

# Better health for people with intellectual disability



**Easy Read**

# About this information



This information is about better health for people with intellectual disability.



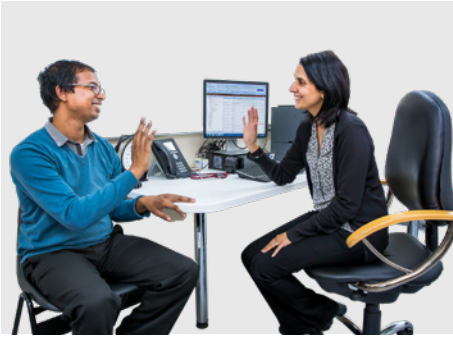
People with intellectual disability have more health problems than other people.



They do not live as long as other people.



The health system does not treat them the same as other people.



A lot of their health problems would not happen if they got good health care.



Julian Trollor does **research** about getting better health care for people with intellectual disability.



**Research** means to look into something to find out more about it.



Julian and his team will start some new research soon.



People with **lived experience** will work with him on the research.



**Lived experience** means you know a lot about something because it happened to you.



We will talk about what they will look into next.

# Better mental health



They will look into the mental health of people with intellectual disability.



**Mental health** is how you think and feel.



They want to find out

- The types of mental health problems people with intellectual disability have
- Why it is hard for them to get good care for mental health
- What harm medicines for mental health can do
- How mental health problems harm physical health.

## Better physical health



A lot of times people with intellectual disability have poor physical health.



It can be hard for them to get health care when a problem first starts.



They might have lots of different problems at the same time.



Sometimes they end up in hospital because they do not get enough care early on.



This research will see how we can fix this.

## Longer lives



They want to find out why people with intellectual disability do not live as long as other people.



They will look at

- Why people with intellectual disability die
- How some deaths could be stopped.

## Why this is important



This work is very important.



It will tell us how to fix the health system so people with intellectual disability have better

- Mental health
- Physical health.



It will help make sure people with intellectual disability live longer.

National Centre of Excellence in Intellectual Disability Health [www.nceidh.org.au](http://www.nceidh.org.au).

Council for Intellectual Disability made this document Easy Read. **CID** for short.

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