Let's do what works

The right support at the right time

What needs to happen with the health system



Easy Read

www.cid.org.au

What needs to happen with the health system

Council for Intellectual Disability made this information.

We say CID for short.



This information says what needs to happen to make the health system better for people with intellectual disability.

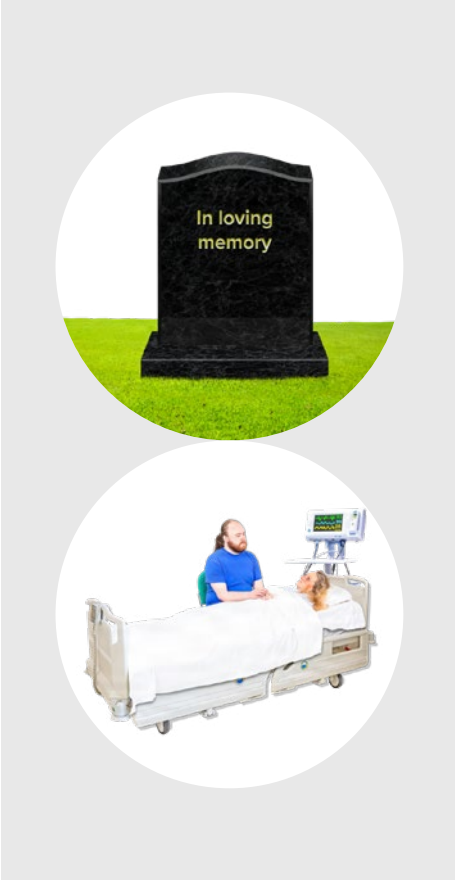
The problem



People with intellectual disability have the right to live long and healthy lives like other people.



But this does not happen.



People with intellectual disability often

- Die early
- Die from health problems that could be fixed.



People with intellectual disability experience **systemic neglect** in health care.

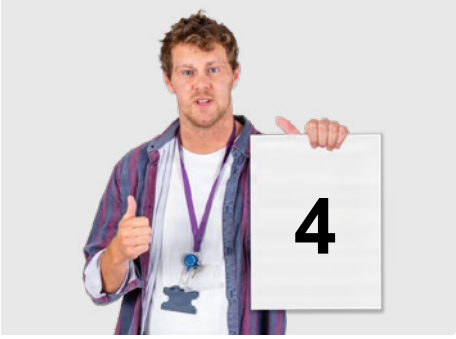


Systemic neglect is when a lot of services do not give people the help or care they need.



This means it is not just one worker or service but a problem in health care in all of NSW.

What needs to happen



We want the government to do 4 things to make health better for people with intellectual disability.



1. Intellectual disability health teams

The government has made **intellectual disability health teams** in some of the **local health districts**.



Intellectual disability health teams are teams of medical staff who know about intellectual disability.



Local Health Districts look after health in different parts of NSW.



We want the government to make intellectual disability health teams in all Local Health Districts in NSW.



We also want the government to give more money to all the intellectual disability health teams.



2. Training

We want all health staff to get training on intellectual disability.



The training is about **unconscious bias**.



Unconscious bias is when we have ideas or feelings about people without knowing it.



These ideas can affect how we treat people or make decisions.



We want all health workers to have to do this training.



3. Mental health support

We want the government to support people with intellectual disability with their **mental health**.



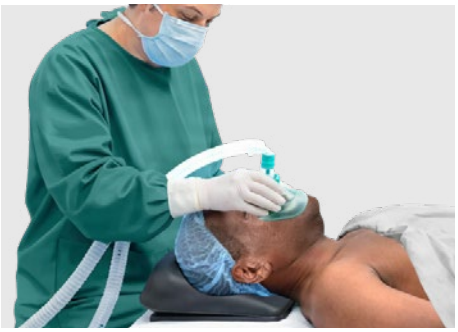
Mental health is how we think and feel.



The government is making rules about how people with intellectual disability should be supported with their mental health.



We want the government to make sure these rules are being used by health services.

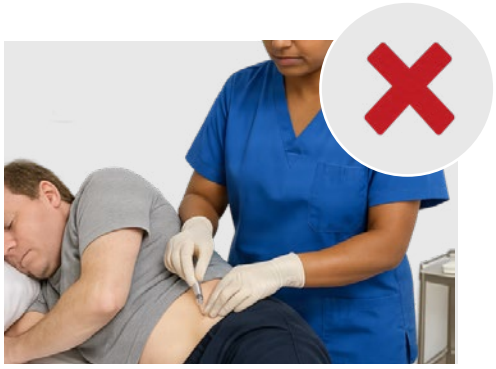


4. Support and sedation

We want people with intellectual disability to be able to have **sedation** if they need it.



