

# My Health Worker Guide



This is a guide for people with intellectual disability to get to know names of different health workers and what they do.

You might not see all of these different health workers.

But it is good to know who they are and how they can support you.



An **Aboriginal Health Worker** supports First Nations people in hospitals and in communities.



You can click this link to learn more in the CID Aboriginal Health Worker Guide.

[www.cid.org.au/resource/aboriginal-health-worker-guide](http://www.cid.org.au/resource/aboriginal-health-worker-guide)



**Audiologists** look after your ears and how you hear.

Another way to say audiologist is **hearing specialist**.



**Behaviour support practitioners** support people who find it hard to express what they want and need.



They work on a **behaviour support plan**.

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



A **chemist** supports people to get the right medicine.

Another way to say chemist is **pharmacist**.



Chemists can give you medicine when you get a script from a health worker.

Chemists can support you to know how to take your medicine.



**Dentists** look after the health of teeth and mouth.

A dentist can

- Clean your teeth
- Do a mouth scan
- Do tooth fillings.





**Dietitians** support people with what they eat.

Dietitians can make a plan with you when you want or need to eat healthier.



Dietitians can support you if you need to change how you eat.



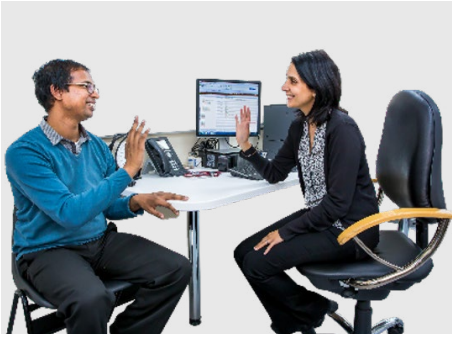
Hospitals have health workers who support people to get the right health care.

They can be called

- **Disability Liaison Officer**
- **Patient Liaison Officer**



**Exercise physios** support people with exercise programs for healthy bones and muscles.



**General practitioners** can be the first person you see when you have a health worry.

We say **GP** for short.

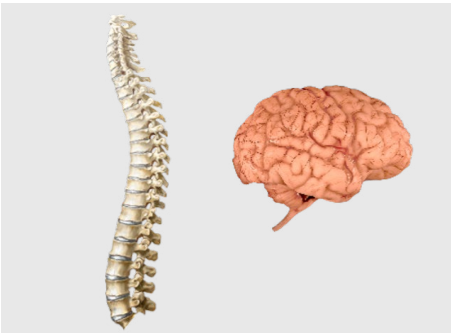
You can go to a GP for a health check.



A GP can

- Make a health plan with you
- Tell you if you need medicine
- Say if you need to see another doctor
- Say if you need to get some tests.

A test could be like a blood test or scan.



**Neurologists** look after your brain and inside your spine.

This is called the **nervous system**.



The **nervous system** controls many things our body does like

- How our body moves
- Our feelings
- How we think.



**Nurses** support people when they are sick or hurt.

A nurse can

- Give you medicine
- Support you to follow your health plan
- Support you with daily activities.



**Obstetricians and gynaecologists** support women with their health.

We say **OB GYN** for short.

OB GYNs know a lot about female body parts.



**Occupational therapists** support people to do every day things that may be difficult.

We say **OT** for short.



OTs can also work out what things someone needs support for.

This is called an assessment.



**Optometrists** look after the health of your eyes.

Another way to say optometrist is **eye doctor**.



**Physiotherapists** support people to feel better in their bones and muscles.

We say **physio** for short.



**Podiatrists** support you to look after your feet and ankles.

Podiatrists can give you

- exercises
- inserts for your shoes
- medicine.



A **psychiatrist** supports people when they need medicine for their mental health.

Psychiatrists can support you to talk about your mental health.





**Psychologists** listen to people to support their mental health.

Psychologists give advice to support people feel better.

They support people to talk about their mental health problems.

They can give advice if you want to change how you feel or do things.



**Radiologists** take images of inside your body to see if it is working well.

These images can be

- X-rays
- Ultrasounds
- Other scans.



**Social workers** support people to make choices when they have problems in their lives.

They can support people with things like

- Feelings
- Relationships
- Housing.





**Speech therapists** support people to communicate better.

We say **speechie** for short.

Speech therapists can also support people when they have trouble to eat safely.



**Urologists** support men with their health.

Urologists know a lot about male body parts.

Urologists also support men and women with problems with how they pee.



View all our easy to read health information guides and resources here

[www.cid.org.au/issues/health](http://www.cid.org.au/issues/health)



Meleisa Cox made the art on this guide.

The artwork is about **Yindyamarra**.

**Yindyamarra** is a Wiradjuri word that means respect.

It shows our connection to everyone who supports us.



## Contact CID



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