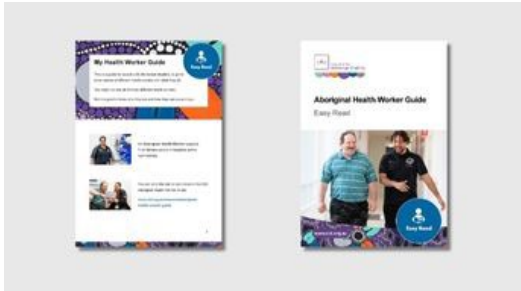


Health worker guides



We have 2 new Easy Read guides.

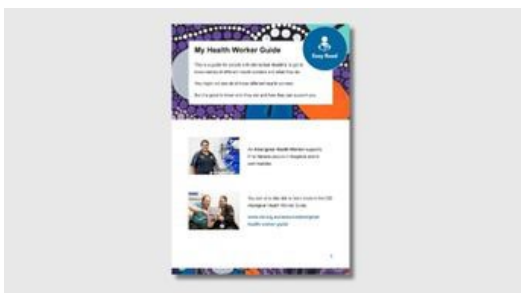
They are about **health workers**.



Health workers help people stay healthy.

The My Health Worker Guide talks about

- different kinds of health workers
- what they do.



Link: <https://cid.org.au/resource/health-worker-guide/>

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The Aboriginal Health Worker Guide talks about



- What are Aboriginal health workers
- How they can help First Nations people.

Link: <https://cid.org.au/resource/aboriginal-health-worker-guide/>

Resources for health workers



We have new resources for health workers.



You can share these resources with your health workers.



The Let's Yarn factsheet has 12 tips for health workers to communicate better with First Nations people with disability.

Link: <https://cid.org.au/resource/lets-yarn-factsheet/>

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The Let's Yarn poster has the 12 tips to put up on the wall.

Link: <https://cid.org.au/resource/lets-yarn-poster/>

What do the letters in LGBTIQ+ mean ?



This resource talks about what the letters in LGBTIQ+ mean.

Link: <https://cid.org.au/resource/lgbtiqa-fact-sheet/>



CID made it for Mardi Gras.

My Rights Matter Grants update



The My Rights Matter Grants gave money to projects about supported decision making.



Here are stories from 2 projects.



Me Plus More is making videos about supported decision making.

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They are posting the videos on Instagram.

Link:

http://www.instagram.com/me_plus_more/



They are also posting the videos on Facebook.

Link:

<https://www.facebook.com/meplusmore1>



Northcott Innovation and disAbility Maternity Care made resources about pregnancy.

Link:

<https://northcottinnovation.com.au/project/supportingwomenwithidduringpregnancy/>



The resources talk about:

- Medication

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- Talking with doctors, nurses and midwives



- Tests in pregnancy



- Care options



- Pain relief during birth

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- Contraception after birth.

Supported decision making workshops for support systems



We have a new supported decision making workshop.



The workshop is for you and your

- Family member or friend



- Paid support worker.

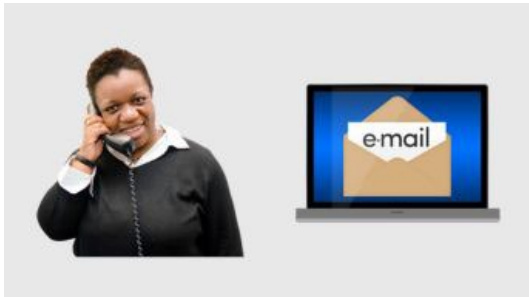
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In the workshop we will work through making a real life decision together.



At the end of the workshop everyone will know how to support you with your decisions.



If you and your support people would like us to do this workshop for you

- Email sdm@cid.org.au
- Call [1800 184 527](tel:1800184527).

Events



These events are coming up in April.

Advocacy Group - Online or in person

Who it is for: Members of the CID Advocacy Group

When: Thursday 11 April

Where: Online or in person

Cost: Free

Link: <https://cid.org.au/board-groups/>



Learn 2 Lead - Online or in person

Who it is for: Members of CID

When: Thursday 18 April

Where: Online or in person

Cost: Free

Link: <https://cid.org.au/board-groups/>



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More than Just a Job for Me - Sydney

Who it is for: People with intellectual disability

When: Wednesday 24 April and Wednesday 1 May, 10am to 3pm

Where: Sydney (venue TBC)

Cost: Free

Link: <https://cid.org.au/event/mtjj-for-me-apr-may/>

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Supported Decision Making Workshop for people with intellectual disability - Hornsby

Who it is for: People with intellectual disability

When: Monday 29 April and Tuesday 30 April, 1pm to 3pm, and Wednesday 1 May, 1pm to 2.30pm

Where: Unisson Disability Hornsby, Level 1 Suite 101/108-114 George Street, Hornsby

Cost: Free

Registration is coming soon.

Sign up at the link for updates.

Link: <https://cid.org.au/issues/my-rights-matter/my-rights-matter-workshops/#interest>

Join the CYDA board



Children and Young People with Disability Australia are looking for people to join their board.

They are called CYDA for short.



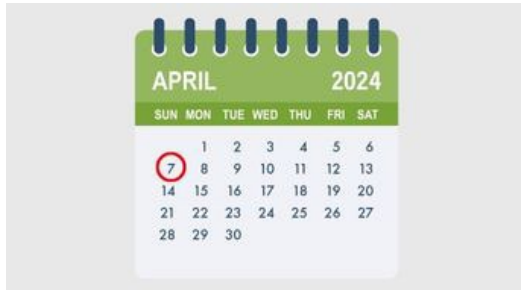
They are looking for

- Someone who has disability



- A family member of someone who has disability.

