



## Suggestions to support self-management for young people with intellectual disability

There are several things health professionals can suggest to encourage young people with intellectual disability to play an active role in their health care.

Each young person will have a different experience and capacity to engage with these strategies. This is a guide, and reasonable adjustments may be required.

It is OK if the young person requires help to do these things.

### You can support the young person to learn:

- how to monitor changes in their health and recognise the warning signs of illness
- how to talk about their health independently
- the names of their healthcare team
- the names of their medicines, what they are for, when to take them, and how much to take
- the effects of smoking, alcohol and other drugs on their health
- what to do when they become unwell
- who to contact if they need help with their health.

### You can support the young person to:

- ask questions about their health during the appointment
- attend part of their medical appointment alone where appropriate (recommend first half when their attention is likely to be the most focused)
- carry important health information with them every day, including their Medicare card, Health Care Card, list of allergies, list of medicines, emergency contact information, and medical summary (this could be via a health app on their phone)
- eat well to stay happy and strong
- exercise regularly
- get their prescription filled
- make decisions about their sexual and reproductive health
- make their own medical appointments
- organise payments for medical appointments and treatments
- set up a My Health Record
- take their medicines without the assistance of family/carers (where appropriate).

