



My Health Matters

Made by Council for Intellectual Disability

Contents



Part 3 Tools for my appointment

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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

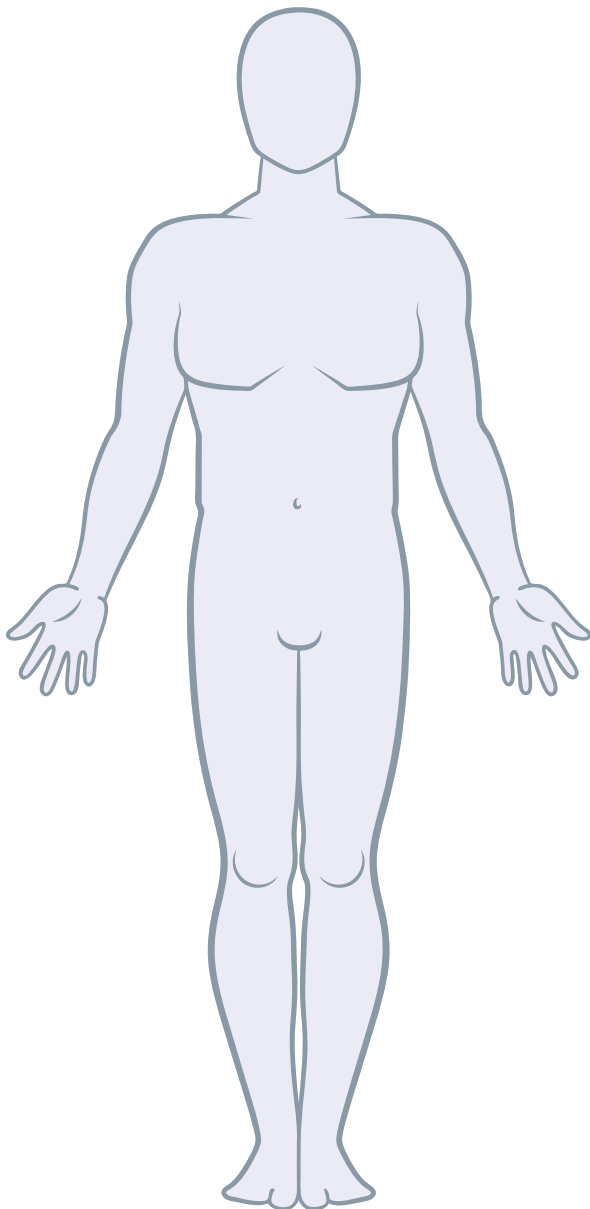


OK

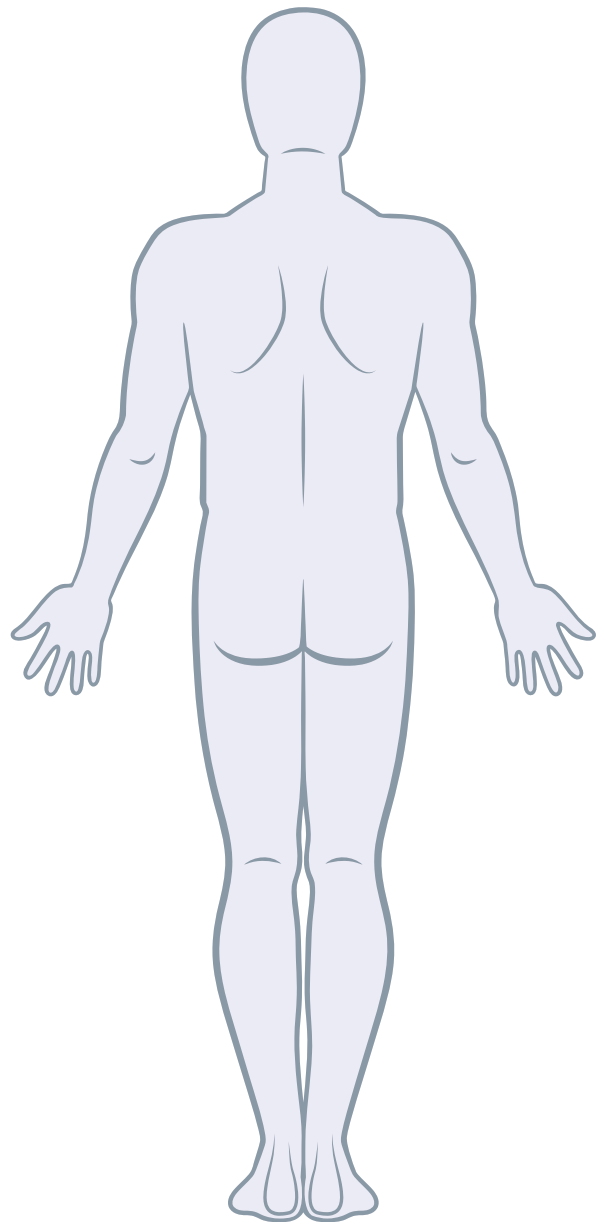
My body

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 _____



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

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