

Help us improve plans for staying healthy for people with intellectual disability

What is the project about

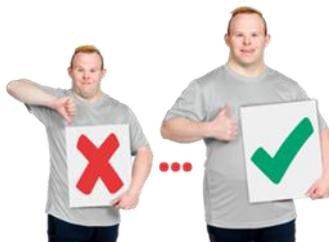


The study wants to make **health action planning** better for people with intellectual disability.



Health action planning is when you work with your doctor to make a list of things to do that will keep you healthy.

- We will call this making a plan to stay healthy.



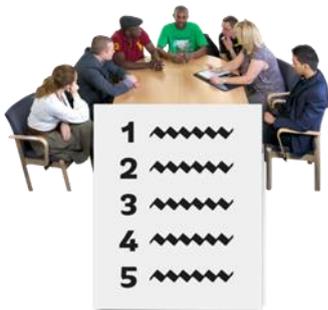
We think making a plan to stay healthy can make the **preventive health care** of people with intellectual disability better.



Preventive health care are things that support people to:

- Stay healthy

Get better when they are sick



We are a group who wants to improve the health of people with intellectual disability.



To do this we want to communicate to people with intellectual disability about their experiences working with doctors to make plans to stay healthy.



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

Who can take part in this project



People who are 14 years of age or older.

If you are younger than 18 a parent or guardian must be present.



A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself.



People who live in Australia.



People who have intellectual disability.

What will happen if you take part



To take part you can

- Do an interview

Or

- Communicate in a group

You might want to take part in one or more of the ways below



- By yourself
- With a support person
- With other people who have intellectual disability



It will take about 1 to 2 hours.

We will ask you about information to stay healthy for people with intellectual disability.



If you take part you will get a \$50 gift card.

Who to talk to about this study



If you have questions or want to join the study contact Jack Cooper.



To contact Jack

- Call +61434182259
- Email jack.r.cooper@unsw.edu.au