|  |  |  |
| --- | --- | --- |
| **People with many supports** | | |
|  | |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about the mental health of people with many support needs.  It has information on | **Page** |
|  | * Key points for people with many supports | **2** |
|  | * Worries you might have when getting help for your mental health and what you can do | **6** |
| Two people looking at a book  Description automatically generated with low confidence | * Services and supports | **17** |

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| **Key points for people with many supports** | |
|  |  |
|  | People with intellectual disability can have many support needs.  **Support needs** means you need support with different things in your life.  Support needs are sometimes called complex needs. |
|  |  |
| A picture containing qr code  Description automatically generated | You might need a lot of support with   * Your disability * Health issues you have * Your mental health |
|  |  |
|  | It can be hard to find support when you have many support needs. |
|  |  |
|  | You might need to get support from different services. |
|  | You might have to wait until you get support from the services. |
|  |  |
| A picture containing person  Description automatically generated | You might have to wait a long time to get all the help you need. |
|  |  |
| Two people looking at a book  Description automatically generated with low confidence | You can get many services and supports through the NDIS. |
|  |  |
|  | **NDIS** is short for National Disability Insurance Scheme.  Your **NDIS plan** says what supports you need. |
|  |  |
|  | Sometimes you need to use services that cost a lot of money.  For some services the NDIS pays.  For some services you need to pay yourself. |
|  |  |
|  | People with many support needs often need to see different health and disability workers. |

|  |  |
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|  | It is good if all these people work together.  This will help you get the best support for your needs. |
|  | For more information about how they can work together go to [**https://www.idmhconnect.health/ working-your-team/ER**](https://www.idmhconnect.health/working-your-team/ER) |
|  | Some health workers you go to might not have worked with people with intellectual disability before. |
|  |  |
| A picture containing person, crowd  Description automatically generated | They might not know how to support you. |
|  |  |
|  | Sometimes this happens because the health worker   * Does not know the person well |
|  |  |
|  | * Might not know how you tell others what you think |
|  | For more information about accessing using different services and supports you might need go to [**https://www.idmhconnect.health/i-am-person-ID/services-mental-health**](https://www.idmhconnect.health/i-am-person-ID/services-mental-health) |

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| **Worries you might have when getting help for your mental health and what you can do** | |
|  |  |
| A person with his hand on his head  Description automatically generated with medium confidence | Below are some worries you might have when you try to get support for your mental health. |
|  |  |
| Icon  Description automatically generated | We have some ideas for what you can do. |
|  |  |
|  | **You might worry that health workers think your mental health problems are because of your intellectual disability**  This is what you can do. |
|  |  |
| A picture containing person, crowd  Description automatically generated | A **mental health problem** is when your feelings start to worry you. |
|  |  |
|  | You should let the health worker know that you feel different to how you used to feel. |
|  |  |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | You can ask your doctor or someone you trust to share information about your health. |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | There are many people you might trust.  For more information about who you might trust go to  [**https://www.idmhconnect.health/someone-trust**](https://www.idmhconnect.health/someone-trust) |
|  |  |
|  | You might use a folder to share your information. |
|  |  |
|  | You do not have to share all information about your health. |
|  |  |
| A picture containing person, person, outdoor, male  Description automatically generated | Only share what you feel comfortable with. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | Sharing your information can help health workers to understand what is going on with you.  For more information on types of information you can share go to [**https://idmhconnect.health/assessment/ER**](https://idmhconnect.health/assessment/ER) |
|  |  |
|  | If you are worried you can also advocate for yourself.  Someone you trust can advocate for you too. |

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|  | To **advocate** are things you or someone else can do so your rights and needs are met. |
|  | **Rights** are rules about how everybody should be treated fairly.  A right is something everyone has. |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | There are many people you might trust.  For more information about who you might trust go to [**https://www.idmhconnect.health/someone-trust**](https://www.idmhconnect.health/someone-trust) |
|  |  |
|  | Someone you trust can come with you when you see a health worker about your mental health.  They can tell the health worker that you are different to normal. |
|  |  |
|  | For more information about how you can advocate for yourself or find an advocate go to [**https://www.idmhconnect.health/about-advocacy/ER**](https://www.idmhconnect.health/about-advocacy/ER) |

