

## 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**



- If you think you will have trouble getting to a mental health worker

**2**



- If you have been in hospital and cannot get to your follow-up appointments

**6**

## If you think you will have trouble getting to a mental health worker



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



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 like Zoom to teleconference.

You may also hear people call this telehealth.



To **communicate** is how you understand and share your feelings or information.



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.

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>



For more information about community transport near you go to <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



You can let your doctor know or call the hospital.



There should be a phone number for the hospital on your discharge plan.

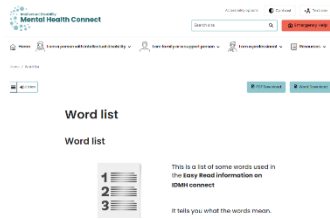


A **discharge plan** lists the treatment and support you will get when you go home.

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>



## Who wrote this Easy Read

Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.

## Where these people work

Department of Developmental Disability  
Neuropsychiatry UNSW Sydney.



**UNSW**

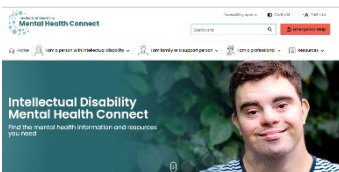
Department of  
Developmental  
Disability  
Neuropsychiatry

Also known as 3DN.

For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website

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)



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Neuropsychiatry UNSW Sydney 25.02.2023 v2

No changes can be made without asking the people who wrote this sheet.