Sedation is medicine that helps you feel calm or sleepy.



Some people with intellectual disability do not want to be touched by doctors and nurses.

This means they can not get the healthcare they need.

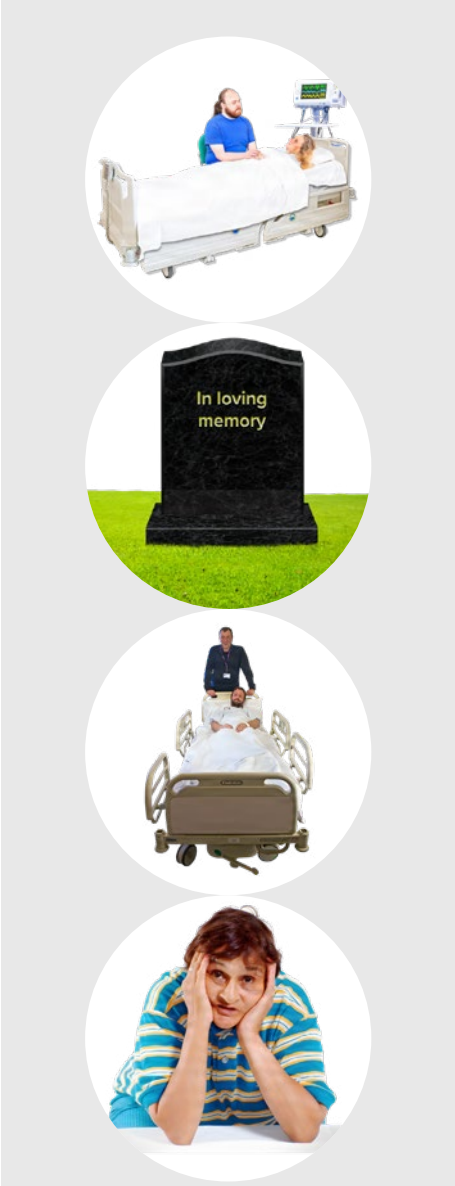


It is important for people to be able to get sedation if they need it so they can get good health care.

Why change needs to happen



People with intellectual disability have worse health than people who do not have an intellectual disability.



People with intellectual disability

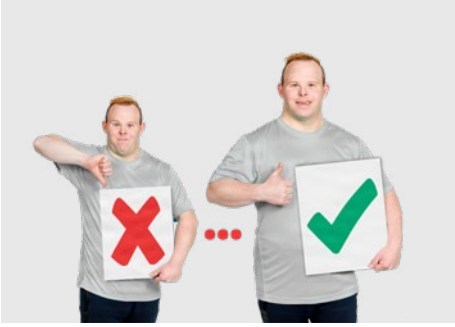
- Are more likely to die from health problems that could be fixed
- Often die 27 years before people without intellectual disability
- Need to go to hospital more often
- Have more mental health problems.



People with intellectual disability do not always get the right help with their health.



This means that it can be hard to get health care to help stay well.



The health system needs to change to make things better.



This is important with the changes to the NDIS as people might get less health supports.



We will talk about why there needs to be change in the 4 areas we want the government to do better in.



Intellectual disability health teams

There needs to be special health teams who have information and knowledge about people with intellectual disability.



This is why NSW has intellectual disability health teams in 7 local health districts.



They also help the health care workers in their areas to learn more about supporting people with intellectual disability.



The teams are supposed to help people in other local health districts too.



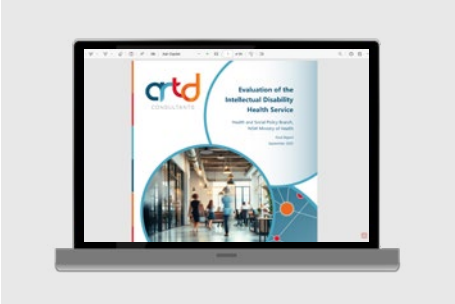
But they often do not have enough staff to do this.



The disability health teams have been looked at to see if they are helpful.

