

Our Health Still Counts



The health of people with intellectual disability still counts.



People with intellectual disability have the right to good health care.



We made a video about the problem.

Link: <https://cid.org.au/resource/our-health-still-counts-rebecca-ryan/>



We want the politicians to make promises about this at the federal election.



A federal election is when Australians vote to choose our Australian Government.



There is a plan to make health care better for people with intellectual disability.



The plan is called the National Roadmap.



The Australian Government made this plan.



CID will tell the Australian Government to make the plan happen.



We want the Australian Government to

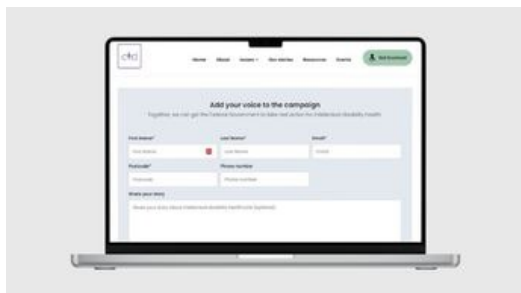
- make training for health workers about working with people with intellectual disability



- give money so doctors can spend more time with people with intellectual disability.



You can help CID with Our Health Still Counts.



You can share your story on our website.

Link: <https://cid.org.au/our-campaigns/our-health-still-counts/#addyourvoice>

You can follow us on social media.



- Facebook:
<https://www.facebook.com/NSWCID>
- Instagram:
https://www.instagram.com/council_intellectualdisability/
- LinkedIn:
<https://www.linkedin.com/company/nsw-council-for-intellectual-disability/>



You can sign up for updates on our website.

Link: <https://cid.org.au/our-campaigns/our-health-still-counts/#addyourvoice>

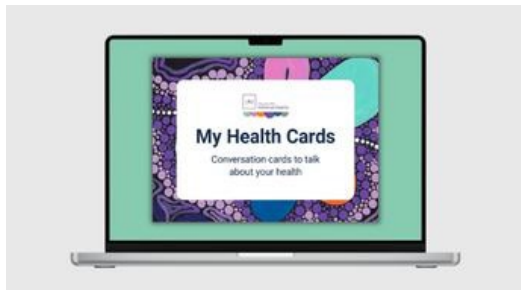
My Health Cards



My Health Cards can help you talk about your health.



We made a video about how to use the My Health Cards.



You can watch the video at the link.

Link: <https://youtu.be/75UJKED9M18>

Journey to Independence



This podcast episode is about Jess.



Jess talks about

- Her work



- Her home



- Her community.



You can listen to Journey to Independence on our website.

Link: <https://cid.org.au/our-stories/journey-to-independence/>

Making organisations more inclusive



CID does work to help organisations be more **inclusive**.

Inclusive means we can all be part of things.



We do this work in our Inclusion Services area.

We have workshops to teach people to write in Easy Read.



We can make information into Easy Read for organisations.



We can help organisations make plans to be more inclusive.



We can ask people with intellectual disability what they think about things that organisations want to do.



You can tell organisations you know about these services.



You can show them this website.

<https://cid.org.au/inclusion-services/>

Advocacy Group



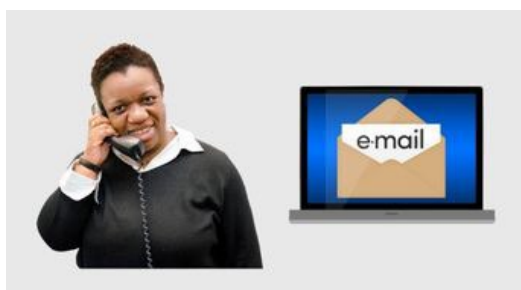
The Advocacy Group will meet on Thursday 13 March.



It is for CID members.



Members can come online or in person.



If you want to join the Advocacy Group

- Call [1800 424 065](tel:1800424065)
- Email advocacy@cid.org.au.

Inclusive Governance Committee at the Centre for Disability Studies



The **Centre for Disability Studies** is part of the University of Sydney.

We say **CDS** for short.



CDS has a group of people called the **Inclusive Governance Committee**.



The **Inclusive Governance Committee** works to help CDS be more **inclusive**.

Inclusive means that everyone can take part.



CDS is looking for people to join the **Inclusive Governance Committee**.



You can learn more about the Inclusive Governance Committee in this Easy Read information.

Link: <https://cid.org.au/wp-content/uploads/2025/02/Inclusive-Governance-Advertisement-Easy-Read.pdf>

Information for NDIS Self Managers



There are some new resources for people who manage their own NDIS funds.

Link: <https://afdo.org.au/resources/financial-literacy-for-ndis-self-managers/>



The resources show you how you can use your NDIS funding.



There will be a webinar about how to use the resources.



The webinar will be on Wednesday 5 March at 1pm.



You can sign up at the link.

Link: <https://www.eventbrite.com.au/e/launch-of-ecstras-financial-literacy-resources-for-ndis-self-managers-tickets-1247586919059>

Life Changes workshop



Siblings Australia and Kaleidoscope Focus are running a workshop called **Life Changes**.



At the workshop you will learn skills to help you

- set goals
- make plans for your future with your brother or sister.



You will learn about

- your rights
- the rights of your brother or sister.



You will learn

- how to have hard conversations.



- how to tell people what you want.



- how to look after yourself if you feel angry, stressed or worried.



To find out more, click this link and fill in the form.

Link:

<https://siblingsaustralia.org.au/services/life-changes/>



You can also call Siblings Australia and ask for help to fill in the form on [08 8253 4936](tel:0882534936).

Writers wanted for book



Mascara Literary Review is making an **anthology**.



An **anthology** is a book with writing by lots of different people.



The book will be by people who

- Have a disability
- Are **First Nations**



First Nations might mean Aboriginal or Torres Strait Islander.



- Are **culturally and linguistically diverse**



Culturally and linguistically diverse might mean

- You are from another country



- Your family is from another country



- You speak another language at home.



Your writing could be published in the book.



If your writing is published you will be paid \$500.

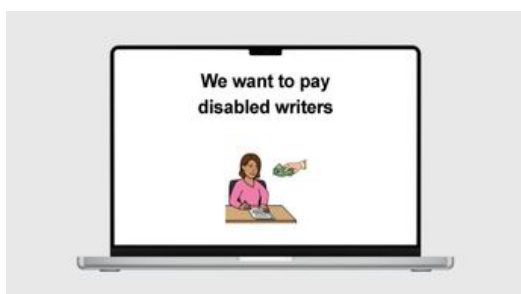


Learn more about sending your writing to be published at the link.

Link:

<https://www.mascarareview.com/submissions-open-for-disability-anthology/>

There is Easy Read information about the book here.



Link: <https://www.mascarareview.com/wp-content/uploads/2025/01/Mascara-Disabled-Writers-Easy-Read.pdf>

Listening Together research



The Australian National University wants to hear from young people with disability.



They want to know if you feel listened to in your life.



You can be part of the research if you

- Are 15 to 29 years old



- Live in Australia



- Have a disability.



You can do the research by filling out a survey.



You can learn about the research at the link.

Link: <https://listening-together.com/>



If you have any questions, you can contact Laura or Molly.



You can contact Laura by

- Phone on [02 6125 2558](tel:0261252558)
- Email at laura.davy@anu.edu.au.



You can contact Molly by

- Phone on [02 6125 2648](tel:0261252648)
- Email at molly.saunders@anu.edu.au.