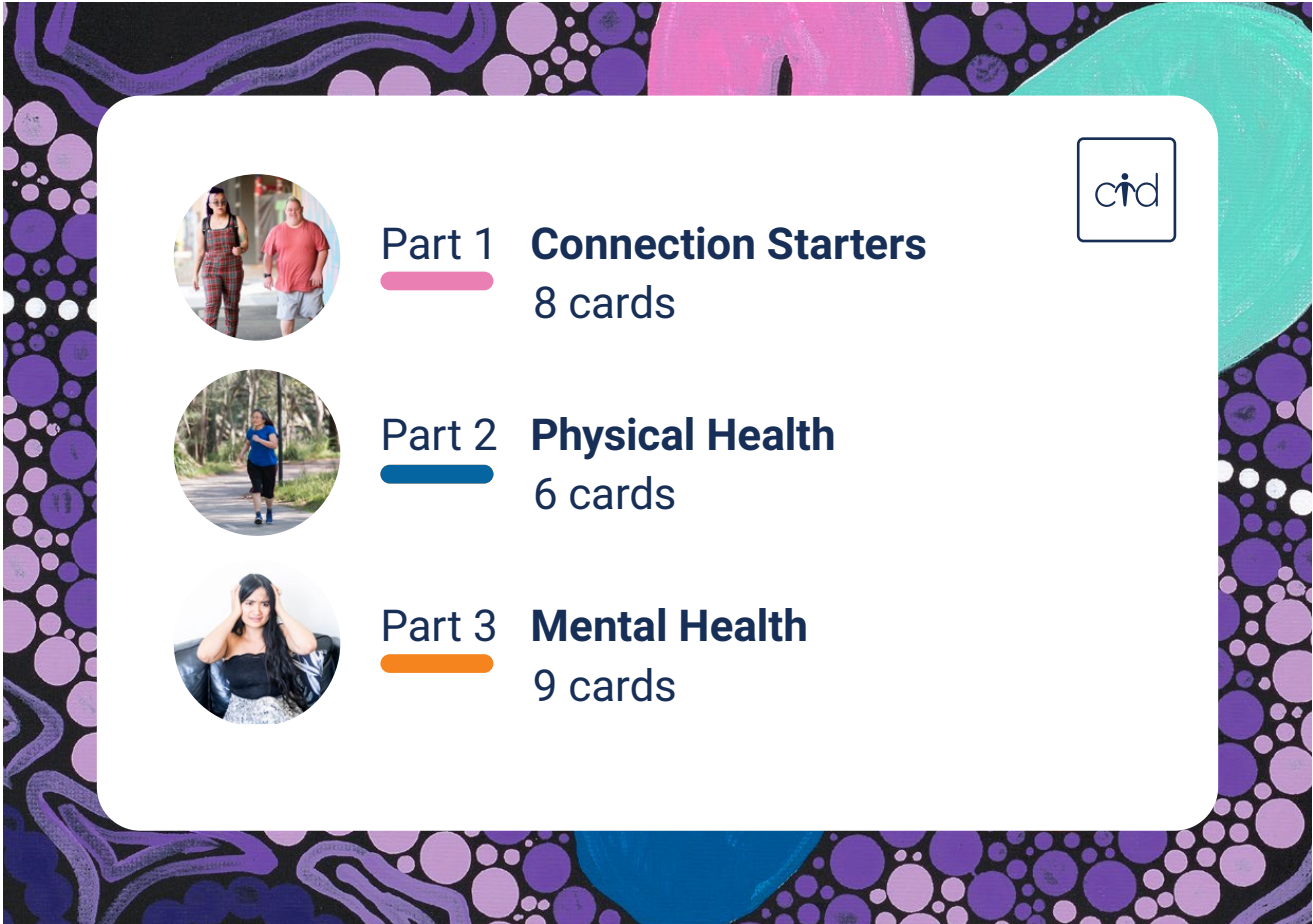
**Part 1** **Connection Starters**  
8 cards



**Part 2** **Physical Health**  
6 cards



**Part 3** **Mental Health**  
9 cards







There are 23 cards.

You do not have to use all the cards.

You can use the cards that you like.

Use one card at a time.







# Connection Starters



## How to use these cards

Use these cards to talk about yourself so people can get to know you.

The cards can support you to say the things that are important to you.

Connecting with people is important for your health.



**What are some things  
you like to do?**



Turn me over



Here is an idea.

Rowena likes to listen to music.

**What are some things you  
like to do?**



**What are some things  
you are good at?**



Turn me over



Here is an idea.

Minh is good at painting.

**What are some things you are  
good at?**



**What is the most important thing about your health today?**



Turn me over



Here is an idea.

