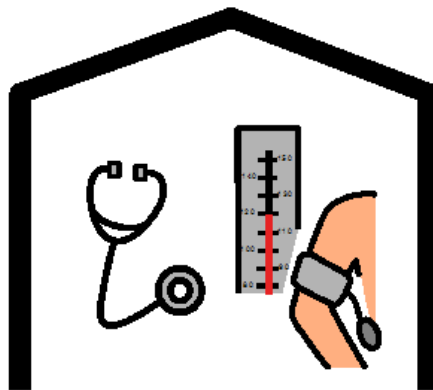


What do we already know about health services for people with intellectual disability?



What is this report about?



The Social Policy Research Centre was asked to find out about different types of health services for people with intellectual disability.



Health services include people who help you when you are sick or help you with your body or mind. For example:

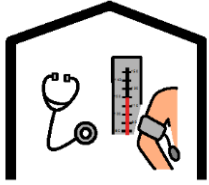


- Seeing a doctor
- Seeing a nurse
- Seeing a counsellor
- Seeing a therapist, for example, a speech therapist (for talking and eating)
- Going to hospital
- Seeing a team of different people who help with your health



The report is to make sure that health services for people with intellectual disability can keep on getting better.

Why is this report important?



This report is important because often people with intellectual disability do not get good health services. Sometimes it is hard to get in or doctors or nurses don't know how to help them.

But people with intellectual disability have a right to good health services, so it is important to find out how to make the services better.

Some people with intellectual disability find it even harder to get good health services than other people:



- Children and young people



- People who also have mental health problems

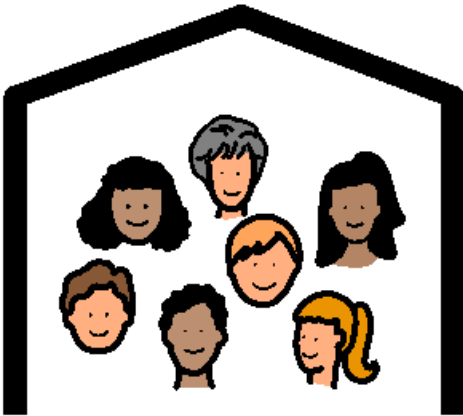


- People who live in rural or remote areas (areas outside the city)



- Aboriginal and Torres Strait Islander people

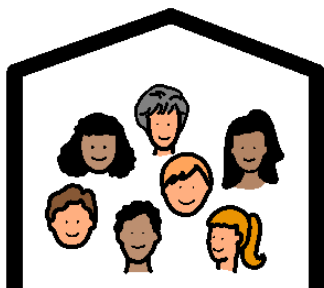
Mainstream services



Sometimes people with intellectual disability use the same health services as people without disability.

This is called using 'mainstream services'.

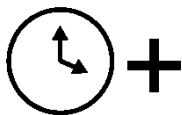
Reasonable adjustments



Sometimes mainstream services need to be changed a little bit or a lot to make them better for people with intellectual disability.

This is called making 'reasonable adjustments'.

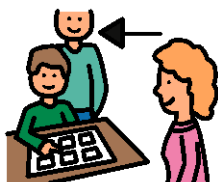
A reasonable adjustment could be:



- Extra time for the appointment

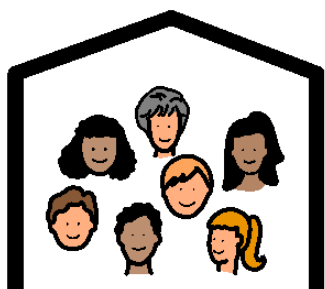


- Giving easy information



- Letting a person that the person with intellectual disability trusts to also come to the appointment

Pathways to care

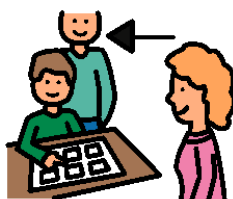
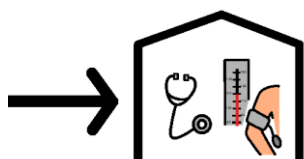


Sometimes it is not clear how people with intellectual disability should use mainstream services.

