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| **Types of preventive healthcare to stay healthy** | |
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|  | **Preventive health care** are things that support people to   * Stay healthy * Get better quickly when they are sick |
|  | To stay healthy there are things |
|  | * You could do yourself * Your GP could do * Other people or organisations can do |
|  | A **GP** is the doctor that you see when you   * Are sick * Need a health check |
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| **Things you could do yourself** | |
| A table full of food  Description automatically generated with medium confidence | **Food**  Eating food that is good for you. |
| A person and a child sitting at a table with fruit on it  Description automatically generated with low confidence | You might eat a diet your doctor tells you is good for you. |
| A table full of food  Description automatically generated with medium confidence | You might also eat different types of food.  For example   * Vegetables * Fruits |
|  |  |
| A picture containing cup, table, drink, candle  Description automatically generated | You might also eat   * Proteins like meat and tofu * Fast food and food from a packet like chips only sometimes |
|  |  |
| A person dancing on a black background  Description automatically generated with medium confidence | **Moving your body**  Moving your body can look different for different people. |
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| A picture containing person  Description automatically generated | Some people are able to move their body and exercise.  Some people need support to do these things. |
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| A person and a child in the water  Description automatically generated with low confidence | To move your body you might   * Get support to swim |
|  |  |
| A picture containing person  Description automatically generated | * Play sport |
|  |  |
| A picture containing riding, transport, bicycle  Description automatically generated | To move your body you might also   * Ride a bike that is made to suit you |
| A picture containing outdoor  Description automatically generated | * Go to the gym |
| A person smiling for the picture  Description automatically generated with medium confidence | **Mental wellbeing**  **Mental wellbeing** is when you |
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| A picture containing person, person, suit  Description automatically generated | * Feel OK about having different kinds of feelings * Can cope with stress |
|  |  |
| A picture containing person, standing, posing  Description automatically generated | Mental wellbeing is also when you   * Have people who support you |
|  |  |
| A picture containing person, hat  Description automatically generated | * Can do everyday things |
|  |  |
| A picture containing person, posing, people  Description automatically generated | * Can do activities you want to do |
|  |  |
| A picture containing person, posing, people  Description automatically generated | To look after your mental wellbeing you might   * Do things you enjoy |
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| A group of people on a beach  Description automatically generated | * Support your community   For example helping in beach clean ups. |
|  | |
| A picture containing text  Description automatically generated | * Look after yourself   For example listening to music. |
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| A picture containing person, posing  Description automatically generated | **Social wellbeing**  Social wellbeing is when you have and can keep good relationships with others. |
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| Two people standing next to each other  Description automatically generated with low confidence | A **relationship** is a way that 2 or more people are joined by something in their lives.  People can be joined by something they share or have in common. |
|  |  |
| A person and a child sitting at a table outside  Description automatically generated with low confidence | For example you might have a relationship with   * Your friends |
| A group of people sitting on a bench  Description automatically generated | * Your family |
|  | |
| Two people holding hands  Description automatically generated with medium confidence | * Your partner |
| Men in suits standing in front of a whiteboard  Description automatically generated with medium confidence | * People you work with   Relationships can look different for everyone. |
|  |  |
| A person lying on a bed  Description automatically generated with low confidence | To look after your social wellbeing you might   * Call or visit family and friends |
| A picture containing person, people, chair, furniture  Description automatically generated | * Join a group in your community |
| A group of people standing together  Description automatically generated with low confidence | **Cultural wellbeing**  Many people have strong connections to their   * Culture * Community * Land * Spirituality |
| Graphical user interface  Description automatically generated | **Cultural wellbeing** is when your connections to these things are strong. |