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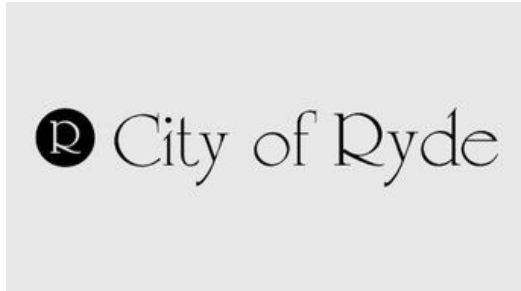
You have to apply by Sunday 7 April.



Get more information at the link.

Link: <https://cyda.org.au/an-opportunity-to-join-the-board-of-cyda/>

Job at City of Ryde



The City of Ryde wants to work with a person with intellectual disability.



The job is called Community Development Project Administrator.



They want to work with someone who can

- Help with events

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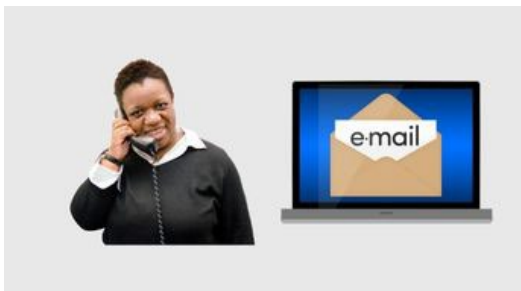
- Give information to people and other organisations



- Look after their database



- Take notes at team and community meetings.



If you are interested in the job you can

- Call Jennie at [0481 452 278](tel:0481452278)
- Email jennied@ryde.nsw.gov.au

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Learn more and apply for the job at the link.

Link:

<https://ryde.applynow.net.au/jobs/COR1325-community-development-project-administrator>



You have to apply by Friday 12 April at 11.30pm.

Focus on Ability Short Film Festival



Focus on Ability is a short film festival.

Link: <https://focusonability.com.au/>



They want to see films that

- Are 5 minutes long



- Celebrate people with disability

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You can send a video to them until Friday 12 July.

In Control My Way



CYDA made resources for young people with disability.

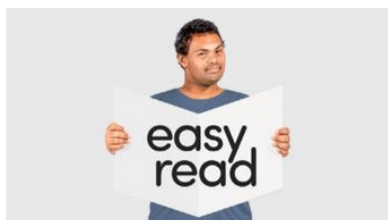


The resources are called In Control My Way.

Link: <https://cyda.org.au/resources/in-control-my-way/>



The resources are about the NDIS.



Many of the resources are in Easy Read.

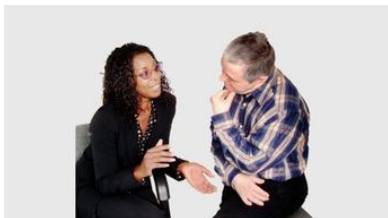
Thinking about the future



Intellectual Disability Mental Health Connect made a new resource.



It is about making plans about getting older.



It talks about

- Guardianships



- Power of attorney

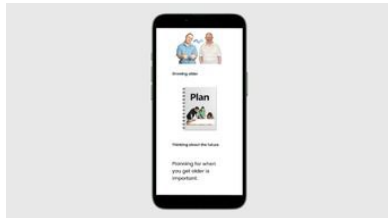
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You can download the guide as a PDF here.



Link:

<https://idmhconnect.health/sites/default/files/media-document/Growing-older-Easy-Read.pdf>



You can read the guide online here.

Link: <https://idmhconnect.health/moving-services/ER2#growing-older>

Study about palliative care



3DN at UNSW is looking for people to test some resources.



The resources are about **palliative care**.

Palliative care means keeping someone comfortable at the end of their life.



They want to talk to people who live in

- South Western Sydney Local Health District
- South Eastern Sydney Local Health District.

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You can see which local health district you live in on this map.



Link:

<https://www.health.nsw.gov.au/lhd/Pages/lhd-maps.aspx>

The researchers want to talk to



- people with intellectual disability
- aged 18 and older
- who are at the end of their life and using palliative care services.

Learn more about the study at the link.



Link:

<https://www.3dn.unsw.edu.au/projects/improving-palliative-care-services-people-intellectual-disability>

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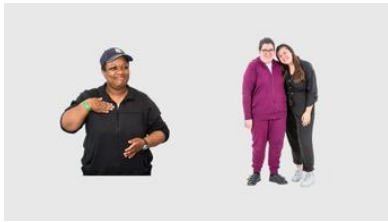


If you have any questions

- Call Amanuel at [\(02\) 9348 0111](tel:(02)93480111)
- Email IDPalliativeCare@unsw.edu.au.

Study about surgery and anaesthesia

A researcher at Western Sydney University wants to hear from



- People with intellectual disability
- Their families and carers

She wants to hear from people who have



- Had surgery at hospital
- Been under general anaesthesia.

Download the Easy Read flyer here.



Link: https://cid.org.au/wp-content/uploads/2024/03/Easy_Read_Participant_Information.pdf



If you have any questions, email Jennifer at 19900911@student.westernsydney.edu.au.