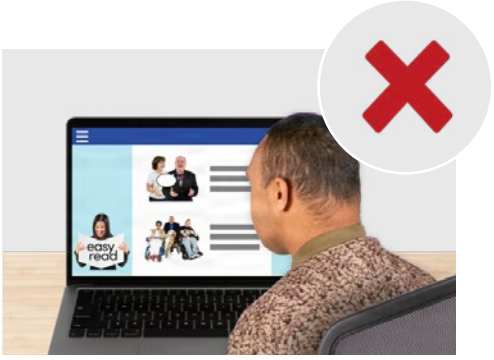


They have been found to make health better for people with intellectual disability.



You can read the information here

www.health.nsw.gov.au/disability/Documents/idhs-evaluation.pdf

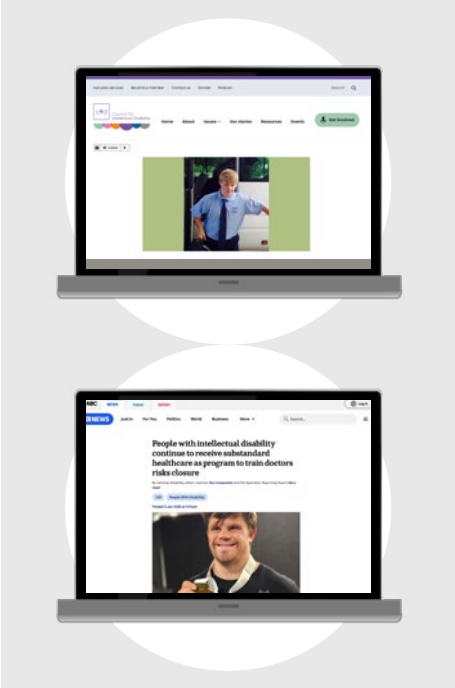


This is not in Easy Read.



Training

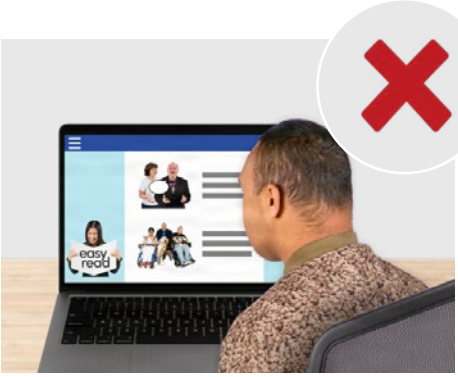
There have been cases where people have been in danger because of unconscious bias.



You can read these stories here

www.cid.org.au/our-stories/finlay-browne-inquest

www.abc.net.au/news/2026-06-03/intellectual-disability-healthcare-down-syndrome-training/106733906

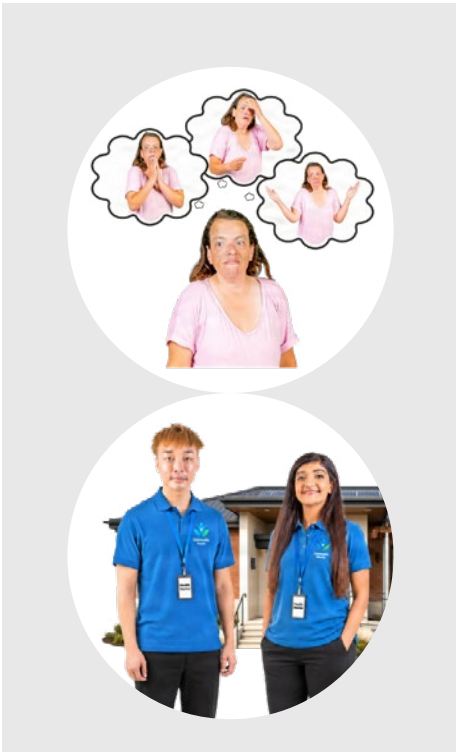


These are not in Easy Read.



The government needs to make it a rule that all health workers do unconscious bias training.

Mental health



People with intellectual disability

- Are more likely to have mental health problems

- Often use mental health services.



But it can be hard to get help from mental health workers who understand their needs.



If they do not get the right care they may need to stay in hospital.



Mental health workers often do not have the right skills to support people with intellectual disability.



The government is making rules about how people with intellectual disability can be more supported with their mental health.



These rules should be put into place over the next 4 years.



Support and sedation

People with intellectual disability often do not get the health care they need.



This is because they do not have the right support and sedation to get health care.



We talked to people who have experience in supporting people with intellectual disability with their health.



It was decided that NSW health teams need to keep working on what is already happening about support and sedation.



Making this better will help people all over NSW to get support and sedation.

We want NSW Health to work on making this better.

Who did this Easy Read

Council for Intellectual Disability

CID made this information.

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