

OTHER HELPFUL RESOURCES



Easy read



You can listen to the information on your computer











You can watch a video on your computer



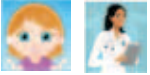








For doctors and other health professionals

NAME	CONTACT DETAILS	DESCRIPTION	FACTSHEETS
Ageing, Disability and Home Care Department of Human Services 	www.dadhc.nsw.gov.au (02) 8270 2000 TTY: (02) 8270 2167	Information and support programs. You might like to have a support person help you with this site.	OTHER USEFUL RESOURCES
Australian Family and Disability Studies Research Collaboration  	www.afdsr.org	Information for parents with an intellectual disability. You might like to have a support person help you with this site.	DECIDING TO BECOME A PARENT BEING PREGNANT
Australian Government Department of Health and Ageing 	www.healthyactive.gov.au	Information on healthy eating (serving portions) and exercise. You might like to have a support person help you with this site.	BEING HEALTHY AND HAPPY HEALTHY EATING
Better Health Victorian Government 	www.betterhealth.vic.gov.au	Fact sheets on health and medicines. You might like to have a support person help you with this site.	ASKING QUESTIONS ABOUT YOU BEING HEALTHY AND HAPPY HEALTHY EATING

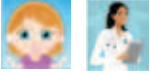













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NAME		CONTACT DETAILS	DESCRIPTION	FACTSHEETS
Beyond Blue The national depression initiative	 	www.beyondblue.org.au 1300 224 636 24 hour phone service	<p>Information about mental health and people who can help you.</p> <p>Remember to tell them you have an intellectual disability.</p> <p>You might like to have a support person help you with this site.</p>	FEELING SAD AND FEELING HAPPY GRIEF AND LOSS
Breastscreen NSW	 	www.bsnsw.org.au 13 20 50	<p>Information about having a breast screen.</p> <p>You might like to have a support person help you with this site.</p>	BREAST HEALTH
Centre for Developmental Disability Health Monash University (CDDH Victoria)  	 	www.cddh.monash.org (03) 9501 2400	<p>Lots of resources for women with intellectual disability (easy read) carers and health professionals.</p> <p>Examples: <i>Working with people with intellectual disabilities in healthcare setting</i> <i>Menstrual Management and Women with an Intellectual Disability - a Guide for General Practitioners</i> <i>Smoking Education Program</i> <i>Pap test: the plain facts information for women with an intellectual disability</i></p>	ASKING QUESTIONS ABOUT YOU BEING HEALTHY AND HAPPY HEALTHY EATING HAVING YOUR PERIODS CLOSE RELATIONSHIPS AND SEX HAVING A PAP TEST

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NAME	CONTACT DETAILS	DESCRIPTION	FACTSHEETS
<p>Centre for Disability Studies (Royal Rehabilitation Centre Sydney)</p> 	 www.cds.org.au  (02) 8878 0500	<p>Lots of resources for women with intellectual disability (easy read) carers and health professionals.</p> <p><i>Examples:</i> <i>Health care in People with Intellectual Disability</i> <i>Preventative Women's Health Care for Women with Disabilities</i> <i>Guidelines for Practitioners</i></p>	<p>ASKING QUESTIONS ABOUT YOU</p> <p>BEING HEALTHY AND HAPPY</p> <p>HAVING A PAP TEST</p>
<p>Clear Thoughts</p> 	 www.clearthoughts.info <p><i>Go to Mental Health Conditions, or Possible Treatments</i></p>	<p>Lots of mental health information for women with intellectual disability (easy read), carers and health professionals.</p> <p>You can listen to the information.</p> <p>This information is from another country (United Kingdom). It is a good idea to show it to your doctor or support person.</p>	<p>FEELING SAD AND FEELING HAPPY</p> <p>GRIEF AND LOSS</p>
<p>Disability Discrimination Legal Centre</p>	 www.ddlcnsw.org.au  (02) 9310 7722 <p>Free call: 1800 800 708 (NSW only)</p>	<p>Can help if you have had a problem with a doctor, hospital or health service.</p>	<p>OTHER USEFUL RESOURCES</p>
<p>Easy Health</p> 	 www.easyhealth.org.uk	<p>Information on health and sexuality.</p> <p>There are videos, sound and factsheets.</p> <p>This information is from another country (United Kingdom). It is a good idea to show it to your doctor or support person.</p>	<p>ASKING QUESTIONS ABOUT YOU</p> <p>BEING HEALTHY AND HAPPY</p> <p>CLOSE RELATIONSHIPS AND SEX</p>

