| A picture containing grass, ground, outdoor, dirt  Description automatically generated | **Land** describes a place you might feel a connection to because it is where your family come from. |
| A picture containing ground, outdoor  Description automatically generated | **Spirituality** is a way of understanding life and connecting to others.  Spirituality can provide a sense of meaning. |
|  |  |
| A picture containing text, person, indoor  Description automatically generated | A **sense of meaning** gives us a feeling that we are part of something and life is useful and valuable. |
|  |  |
| **Alcohol, tobacco, illegal drugs** | |
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| A person drinking from a cup  Description automatically generated with medium confidence | Some people   * Drink alcohol * Use tobacco * Use illegal drugs |
|  |  |
| A picture containing person  Description automatically generated | To stay healthy you might have less or none of these things. |
|  |  |
| A picture containing person, beverage, glass  Description automatically generated | For example if you drink lots of alcohol you might try to drink one or two drinks a week instead. |
|  |  |
| A person wearing a hat and glasses  Description automatically generated with medium confidence | **Sun Safety**  It is important to get sunlight to stay healthy. |
| A person wearing sunglasses  Description automatically generated | Too much sunlight can hurt your body.  Sun safety is when you protect yourself from getting hurt from the sun. |
| A person wearing a hat and glasses  Description automatically generated with low confidence | To be sun safe you might   * Wear a hat * Wear sunscreen that is SPF30+ or more * Wear sunglasses |
| A group of people sitting under a tree  Description automatically generated | * Put on clothes that cover your skin * Try sit in the shade or under shelter |
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| **Learning about how to be healthy** | |
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|  | To learn more about how to stay healthy you might ask your GP for information.  You might also look for information online. |
| A person sitting at a desk  Description automatically generated with medium confidence | For example CID has some Easy Read health fact sheets [**www.cid.org.au/our-health-fact-sheets**](https://cid.org.au/our-health-fact-sheets/) |
| A picture containing person  Description automatically generated | **Mouth**  To look after the health of your mouth you might   * Brush your teeth 2 times a day * Floss your teeth 2 times a day |
| A can of soda  Description automatically generated with medium confidence | * Drink less or no soft drinks |
| A picture containing person, wall, spectacles, goggles  Description automatically generated | To look after the health of your mouth you might Also go to the dentist 2 times a year.  A **dentist** is a doctor who supports you in keeping your teeth and mouth healthy. |
|  |  |
| A group of people posing for the camera  Description automatically generated with medium confidence | **Staying healthy from infectious diseases Infectious diseases** are a type of sickness.  For example COVID-19 is an infectious disease. |
|  |  |
| Calendar  Description automatically generated with low confidence | To stay healthy from an infectious disease you might   * Wash your hands often |
| A picture containing clothing  Description automatically generated | * Wear a face mask when you are inside with lots of people |
|  |  |
| A picture containing person, table, indoor, meal  Description automatically generated | To stay healthy from an infectious disease you might also   * Not share your food or drinks with other people |
| A person and person hugging  Description automatically generated with low confidence | * Look after your sexual health   **Sexual health** is about keeping safe before, during and after sex. |
| A person sitting at a desk  Description automatically generated with medium confidence | To find out more about sex and sexual health you can go to   * NSW family planning Easy Read Factsheets [**www.fpnsw.org.au/**](http://www.fpnsw.org.au/)[**factsheets/individuals/disability/all-about-sex**](https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex) |
| A picture containing text  Description automatically generated | * Easy read leaflets from the UK [**www.icash.nhs.uk/contraception-sexual-health/easy-read-leaflets**](https://www.icash.nhs.uk/contraception-sexual-health/easy-read-leaflets) |
| **Things my GP could do** | |
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|  | Regular check ups at the GP can help you to stay healthy.  Your GP can do certain health checks. |
|  | To find out more go to [**www.cid.org.au/resource/yearly-health-check-fact-sheet**](http://www.cid.org.au/resource/yearly-health-check-fact-sheet/) |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | Your GP might support you to stay healthy by doing some of te things listed below. |
|  |  |
|  | **Talk to you**  A GP might ask you questions about your life to find out more about your |
