

Going to the doctor

Accessible resources to share with PEOPLE WITH AN INTELLECTUAL DISABILITY:

Resource	Description	Author	Link
Me and my doctor	<p>Accessible fact sheet covering the following topics:</p> <ul style="list-style-type: none"> • When should I go to my doctor • When you are sick • What should I take to the doctor • Speaking up with the doctor • Making choices with the doctor 	NSW Council for intellectual Disability (NSW-cid)	http://www.nswcid.org.au/health-fact-sheets.html
Me and my doctor: checklist	<p>Accessible checklist covering questions the person with ID may be asked by the doctor and questions they may like to ask</p>	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
After visiting the doctor	<p>Accessible fact sheet covering the following topics:</p> <ul style="list-style-type: none"> • What did my doctor say? • Did we make a health plan together? • Did we talk about medication? • Did my doctor say to come back? • Did the doctor give me a referral (letter)? 	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
After visiting the doctor	<p>Accessible checklist covering questions the person may have after visiting the doctor</p>	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
Finding a new doctor	<p>Accessible fact sheet covering the following topics:</p> <ul style="list-style-type: none"> • Going to the doctor you know • Choosing a new doctor • Working out what you need • Meeting a new doctor when you are well • What to take to a new doctor • Speaking up with a new doctor 	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html

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Finding a new doctor: checklist	Accessible checklist covering questions the person may have about finding a new doctor	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
Making your visit better: A leaflet by Working with Words and the Greenwich NHS Primary Care Trust	Contains accessible information about expectations for quality care	Easyhealth.org.uk.*	http://www.easyhealth.org.uk/sites/default/files/making%20your%20visit%20better.pdf
The Autism Healthcare Accommodation Tool	The Autism Healthcare Accommodations Tool creates a customized accommodations report for individuals to give to their healthcare providers. It includes things that may make healthcare easier before, during, and after visits to a primary care provider. The report is individualized to each person's needs based on a survey	Academic Autism Spectrum Partnership in Research and Evaluation	http://autismandhealth.org/?p=ahat
AAC Vocabulary Emergency Communication 4 ALL communication aids	Contains a suite of pictorial communication aids to improve communication between the person and their care team	Institute on Disabilities, Temple University	http://disabilities.temple.edu/aacvocabulary/e4all.shtml
Central Coast Children's Foundation medical encounter communication board	A free downloadable communication sheet with images and simple questions and statements that may help communicating in the doctor's office	Central Coast Children's Foundation	http://www.patientprovidercommunication.org/userfiles/file/1_1MedicalEncounterCommunicationBoard.pdf
Toby Churchill Alphabet Board	Literate clients can use this tool to spell out messages. Contains 4 choices of keyboards (QWERTY, qwerty, ABCD or abcd). Each also contains symbols depicting a variety of feelings.	Toby Churchill	http://lincolnatSERVICE.nhs.uk/application/files/7115/0721/2219/alphabet_board_to_by_churchill.pdf

*Audio versions of the Easyhealth.org.uk leaflets can also be accessed via the website: [http://www.easyhealth.org.uk/listing/doctors-\(leaflets\)](http://www.easyhealth.org.uk/listing/doctors-(leaflets))

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Accessible resources to share with CARERS of people with an intellectual disability:

Resource	Description	Author	Link
"Part 19 - Finding the right doctor"	Fact sheets for families, advocates, disability workers and other professionals about finding the right doctor	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
"Part 23 - Going to the doctor – tips and tricks"	Fact sheets for families, advocates, disability workers and other professionals about going to the doctor	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
"Part 24 - Helping the doctor understand the person"	Fact sheets for families, advocates, disability workers and other professionals about helping the doctor to understand the person	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
"Part 25 - Personal health records"	Fact sheets for families, advocates, disability workers and other professionals about personal health records	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
"Part 20 - Going to the dentist"	Fact sheets for families, advocates, disability workers and other professionals about going to the dentist	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
"Part 26 - Going to hospital"	Fact sheets for families, advocates, disability workers and other professionals about going to hospital	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html
"Part 9 - Annual health assessments"	Fact sheets for families, advocates, disability workers and other professionals about annual health assessments	NSW-cid	http://www.nswcid.org.au/health-fact-sheets.html

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Downloadable health and support resources

Resources for people with an intellectual disability, their families and carers. Includes information on:

- Useful services for people with disabilities
- Down syndrome
- Alzheimer's disease
- Hanging Out Program (HOP), an approach to prevent social isolation in people with an intellectual disability
- Supporting women with an intellectual disability
- Pap tests

Centre for Developmental Disability Health Victoria

<http://www.cddh.monashhealth.org/index.php/my-health-family-and-support/resources-and-links-disabilities/>