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Family Planning NSW 	 	www.fpnsw.org.au FPNSW Healthline 1300 658 886 FPNSW library (02) 8752 4386	Lots of easy read Factsheets and information to help families and workers. Teaching packs on sexuality, menstruation and menopause. You can speak with nurses about female health problems. Disability Resource Collection which is available for free loan.	PUBERTY HAVING YOUR PERIODS CLOSE RELATIONSHIPS AND SEX SAFER SEX HAVING A PAP TEST BREAST HEALTH MENOPAUSE
Guardianship Tribunal NSW	 	www.gt.nsw.gov.au (02) 9556 7600 Free call: 1800 463 928	Information about consent. The law is different in parts of Australia.	OTHER USEFUL RESOURCES
GP Synergy 	 	www.GPsynergy.com.au (02) 9818 4433	GP workshop: Being a Healthy Woman - Working with Women with Intellectual Disability. GP Education module with: <ul style="list-style-type: none"> • box of resources • DVD and Powerpoint • presentation paperwork to enhance discussion 	OTHER USEFUL RESOURCES
Health Care Complaints Commission 	 	www.hccc.nsw.gov.au (02) 9219 7444 Free call: 1800 043 159	Helps you with problems with health services.	ASKING QUESTIONS ABOUT YOU
Health Direct 	 	www.healthdirect.org.au Free call 1800 022 222	You can speak to nurses who can give you health information. You can ask questions. Let them know you have an intellectual disability and when you don't understand something.	ASKING QUESTIONS ABOUT YOU



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NAME	CONTACT DETAILS	DESCRIPTION	FACTSHEETS
Health of Women with Intellectual Disabilities Edited by Patricia Noonan Walsh and Tamar Heller 		Book on reproductive and physical health of women with an intellectual disability.	OTHER USEFUL RESOURCES
Healthy start for me and my baby 	 www.healthystart.net.au  (02) 9351 9510	Book to help women learn about being pregnant. Includes a guide for practitioners who are supporting women with intellectual disability who are pregnant.	DECIDING TO BECOME A PARENT BEING PREGNANT
IASSID – International Association for the Scientific Study of Intellectual Disabilities 	 www.iassid.org	International health guidelines for people with an intellectual disability.	OTHER USEFUL RESOURCES
Intellectual Disabilities & Ill Health Edited by O'Hara J., McCarthy J., Bouras N. Cambridge Universal Press Cambridge 2010 		Book on health of women with an intellectual disability.	OTHER USEFUL RESOURCES
Intellectual Disability Rights Service 	 www.idrs.org.au  (02) 9318 0144 or Free call: 1800 666 611 (NSW)	Provides legal advice and information.	OTHER USEFUL RESOURCES







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NAME	CONTACT DETAILS	DESCRIPTION	FACTSHEETS
Menstrual and Contraceptive management in women with an intellectual disability 	 www.ranzcog.edu.au  (03) 9417 1699	The Australian/New Zealand Consensus statement including treatment/management options and consent issues.	PUBERTY HAVING YOUR PERIODS
National Prescribing Service  	 www.nps.org.au  1300 888 763 You can ask a question about a medicine	Information on medicines There are also some videos. Information in other languages and a translator service. You might like to have a support person help you with this site.	ASKING QUESTIONS ABOUT YOU BEING HEALTHY AND HAPPY
Norah Fry Research Centre   	 www.bristol.ac.uk/norahfry	Video story about women with intellectual disability in same sex relationships. Information on sexual health topics.	CLOSE RELATIONSHIPS AND SEX SAFER SEX
NSW Cervical Screening Program 	 www.csp.nsw.gov.au	Easy read information on having a Pap test.	HAVING A PAP TEST
NSW Council for Intellectual Disability 	 www.nswcid.org.au  (02) 9211 1611 Free call 1800 424 065	Advocacy and Information Group Easy read fact sheets on health topics.	ASKING QUESTIONS ABOUT YOU BEING HEALTHY AND HAPPY GETTING OLDER FEELING SAD AND FEELING HAPPY




