



# **My Health Matters**

Made by Council for Intellectual Disability

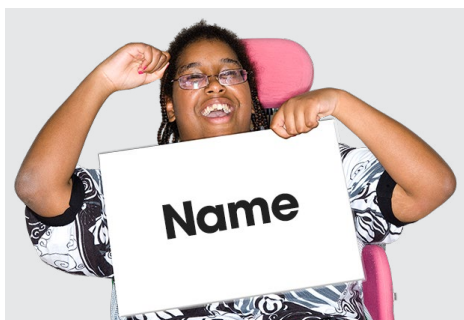
# Contents



## Part 1 About me

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

# My personal information



My name is

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I was born on this date

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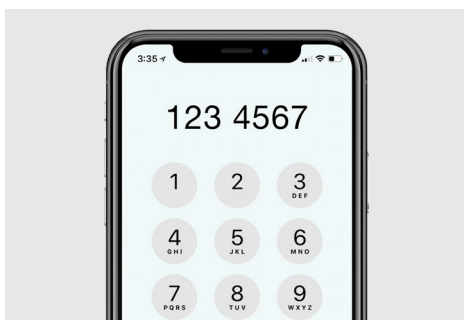


My address is

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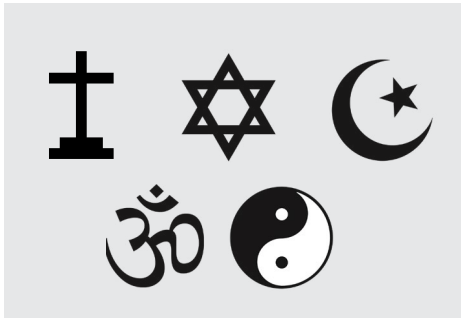
My phone number is

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My email address is

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My **religion** is

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**Religion** means ideas about life and God or Gods.



I speak

English

Another language which is

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## 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



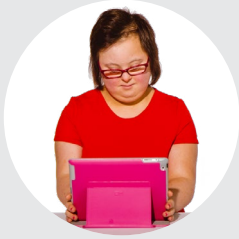
Words



Photos



A communication board



A tablet or computer



Sign language



My eyes



In other ways like

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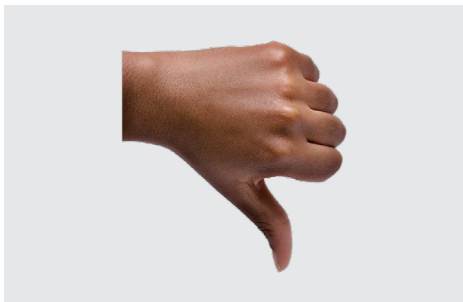
Some people do not use words to tell other people things.



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

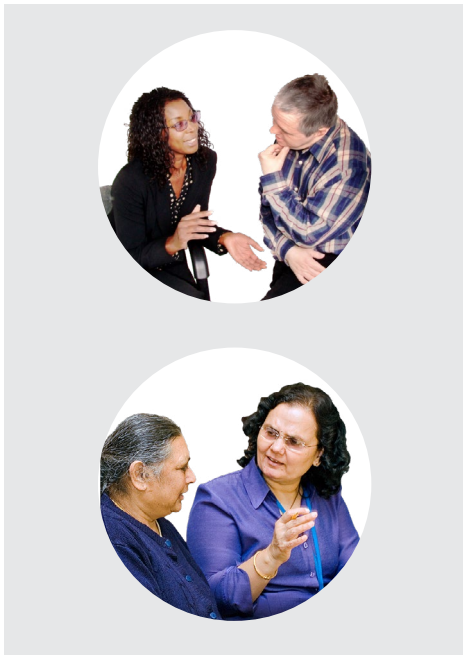
## How to tell me things



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.

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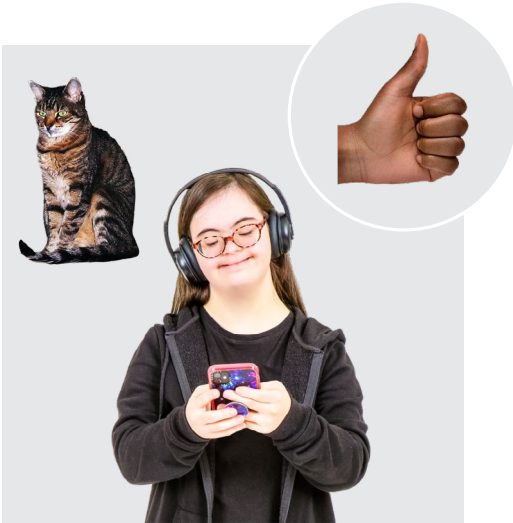
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# What I like



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.



You can write, draw or stick photos.

A large rectangular area with a purple border, containing seven horizontal lines for writing.

## 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.



You can write, draw or stick photos.

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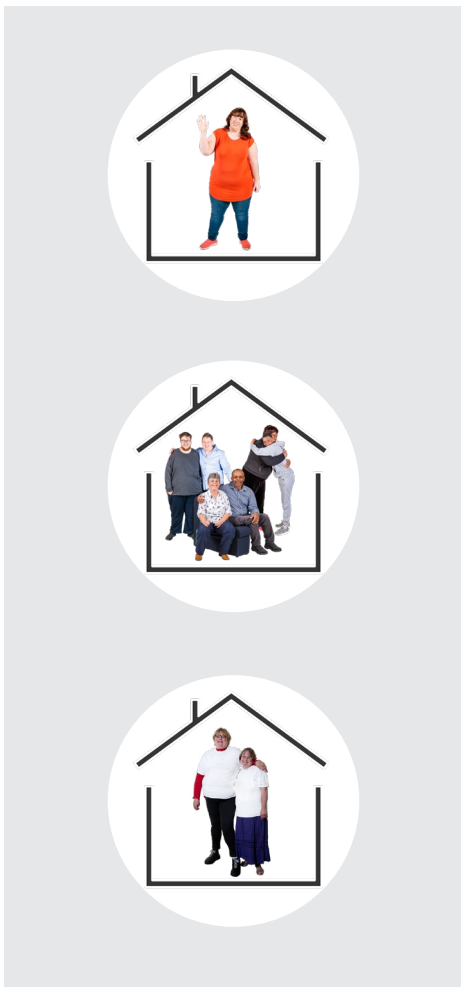
## How I live



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

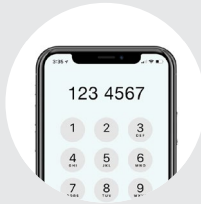


In a group home



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

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Phone number

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## 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.

A large rectangular area with a purple border and rounded corners, containing ten horizontal lines for writing.





**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](mailto:health@cid.org.au)**

 **Website [www.cid.org.au](http://www.cid.org.au)**



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