

## Improving preventive healthcare project - Project Summary

### Project background

People with intellectual disability are more likely to experience poor health than people without intellectual disability. However, it can be hard for them to get health care. Health care is the support you get from health workers to stay in healthy or get better if you have an illness or injury. Health workers are people who work to support you with your health.

Preventive health care is a type of health care. Preventive health care are things that support people to stay healthy and get better quickly when they are sick or have hurt themselves badly.

Some of the reasons people with intellectual disability have poor health might not have happened if they had access to preventive health care. Access means to understand and use easily.

There are different ways to get preventive health care. For example you might:

- go to the dentist to clean your teeth twice a year. A dentist is a doctor who knows a lot about keeping your teeth and mouth healthy
- eat food that is good for your body
- not drink much alcohol.

The different ways preventive health care is provided in Australia can make it hard for people with intellectual disability to access it.

We will call the different reasons people with intellectual disability cannot access this care a gap in Australia's preventive health care.

## **Aims of this project**

An aim is where we want to go or what we hope to do. This project wants to make it easy for people with intellectual disability to get preventive health care. We want to work with people with intellectual disability to think about a new way to provide preventive health care.

## **What we will do in this project**

To make it easier for people with intellectual disability to get preventive health care, we will:

1. Look at government documents and communicate with different groups to find out about the gaps in Australia's preventive health care system. To communicate is how people understand and share feelings or information. We will look at government documents called policy. Policy documents help guide people and organisations.
2. Build a new preventive health care model for people with intellectual disability. A model is a way of thinking about and providing care.
3. Test the model to see if it will help people with intellectual disability to access preventive health care.

## **How we will tell people about our project**

We will tell people about our project by sharing information:

- about what we are doing in a type of document called a research paper. We will ask organisations to review and share what we write. This is called a publication.
- on social media like Twitter
- with news articles on the 3DN webpage

## Learn more

If you would like to learn more about our project, please go to [our project page](#) or contact Maryann. Maryann is a researcher on the project. She can be contacted from 8:00am to 3:30pm Monday to Friday. To contact Maryann:

- Call +61 2 9065 4445
- Email [maryann.barrington@unsw.edu.au](mailto:maryann.barrington@unsw.edu.au)

## Title

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## Description of resource

This document provides a summary of NHMRC partnership project. This project wants to improve preventive health care.

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