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NAME	CONTACT DETAILS	DESCRIPTION	FACTSHEETS
NSW Government Lawlink- Department of Justice and Attorney "The Capacity Toolkit"  	www.lawlink.nsw.gov.au <i>Go to Community Info then People with Disabilities</i> (02) 8688 8460 or (02) 8688 7507 TTY: (02) 8688 7733	"The Capacity Toolkit" Information about supporting a person to make their own decisions and assessing if they have the understanding to do this.	OTHER USEFUL RESOURCES
Ombudsman NSW  	www.ombo.nsw.gov.au (02 9286 1000)	Handles complaints about ADHC and disability services.	OTHER USEFUL RESOURCES
Personal Health Record Have a look at the NSW Council for Intellectual Disability website which has a link to different examples	 www.nswcid.org.au <i>Personal health record</i> www.cddh.monash.org <i>My health record booklet</i> www.health.nsw.gov.au	Your own personal health record, you keep important information about your health in one place so you can bring it with you when you see the doctor.	ASKING QUESTIONS ABOUT YOU
Poisons Information Centre 	 13 11 26 24hours a day 7 days a week	You can call and speak to someone if you have: <ul style="list-style-type: none"> - taken too much of a medicine - accidentally swallowed something - been bitten by stung by an insect or animal. 	OTHER USEFUL RESOURCES
Queensland Centre for Intellectual and Developmental Disability (QCIDD)  	 www.som.uq.edu.au/research/qcidd/ <i>Go to Resources</i>	Lots of resources for women with intellectual disability (easy read), carers and health professionals. Examples: Desensitisation Programs -How to have a Blood test -CT Head scans -Abdominal X-Ray Diabetes - To The Point Managing Menstruation Kit	ASKING QUESTIONS ABOUT YOU BEING HEALTHY AND HAPPY HEALTHY EATING HAVING YOUR PERIODS











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Raising Children Network 		www.raisingchildren.net.au	Easy read, video and audio parenting topics.	DECIDING TO BECOME A PARENT
Scope 	 	www.scopevic.org.au <i>Go to: Resources then Health and well being</i> (03) 9843 3000	Lots of resources for women with intellectual disability (easy read), carers and health professionals. Examples: <i>Supporting People with Disabilities Coping with GRIEF AND LOSS: An easy-to-read booklet</i> <i>Healthy Mouths - an easy English guide</i>	BEING HEALTHY AND HAPPY OTHER USEFUL RESOURCES
Specialised Dental Services for Adults with an Intellectual Disability 		Westmead Centre for Oral Health (02) 9845 7424 or (02 9845 7423 Emergency treatment (02 9845 7363 Sydney Dental Hospital Surry Hills (02) 9293 3200		BEING HEALTHY AND HAPPY OTHER USEFUL RESOURCES
Specialised Intellectual Disability Health Services for adolescents/adults		Concord Hospital Rehabilitation Unit 1800 556 533	Services – Ageing and Behaviour Changes in Developmental Disability (ABCD) Clinic. Assessments by a rehabilitation physician, psychiatrist and relevant allied health professionals. Area covered – Sydney South West Area Health Service. Accepts patients from other parts of NSW for initial assessments. Runs some clinics away from Concord including Southern Highlands.	OTHER USEFUL RESOURCES





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NAME	CONTACT DETAILS	DESCRIPTION	FACTSHEETS
Specialised Intellectual Disability Health Services for adolescents/adults	 Disability Specialist Unit, Burwood (02) 9701 6300	Services – Medical assessment by a rehabilitation specialist. Area covered – Inner western suburbs of Sydney.	OTHER USEFUL RESOURCES
	 Kogarah Developmental Assessment Service (02) 9587 2444	Services – Clinics for medical assessment and specialties including neurology, psychiatry, rehabilitation, nutrition and genetics. Area covered – South Eastern Sydney/Illawarra Area Health Service. Runs some clinics away from Kogarah, especially in the Illawarra.	
	 NSW Developmental Disability Health Unit, Ryde (02) 9808 9287	Services – Medical assessments, psychology assessments, rehabilitation, ageing and dementia clinics, and clinics for people with Down syndrome, Cornelia de Lange syndrome and Fragile X syndrome. Area covered – Accepts patients from anywhere in NSW. Sometimes runs clinics away from Ryde.	