| A picture containing person  Description automatically generated | * Mental wellbeing * Social wellbeing * Cultural wellbeing * Physical wellbeing * Sexual health * History |
| A picture containing person  Description automatically generated | **Physical wellbeing** is when your body functions at the right age for you. |
|  | **Your history** are things that have happened in the past.  Your GP might ask about your medical history or family history. |
|  | Your **medical history** is about any big injuries or sicknesses you have had in the past.  For example if you had a fall. |
| A person holding a phone  Description automatically generated with low confidence | Family history is about any big sicknesses that your family might have had.  For example if one of your parents has had a heart attack before. |
| Background pattern  Description automatically generated with medium confidence | It might also be a sickness someone in your family has right now.  For example 1 of your grandparents has cancer. |
| A picture containing person  Description automatically generated | Knowing your history helps your GP to support you to stay healthy. |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | Your GP might also give you information or ideas about how you can stay healthy. |
| A picture containing person  Description automatically generated | **Blood pressure**  Blood pressure is how strong your heart can move blood around your body. |
|  | Blood pressure can tell a doctor important information about your   * Heart health * How blood moves in your body |
| A person showing a person something on the paper  Description automatically generated with low confidence | To check your blood pressure your GP will wrap your arm above your elbow with a cuff. |
|  | This cuff will   * Get tight and squeeze your arm * Then slowly loosen |
|  | Your GP will be able to find out your blood pressure from a machine or dial connected to the cuff.  **Blood tests** |
|  | Your blood can tell your doctors a lot of information about your health. |
|  | To check your blood your GP will ask you to do a test.  You can ask your GP for a test too. |
|  |  |
| A picture containing person  Description automatically generated | To do a blood test a worker who knows a lot about taking blood |
| A person holding a syringe  Description automatically generated with medium confidence | * Takes some of your blood with a needle * Sends your blood to a place where they can look at your blood closely |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | Your blood test results are sent to your GP. |
|  | **Immunisation**  **Immunisation** is the way the body learns to fight a disease.  Immunisation is what happens when a person gets better from an infection or gets a vaccine. |
|  | A **vaccine** is a medicine that helps people to get immunisation. |
| A picture containing person, remote, holding, hand  Description automatically generated | **Medicine** is sometimes called medication or drugs. |
|  | Medicine can be in   * A tablet * A pill * A drink * An injection |
| A picture containing person, people  Description automatically generated | **Vaccines** are an injection that are mostly given in your arm. |
|  | Vaccines usually protect you from 1 or more types of disease. |
|  |  |
| A picture containing person, sport, dancer  Description automatically generated | You might get vaccinated by your GP or another health worker.  For example your GP might have given you a COVID-19 vaccine. |
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| **Other things that can support you to stay healthy** | |
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| A picture containing person  Description automatically generated | Sometimes the government or an organisation try to do things to make it easier for people to stay healthy. |
| A group of people posing for a photo in front of a building  Description automatically generated | The **government** is a group of people.  They protect and support people in a certain area. |
| Calendar  Description automatically generated with low confidence | For example the government or organisation might make things to help people stay healthy.  For example posters with information on how to wash your hands right. |
|  |  |
| A group of people dancing  Description automatically generated | For example the organisation you work at might exercise before lunch together. |
|  |  |
|  | Another example is making it harder to use tobacco by not letting people smoke in certain areas. |



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|  | **Who wrote this Easy Read**  Tahli Hind, Dominique Abagi, Bela Laginha, Julian Trollor, and Janelle Weise. |
|  | **Where these people work**  Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  This information sheet is part of a series of easy read resources about |
|  | * Different types of preventive health care * Who can provide this care   For information on how to support people to use Easy Read go to [**www.3dn.unsw.edu.au/professionals\_toolkit**](http://www.3dn.unsw.edu.au/professionals_toolkit) |
|  | © Department of Developmental Disability Neuropsychiatry UNSW Sydney 11.08.23 V2  No changes can be made without asking the people who wrote this sheet. |