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|  | **You might not know how to communicate to health workers about what is wrong**  This is what you can do. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information.  You can let the health workers know how you tell other people what you think. |
|  |  |
| . | You might   * Talk to them * Point at things * Write down what you want to say |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | You or someone you trust should also tell your health workers how they best communicate to you. |
|  |  |
| Icon  Description automatically generated with medium confidence | You can have a folder with all your health and mental health information.  You can bring this folder when you meet your health workers. |
|  | Health workers can look at your folder to learn more about you. |
|  |  |
|  | Below are some health folders you can use or make your own. |
|  |  |
|  | * My Health Matters folder from the Council for Intellectual Disability [**https://cid.org.au/resource/my-health-matters-folder/**](https://cid.org.au/resource/my-health-matters-folder/) * A2D Together Folder [**http://a2d.healthcare/**](http://a2d.healthcare/) * Mental health passport [**https://idmhconnect.health/my-mental-health-passport**](https://idmhconnect.health/my-mental-health-passport) |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | You might not know what is wrong with you.  You can ask your doctor to do a big health check. |
|  |  |
|  | You can also ask the health worker to talk to your doctor or other health workers you see.  They can work together to find out what support you need. |
|  |  |
|  | For more information on how your health workers can work together go to  [**https://www.idmhconnect.health/working-your-team/ER**](https://www.idmhconnect.health/working-your-team/ER) |
|  |  |
|  | **Your health worker does not know how to help or how to work with you**  This is what you can do. |
|  |  |
|  | You can ask your health worker to get advice from a specialist service. |
|  |  |
|  | **Specialists** are people whoknow a lot about intellectual disability. |
|  |  |
| A picture containing person, crowd  Description automatically generated | Specialist services can work together with your health worker to find out   * What is wrong with you * How to help you |
|  |  |
|  |  |
|  | For more information about Specialist services go to [**https://www.idmhconnect.health/mental-health-services-services/ER**](https://www.idmhconnect.health/mental-health-services-services/ER) |
|  |  |

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| Two people looking at a piece of paper  Description automatically generated with low confidence | **You might not get the supports you need because the NDIS is hard to understand**  This is what you can do. |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | You can ask someone you trust to help you get a specialist support coordinator.  A **specialist support coordinator** is someone who helps people with complex needs get the right supports. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with low confidence | You can discuss this with your doctor or health worker.  They might be able to talk to the NDIS for you. |
|  |  |
|  | You can also advocate for yourself or ask someone you trust to advocate for you. |
|  |  |
|  | For more information about advocacy go to [**https://www.idmhconnect.health/about-advocacy/ER**](https://www.idmhconnect.health/about-advocacy/ER) |
|  |  |
| Two people talking  Description automatically generated with medium confidence | You can make a complaint if you are not happy with the NDIS.  A **complaint** is when you tell someone you are not happy with something. |
|  |  |
|  | You can make a complaint with the NDIS Quality and Safeguards Commission. |
|  |  |
|  | To make a complaint   * Call [**1800 035 544**](tel:1800035544) * Go to [**https://www.ndiscommission. gov.au/about/complaints**](https://www.ndiscommission.gov.au/about/complaints) |

|  |  |
| --- | --- |
| **Services and supports** | |
| Two people looking at a book  Description automatically generated with low confidence | Below is a list of services and supports to support people with many supports. |
|  |  |
| A person sitting at a desk with a computer  Description automatically generated with low confidence | Specialist Intellectual Disability Health Teams know how to work with people with intellectual disability.  They can work with your doctor or health workers to help support you. |
|  |  |
| A person sitting at a desk with a microphone and a computer  Description automatically generated with medium confidence | The Statewide Intellectual Disability Mental Health Hubs know how to work with people with intellectual disability.  They can work with your doctor to help support you. |
|  |  |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | You can let your doctor know about the Hubs. |
|  |  |
|  | For more information about the Hubs go to [**https://www.health.nsw.gov.au/ mentalhealth/Pages/intellectual- disability-mental-health-hubs.aspx**](https://www.health.nsw.gov.au/mentalhealth/Pages/intellectual-disability-mental-health-hubs.aspx) |
|  |  |
| A person sitting at a desk with a computer  Description automatically generated with low confidence | The Complex Care Service can work to support your health problems.  For more information go to [**https://cds.org.au/clinical-services/our-clinical-services/complex-care-service/**](https://cds.org.au/clinical-services/our-clinical-services/complex-care-service/) |
|  |  |
| A person holding a green board  Description automatically generated with medium confidence | The Admission2Discharge Together Folder can keep together your health information.  For more information about the folder go to [**http://a2d.healthcare/**](http://a2d.healthcare/) |
|  |  |
| A picture containing graphical user interface  Description automatically generated | The Council for Intellectual Disability has a My Health Matters folder.  For more information about the folder go to [**https://cid.org.au/resource/my-health-matters-folder/**](https://cid.org.au/resource/my-health-matters-folder/) |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  [**https://www.idmhconnect.health/word-list**](https://www.idmhconnect.health/word-list) |
|  |  |

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| --- | --- |
| 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**](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/**](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 10.02.2023 v2  No changes can be made without asking the people who wrote this sheet. |

****Text

Description automatically generated