

# Key information to consider when providing health care for people with intellectual disability

We can all make a difference in supporting better health care for people with intellectual disability. These easy ideas and actions can improve health outcomes.

## Human right to health care

People with intellectual disability have a right to good quality health care. To read more about the Convention on the Rights of Persons with Disabilities, [click here](#).

## Attitude

Be respectful. Talk directly to the person with intellectual disability, even if family and/or supporters are with them. Most people with intellectual disability will understand what you say if your language and communication is good and there is time. Check if the person with intellectual disability understands you and how you can best communicate.

## Annual health assessments

An [annual health assessment](#) for people with intellectual disability can identify health issues and conditions that are potentially preventable. Preventive health is an important step.

## Communication

Use plain words, talk about one idea at a time, allow the person time to process and respond, and consider communication preferences and style. [Click here](#) to view inclusive communication tips.

## Resources and aids to support communication

There is a range of visual aids and resources to support better communication with people with intellectual disability. The Council for Intellectual Disability (CID) has created Easy Read health resources and a [My Health Matters folder](#) to assist in meaningful communications.

## Supported decision making

People with intellectual disability have the right to make their own decisions and to have their decisions respected. Supported decision making involves helping people with intellectual disability make their own decisions with the right support. [Click here](#) to view some of the resources available.

## Reasonable adjustments

[Reasonable adjustments](#) are small changes that make a big difference. They remove barriers to accessing health care.

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