A healthy diet is very important for Maria's health today.

**What is the most important thing about your health today?**

# How do you want to be healthy?



Turn me over



Here is an idea.

Jorge wants to go for walks every weekday with his friend.

# How do you want to be healthy?



**If you were an animal  
what animal would you be?**



Turn me over



Here is an idea.

Minh says she is like a puppy  
because she is very friendly.

**If you were an animal what  
animal would you be?**

**Do you have people who support you to stay healthy?**



Turn me over



Here is an idea.

Daniel says his mum supports him by cooking healthy meals.

**Do you have people who support you to stay healthy?**



**Do you have people who support you to feel safe?**



Turn me over



Here is an idea.



Valentina says her family supports her to feel safe when they listen to her.

**Do you have people who support you to feel safe?**

# How do you stay connected with people you are close to?



Turn me over



Here is an idea.

Brad talks to his friend on the phone every Tuesday.

# How do you stay connected with people you are close to?





# Physical Health



## How to use these cards

Use these cards to talk about your physical health.

It is important for your health to think about the food you eat and activity you do.

The cards can support you to talk about the activities you like and what you would like to start doing.

**What is your favourite  
healthy activity?**



Turn me over



Here is an idea.

Patricia likes to do boxing.

**What is your favourite healthy  
activity?**



**What is your favourite  
healthy food?**



Turn me over



Here is an idea.

Amy likes to eat sushi for  
dinner every Friday.

**What is your favourite  
healthy food?**

**Where do you feel healthy  
in your body?**



Turn me over



Here is an idea.

Rowena's legs make her feel  
healthy when she runs.

**Where do you feel healthy in  
your body?**



# What things make your body feel good?



Turn me over



Here is an idea.

Charlie feels good when he has quiet time to relax.

# What things make your body feel good?

**What do you do that makes you feel less healthy?**



Turn me over



Here is an idea.

Jorge gets a headache when he watches the TV for too long.

**What do you do that makes you feel less healthy?**



# What do you do to stay healthy at work or school?



Turn me over



Here is an idea.

William and his team go for a walk during their lunch break at work.

# What do you do to stay healthy at work or school?



# Mental Health



## How to use these cards

It is important for your mental health to talk about how you feel.

Use these cards to talk about your mental health.

It is important to say how your body feels when you have different emotions.

It is important for your health to think about what places feel safe.



# What makes your mind feel good?



Turn me over



Here is an idea.



Jon feels good in his mind when he goes to the library to read books.

# What makes your mind feel good?

# What makes your mind feel bad?



Turn me over



Here is an idea.



Jorge feels bad in his mind when he spends too much time alone.

## What makes your mind feel bad?



**What activity helps you  
stay calm?**



Turn me over



Here is an idea.



When Danielle feels  
stressed she breathes slowly  
to feel more calm.

**What activity helps you  
stay calm?**

**What places can you go  
to feel safe?**



Turn me over



Here is an idea.

Kaleb feels safe when he goes  
to his garden to smell the  
lemon leaves.

**What places can you go to  
feel safe?**



**Think about a feeling.  
Where do you feel this in  
your body?**



Turn me over



Here is an idea.



- When Philip feels excited he feels like moving his hands.
- When he is angry Philip feels his heart beat faster.

**Think about a feeling.  
Where do you feel this in your body?**

# What helps you feel better when you are not OK?



Turn me over



Here is an idea.



Charlie says he feels better when he speaks to people he trusts like his friends or a counsellor.

# What helps you feel better when you are not OK?



# What is it like for you to ask for mental health support?



Turn me over



Here is an idea.



- Valentina feels shy asking others for support sometimes.
- Valentina feels OK asking for support when her support worker is listening.

# What is it like for you to ask for mental health support?

# What are your hopes for a good life?



Turn me over



Here is an idea.

Sam hopes to be supported to live on their own.

# What are your hopes for a good life?



# How does your work or school support your mental health?



Turn me over



Here is an idea.

Danielles work has free counselling if she needs it.

## How does your work or school support your mental health?

## Yindyamarra Artwork



Meleisa Cox made the art on these cards.

Meleisa is a First Nations artist from Wiradjuri Country in Bathurst, NSW.

She learnt to paint to support her mental health and connect with her Aboriginal culture.

The artwork is about **Yindyamarra**.

**Yindyamarra** is a Wiradjuri word that means respect. It shows our connection to everyone who supports us.



Council for Intellectual Disability made these cards in 2023.

CID for short. We made it together with people with intellectual disability and health workers.

We got money from the Australian Government Department of Social Services to make these cards.

You need to ask CID if you want to use any pictures in these cards.

You can contact CID at [health@cid.org.au](mailto:health@cid.org.au)