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NAME	CONTACT DETAILS	DESCRIPTION	FACTSHEETS
Specialised Intellectual Disability Health Services for adolescents/ adults 	Westmead Hospital (02) 9845 9710 (Wed-Fri) or 0438 549 466 (Mon-Fri)	Services – Clinics for general medical assessment, dysphagia and nutrition, complex epilepsy, and patients with Rett syndrome & Down syndrome. Area covered – Sydney West Area Health Service. Also, accepts referrals from anywhere in NSW. Runs some clinics away from Westmead, including Wollongong and Leura.	OTHER USEFUL RESOURCES
	 Developmental Disability Clinic, Goulburn (02) 4823 7800	Services – Medical assessments. Area covered – Goulburn and southern NSW.	
The Australian Hearing Service 	 www.hearing.com.au/home (02) 9412 6800  TTY: (02) 9412 6802	Free hearing assessments for people with a pensioner concession card.	OTHER USEFUL RESOURCES
The bridging project 	 www.bridgingproject.org.au <i>Go to Resources for Fact Sheets</i>	Easy to understand information about mental health topics. Has Sound and Video.	OTHER USEFUL RESOURCES
The Royal Children’s Hospital Melbourne  	 www.rch.org.au <i>Go to RCH publications</i>	Publications written by staff for health professionals and parents including: <i>Bone Health in Young People with Disabilities</i> 2009 A/Prof M. Zacharin \$6.00 <i>Puberty in Young People with Disabilities</i> 2009 A/Prof M. Zacharin \$6.00	PUBERTY

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NAME	CONTACT DETAILS	DESCRIPTION	FACTSHEETS
Therapeutic Guidelines- Developmental Disability 	 www.tg.org.au	Handbook on Developmental Disability for Health Professionals. (need to subscribe)	OTHER USEFUL RESOURCES
Transition Care Website	 www.health.nsw.gov.au <i>Go to: Health Professionals then Greater Metropolitan Clinical Taskforce then Clinical Network then Transition Care</i>  (02) 9887 5578	Information about transition from child to adult health services.	ASKING QUESTIONS ABOUT YOU



The working party would like to acknowledge the many women with intellectual disability with whom we have come in contact over the years. It is their experiences that have led to the development of this educational resource to empower them to be active participants in their health care.

We also extend our thanks to the many women, families and carers who attended focus groups and provided valuable feedback during the development of this resource.

We would like to acknowledge the dedicated work of Ms Merri Collier, illustrations; Ms Dawn Leyland, colouring of the illustrations; Mr Greg Gaul for the condom and lube drawing on pages 40 and 42 and Ms Charlie Aarons, graphic design.

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NSW HEALTH

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Fax (02) 9887 5452

Further copies of this document can be downloaded from the
NSW Health website: www.health.nsw.gov.au

This resource has been developed in conjunction with a General Practitioner workshop. If you would like further information on how to access this additional resource "Working with Women with Intellectual Disability" which includes a box of resources, a DVD, Powerpoint presentation and additional paperwork to enhance discussion, please contact:

GP Synergy
Level 1/42-46 Chippen St
Chippendale 2008
Tel (02) 9818 4433
www.GPsynergy.com.au

We would like to thank NSW Department of Health for providing the funding for this project.

For additional electronic copies please go to any of the following:

Family Planning NSW	www.fpnsw.org.au
GP Synergy	www.GPsynergy.com.au
NSW Council for Intellectual Disability	www.nswcid.org.au
Centre for Education and Research on Ageing	www.cera.usyd.edu.au
Centre for Disability Studies	www.cdds.med.usyd.edu.au
Australian Family and Disability Studies Research Collaboration	www.afdsrsrc.org
Ageing Disability and Home Care Department of Human Services NSW	www.dadhc.nsw.gov.au
NSW Department of Health	www.health.nsw.gov.au

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