

# Better health care for people with intellectual disability

## Information and resource sheet

### Health statistics for people with intellectual disability

People with intellectual disability have significantly poorer health outcomes compared with the wider population. They experience:

- reduced life expectancy by up to 30 years and over twice the rate of avoidable deaths
- 2.5 times more health problems
- twice the rate of emergency department and hospital admissions.

### PCEP Program

About 450,000 people have intellectual disability in Australia. According to National Disability Insurance Scheme (NDIS) data, as of December 2019, Tasmania has the largest proportion of participants with a primary intellectual disability (30.1%).

Primary Health Tasmania is one of four primary health networks across the country implementing the Primary Care Enhancement for People with Intellectual Disability Program (PCEP). The PCEP program aims to address inequities in health system access and quality for people with intellectual disability through a range of activities. The program includes:

- practical training and resources for GPs and primary healthcare teams to improve their capability in this area.
- health literacy resources for people with intellectual disability, their carers and family members.

### Resources for health practitioners

- [Communication tips from Council for Intellectual Disability](#)
- [‘What not to miss’ by Professor Nick Lennox](#)
- [Adult Comprehensive Health Assessment Program \(CHAP\)](#)
- [Resources for health professionals working with people with intellectual disability](#)

This resource is best viewed digitally - the digital copy of this resource contains direct links to resources/websites. For more information:

[providersupport@primaryhealthtas.com.au](mailto:providersupport@primaryhealthtas.com.au) or call 1300 653 169.

### Pathways for health practitioners on Tasmanian HealthPathways

- [Intellectual Disability suite of Pathways](#)
- [Behaviours of Concern in Adults with Intellectual Disability](#)
- [Health Assessment for People with an Intellectual Disability](#)
- [Intellectual Disability General and Mental Health Assessment](#)
- [Intellectual Disability in Adults – Genetics](#)
- [National Disability Insurance Scheme \(NDIS\)](#)

To register for access to Tasmanian HealthPathways, please email your contact and practice details to [healthpathways@primaryhealthtas.com.au](mailto:healthpathways@primaryhealthtas.com.au)

### Easy Read resources for general practice

- [Good appointments, better health](#)
- [Tailorable appointment letter – Easy Read template](#)
- [Tailorable ‘How to find us’ – Easy Read template](#)
- [Sample appointment letter](#)

### Easy Read resources for people with intellectual disability

- [Yearly Health Checks](#)
- [Caring for your teeth](#)
- [Types of health checks](#)
- [Your right to good health care](#)
- [Health care plans for chronic health problems](#)
- [Adult health services](#)