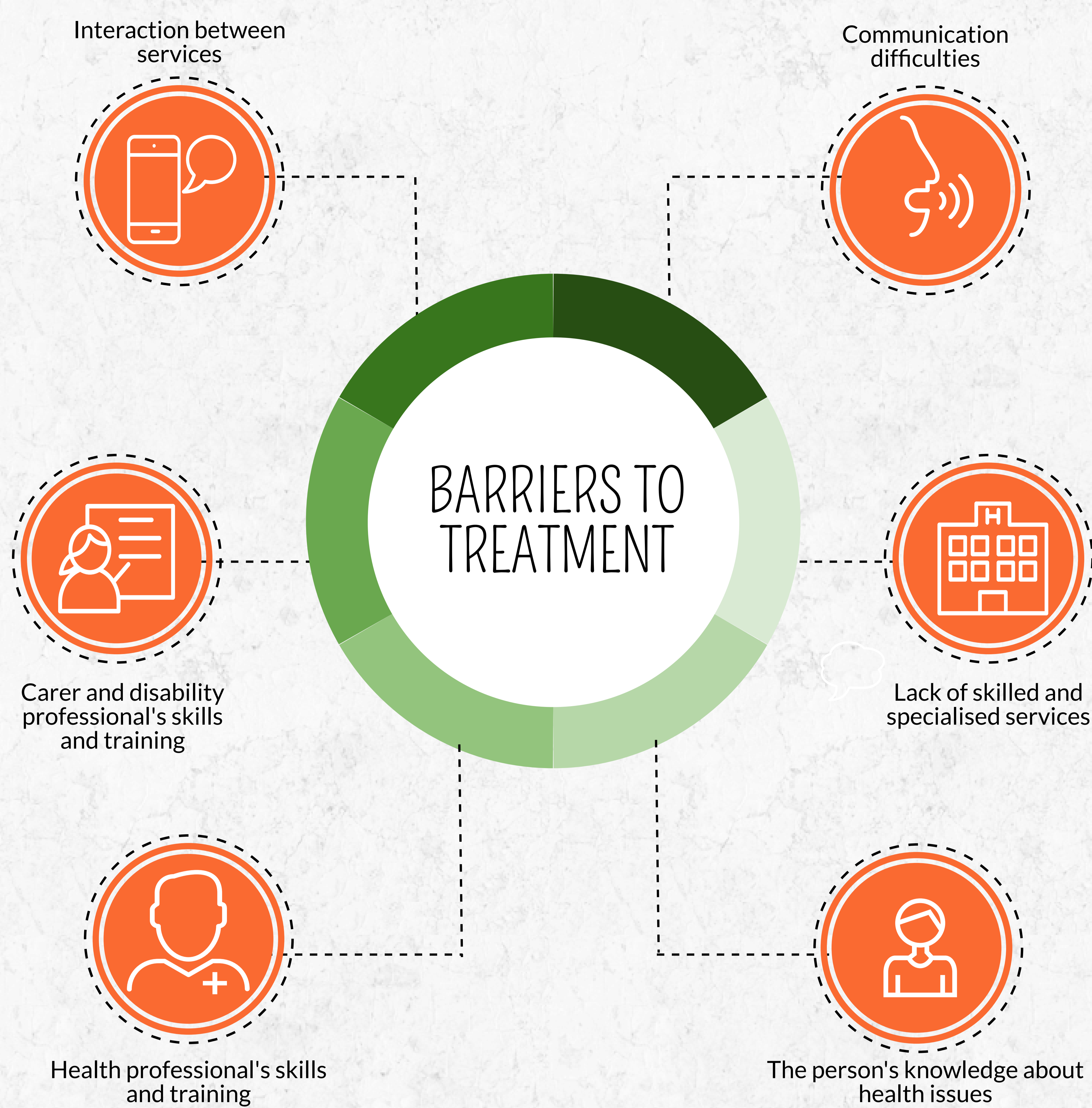


# DIFFICULTIES PEOPLE WITH INTELLECTUAL DISABILITY HAVE IN ACCESSING MENTAL HEALTH SUPPORT - MODULE 3



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## A person with ID's knowledge of mental health

- A person with an ID may not know how to access or request access to mental health support or know what supports are available
- A person with a ID may not have the ability to access mental health supports without assistance, for example getting a referral

## Communication difficulties

- People with ID may not be able to describe their symptoms or they may describe them differently from other people
- People with ID may not have learned about symptoms of mental illness so they may not realise symptoms are a sign of a mental illness
- The person with ID may not be able to visit a GP for assessment or referral
- Easy English resources may not be available to provide information about what to do if recognising symptoms of mental illness

## A lack of specialist ID services

- Information about treatment may not be in easy English
- Some mainstream mental health services may not have staff skilled in this area
- The environment may not be physically suitable (e.g. not accessible for people with complex physical and cognitive needs)
- In mental health inpatient units, there may not be adequate protection so people with an ID may be at risk of abuse
- Self-help resources such as the e-therapies are not accessible to people with an ID
- In mental health inpatient units activities (e.g. group therapies) offered may not be suitable



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## Mental health professionals may not have training or confidence to support people with an ID

- Mental health professionals may not be aware of communication difficulties or how best to support communication
- They may not be able to recognise atypical symptoms but instead consider it to be "challenging behaviour"
- They may not be able to meet the range of complex needs including physical health treatments
- The tools for assessment may not be adapted to suit a person with an ID

## Interaction between mental health and disability services

- Disability and mental health services may be unsure of their specific roles and responsibilities
- There may be a lack of shared decision making between services
- There may be a lack of communication between services
- Each service may believe a person with an ID and mental illness is more suited to the others service (e.g. mental health may believe disability services should provide the support)

## Carer or support staff knowledge and skills

- People with an ID may rely on carers to recognise symptoms and assist the person to get help. Sometimes carers have not received training and don't know how to do this.
- Carers or support workers may not have the confidence to support a person with a mental illness
- Carers or support workers may think the symptoms are due to the ID rather than a mental illness
- Having different carers or support workers can mean it is less likely changes in behaviour and abilities will be monitored



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