It might be hard for them to get in or hard to know how to take part.



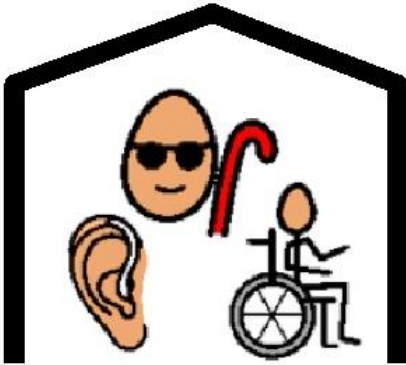
When this happens, sometimes there is a plan for how they will use health services. The plan is called a 'pathway to care'.



The 'pathway to care' plans for:

- How to get in to the health service
- How the person with intellectual disability can take part in managing his or her own health
- How a person the person with intellectual disability trusts can also take part

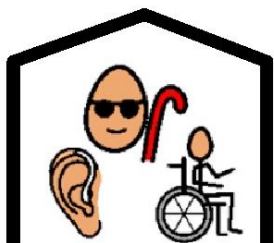
Specialist services



Sometimes people with intellectual disability use health services that are just for people with intellectual disability.

This is called using 'specialist services'.

Different types of specialist services



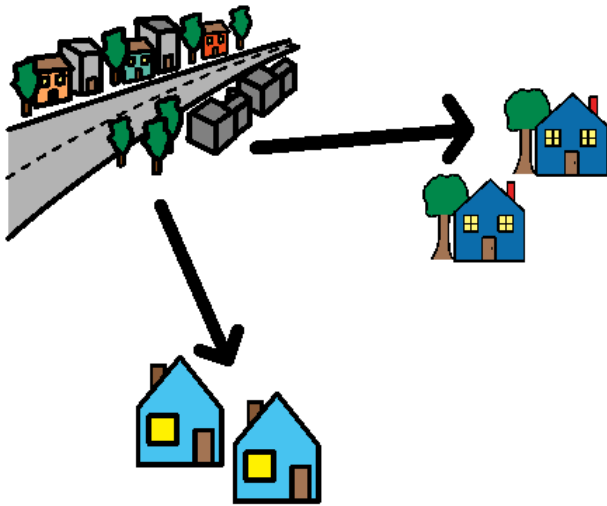
There are different types of specialist services.



- Sometimes a team of different people who know about intellectual disability work together to look after someone's health. This could be a team of doctors, nurses, therapists and other staff.



- Sometimes there is one nurse in a hospital who teaches all the other doctors and staff about people with intellectual disability. The nurse can also teach people with intellectual disability and families about health or about what to do in hospital.



- In rural or regional areas (outside the city), sometimes doctors, nurses, therapists or other staff work from one big town and help people in all the other little towns around the big town.

Sometimes it is a team of different people working in the big town.

Sometimes it is just one person working in the big town, but that person knows how to look after lots of different areas of health.

There are also specialist services that focus on particular issues:



- Person-centred services for young people with intellectual disability – these are about putting the young person first



- End of life services for when people with intellectual disability die



- Outreach services for helping people with intellectual disability stay in their own home

What now?



It is important that health services for people with intellectual disability keep on getting better.

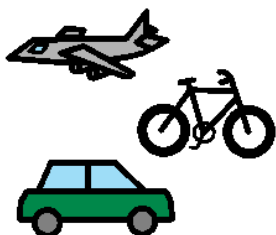


The next steps are to:

- Find out what types of health services work best for people with intellectual disability



- Think about how mainstream services and specialist services can work together



- Think about what will help health services to work better, for example, more resources or helping people with intellectual disability travel to the health services

This report is an Easy Read version of the following main report:

Giuntoli, G, Newton, B., Fisher, K.R. (2015). *Current models of health service delivery for people with intellectual disability – Literature review* (SPRC Report 12/2015). Sydney: Social Policy Research Centre, UNSW Australia. Available from:
<https://www.arts.unsw.edu.au/sprc/our-projects/models-health-service-delivery-people-intellectual-disability>

This Easy Read report has been written by Ariella Meltzer, Giuntoli, G, Fisher, K.R.

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