|  |  |  |
| --- | --- | --- |
| **I cannot get to a service** | |  |
|  | |  |
|  | This information is about what you could do if you cannot get to a service.  It has information on | **Page** |
|  |  |  |
| Two people sitting at a table  Description automatically generated with low confidence | * If you think you will have trouble getting to a mental health worker | **2** |
|  |  |  |
| A picture containing text, sky, outdoor  Description automatically generated | * If you have been in hospital and cannot get to your follow-up appointments | **6** |

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| --- | --- |
| **If you think you will have trouble getting to a mental health worker** | |
| Two people sitting at a table  Description automatically generated with low confidence | Sometimes it can be hard to get to mental health appointments. |
|  |  |
|  | Your appointments may be   * Far away from your home * Not close to public transport |
|  |  |
| Icon  Description automatically generated | Below are some ideas if you think you will have trouble getting to an appointment. |
|  |  |
|  | Ask if the mental health worker can meet you somewhere that is right for you.  This could be your home. |
|  | Discuss with your mental health worker if you could meet online via teleconferencing. |
|  |  |
|  | **Teleconferencing** allows you to see and communicate with people online.  You can use programs likeZoom to teleconference.  You may also hear people call this telehealth. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | If you have an NDIS plan, communicate with your NDIS Support Coordinator about transport options.  A **support coordinator** is a person who helps plan and organise     * Your care * Other services you get |
|  | If you have an NDIS plan you may be able to get a support worker to drive you to appointments. |
|  |  |
| A picture containing red  Description automatically generated | There may also be community transport options near you**.**  **Community transport** is transport options organised by   * Groups in your community * Organisations in your community * Your local government |
|  |  |
|  | If you need help looking for community transport options you can ask someone you trust to help you.  For more information about who you might trust go to [https://www.idmhconnect.health/ someone-trust](https://www.idmhconnect.health/someone-trust) |
|  |  |
|  | For more information about community transport near you go to [https://www.disabilitygateway.gov. au/transport/community](https://www.disabilitygateway.gov.au/transport/community) |
|  | You may be able to get the Taxi Subsidy Scheme in NSW  The **Taxi Subsidy Scheme in NSW** means you pay less for taxi travel. |
|  |  |
|  | For more information about the Taxi Subsidy Scheme in NSW go to <https://transportnsw.info/travel-info/ways-to-get-around/taxi-hire-vehicle/taxi-subsidy-scheme> |

|  |  |
| --- | --- |
| **If you have been in hospital and cannot get to your follow-up appointments** | |
| A person talking on a cell phone  Description automatically generated with low confidence | You can let your doctor know or call the hospital. |
|  |  |
| A screen shot of a cell phone  Description automatically generated with low confidence | There should be a phone number for the hospital on your discharge plan. |
|  |  |
|  | A **discharge plan** lists the treatment and support you will get when you go home.  A discharge plan is sometimes called a transfer of care plan. |
|  |  |
|  | Your doctor or the hospital can help you with ways you can get to your appointment. |
|  |  |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> |

|  |  |
| --- | --- |
| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read> |
| **A person smiling for the camera  Description automatically generated with medium confidence**A picture containing qr code  Description automatically generated | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the <https://idmhconnect.health/> website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/ professionals\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 25.02.2023 v2  No changes can be made without asking the people who wrote this sheet. |

****Text

Description automatically generated