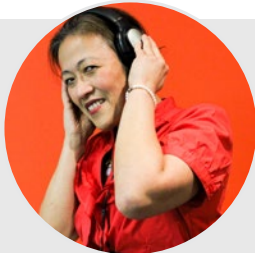


How to use the My Health Cards



My Health Cards are made by people with intellectual disability for people with intellectual disability.



You can use these cards to talk about your

- Favourite things



- Physical health



- Mental health.

23

There are 23 cards.



Use 1 card at a time.



You do not have to use all the cards.

You can choose the cards that you like.

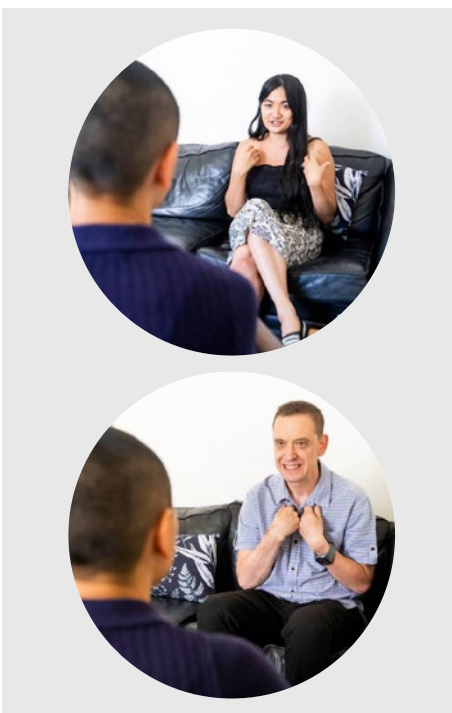


You can also use these cards to talk about things that

- Are hard to talk about
- Make you stressed or unwell.



You can use these cards with your supporter to prepare for your health appointment.



You can use these cards with your health worker to

- Tell them about yourself
- Feel confident to speak up.



You can use these cards with any health worker. Like your

- Doctor



- Psychologist



- Speech therapist.



My Health Matters is a folder that can also support you in your health appointments.



You can scan the QR code to order, print or download a **My Health Matters folder**.

You may like to read these instructions a few times.

Once you know about the My Health Cards and how to use them you might not need these instructions anymore.